

Healthy Sex Life

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Romans 12:2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

I. A healthy sex life is only found in _____.

Hebrews 13:4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

Sexual immorality: Matthew 5:32, Matthew 15:19, Matthew 19:9, Mark 7:21, John 8:41, Acts 15:20, Acts 15:29, Acts 21:25, Romans 13:13, 1 Corinthians 5:1, 1 Corinthians 5:11, 1 Corinthians 6:13, 1 Corinthians 6:18, 1 Corinthians 7:2, 1 Corinthians 10:8, 2 Corinthians 12:21, Galatians 5:19, Ephesians 5:3, Colossians 3:5, 1 Thessalonians 4:3, Jude 1:7, Revelation 2:14

Matthew 19:3 And Pharisees came up to him and tested him by asking, "Is it lawful to divorce one's wife for any cause?" 4 He answered, "Have you not read that he who created them from the beginning made them male and female, 5 and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'? 6 So they are no longer two but one flesh. What therefore God has joined together, let not man separate." 7 They said to him, "Why then did Moses command one to give a certificate of divorce and to send her away?" 8 He said to them, "Because of your hardness of heart Moses allowed you to divorce your wives, but from the beginning it was not so. 9 And I say to you: whoever divorces his wife, except for sexual immorality, and marries another, commits adultery."

Sexual immorality (porneia): all sexual expression outside of marriage.

II. Healthy sex is _____.

Psalms 16:11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Proverbs 5:18 Let your fountain be blessed, and rejoice in the wife of your youth, 19 a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. 20 Why should you be intoxicated, my son, with a forbidden woman and embrace the bosom of an adulteress? 21 For a man's ways are before the eyes of the Lord, and he ponders all his paths.

Song of Solomon 2:4 He brought me to the banqueting house, and his banner over me was love. 5 Sustain me with raisins; refresh me with apples, for I am sick with love. 6 His left hand is under my head, and his right hand embraces me! 7 I adjure you, O daughters of Jerusalem, by the gazelles or the does of the field, that you not stir up or awaken love until it pleases.

III. Healthy sex has _____.

Matthew 5:27 "You have heard that it was said, 'You shall not commit adultery.' 28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

IV. Healthy sex is _____.

1 Corinthians 13:4 Love is patient and kind; love does not envy or boast; it is not arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful.

1 Corinthians 8:12 When you sin against them in this way and wound their weak conscience, you sin against Christ.

V. Healthy sex is _____.

1 Corinthians 7:2 But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. 3 The husband should give to his wife her conjugal rights, and likewise the wife to her husband. 4 For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. 5 Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

Ephesians 5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. 4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. 5 For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. 6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. 7 Therefore do not be partners with them.

1 Corinthians 6:9 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, 10 nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. 11 And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

VI. Healthy sex is _____.

Additional Resources:

Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage by Ed and Gaye Wheat

Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage by Kevin Leman

The Act of Marriage: The Beauty of Sexual Love by Tim and Beverly LaHaye