



## 50 Ways to Love Your Lover 39 - 50

Biblical sexuality is sacred. However, many couples struggle to have a healthy view of sexual intimacy. Root causes and ideas that damage a couple's intimacy in marriage will be addressed in this series. We will go straight to Scripture to discover the God-designed framework for sexuality.

Highland Colony Men's Roundtable  
[www.MensTable.com](http://www.MensTable.com)

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July 29, 2021

**Bible Verses:** Zephaniah 3:17; Psalm 92:1,2

**Videos:** The Heart Of Man - He Still Pursues Us

<https://www.dropbox.com/t/YiD6Fhz3IA4KqBls>

**Music:** Broken Together by Casting Crowns

<https://www.youtube.com/watch?v=RhxELo-uD3c>

**Resources:** *The Christian Man* – A Conversation About the 10 Issues Men Say Matter Most by Patrick Morley. *The Great Sex Rescue – The Lies You've Been Taught and How to Recover What God Intended* by Sheila Wray Gregoire.

**Additional Resource:** A Celebration of Sex by Douglas Rosenau

**God has given us a sexual celebration in marriage (Zephaniah 3:17; Psalm 92:1-2). Brief summary of Sex by Cliff & Joyce Penner:**

1. Sex is good and of God.
2. Sexual curiosity is natural.
3. Sexual responses are automatic.
4. Responsibility for decisions about sexual actions belongs to both people in the relationship.
5. Biblical standards and mutual respect are the guiding principles for all sexual choices.

### 50 Ways to Love Your Lover – 39 - 50.

39. **Harm** → We are honest in acknowledging the effect of pornography on self-perception, sex drive, and sexual function.
40. **Lust** → We acknowledge lust as something both spouses may struggle with, even if men tend to struggle more. We have addressed the problem of lust honestly and do not hold to the view that all men struggle with lust and the only way to combat lust is for the woman to have sex more and dress modestly.
41. **Enjoyment** → We are open and vulnerable about sex being mutually enjoyable for both. We face whatever may be hindering pleasure for both.
42. **Appetite** → We have worked through what a healthy sexual appetite is. We believe a man's sexual appetite is containable and controllable. We do not believe a man's sexual appetite is healthy if it is ravenous, insatiable, and constant.
43. **Purpose** → We believe that sex has many purposes, including intimacy, closeness, fun, and physical pleasure for BOTH. We do not believe that sex is primarily about fulfilling his physical need.
44. **NO** → We believe that both have the freedom to say, "Not tonight, honey." A woman refusing sex is not a sin.
45. **Shame Free Zone** → Being naked and unashamed is certainly a great place to start. Healthy theology around sex is aptly summarized by Genesis 2:25: "Adam and his wife were both naked, and they felt no shame." Our theology of sex has to go beyond the creation story in Genesis 2:25—being naked and not ashamed—and encompass so much more. A truly Christian view must see sex through the lens of the cross.
46. **Good Teaching Needed** → Too often our theology of sex in marriage starts and ends in the garden of Eden—and we do not live in the garden anymore. Women are given a beautiful picture of shame-free, passionate sex but then are bombarded by dangerous teachings rampant in books and from pulpits: it's her duty to give him sex when he asks, regardless of how she feels; sex is something he will take from her because he needs it so badly; all men lust, so she needs to do her part if she wants her husband to stay faithful.
47. **NO Entitlement** → Sex seen through the lens of the cross has no room for taking or entitlement. That's why sex in light of kingdom principles needs to be focused not only on pleasure and freedom from shame but also on serving rather than taking. In Matthew 20:25–28, Jesus says, "You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave—just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."
48. **Commit to True Intimacy** → Following much of the marriage advice in books and from the pulpit actually looks a lot less like Jesus. The big-picture teachings we've already discussed that are problematic: all men struggle with lust, women's bodies are dangerous, sex is for a husband's physical release, etc., etc. This has done untold damage to many marriages over the years and doesn't foster true intimacy.
49. **Value** → Kindness is nonnegotiable and the path to YOUR freedom. As we wrap up this series, we want to point back to Jesus's example of serving, not being served. And the answer is shockingly simple: just be kind. Love, as the apostle Paul said, is kind (1 Cor. 13:4). Regardless of how your spouse acts toward you, you have to be kind. But kindness doesn't always have to feel like a chore. When your marriage is characterized by just being decent people to each other, kindness naturally flows. Being a kind spouse also involves treating your spouse as precious and made in the image of God. Yes, this involves valuing what they need, but it also involves valuing who they are. This has repercussions in the bedroom that go far beyond just the question of how often couples have sex or even whether they have sex. It also impacts how we treat each other during sex.
50. **Freedom** → **Embracing freedom can only happen when your relationship is emotionally safe.** As Tim Keller sums it up in *The Meaning of Marriage*, "The Christian teaching does not offer a choice between fulfillment and sacrifice but rather mutual fulfillment through mutual sacrifice." When we each consider the other, we build something beautiful.

### ACTION: Journal This!

1. Are there barriers to trust or vulnerability in your marriage? How can your spouse help you?
2. What does sex through the lens of the cross look like to you? Is that what you're experiencing in your marriage? If not, think of an example of where your sex life needs more kindness.
3. How much time have you spent learning what is healthy sexuality?

### Bible Verses – The Message

**Zephaniah 3:17 - 17** Your God is present among you, a strong Warrior there to save you. Happy to have you back, he'll calm you with his love and delight you with his songs.

**Psalm 92:1,2 - 1** What a beautiful thing, God, to give thanks, to sing an anthem to you, the High God! **2** To announce your love each daybreak, sing your faithful presence all through the night,

### "Broken Together" by Casting Crowns

What do you think about when you look at me?  
I know we're not the fairytale you dreamed we'd be  
You wore the veil, you walked the aisle, you took my hand  
And we dove into a mystery

How I wish we could go back to simpler times  
Before all our scars and all our secrets were in the light  
Now on this hallowed ground, we've drawn the battle lines  
Will we make it through the night?

It's going to take much more than promises this time

Only God can change our minds

Maybe you and I we're never meant to be complete  
Could we just be broken together?  
If you can bring your shattered dreams and I'll bring mine  
Could healing still be spoken and save us  
The only way we'll last forever is broken together

How it must have been so lonely by my side  
We were building kingdoms and chasing dreams and left love behind  
I'm praying God will help our broken hearts align  
And we won't give up the fight

**Roane Hunter, Sr., LPC, CSAT, CCSAS**

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