



Sex In Scripture

So God created man in His own image; in the image of God He created him; male and female He created them (Gen. 1:27).



I do hereby pledge to begin each Bible study with prayer. I will ask God to open my heart to the suffering and struggles of others, to give me courage to admit my own faults, to ask for help, and to keep anything I hear during these classes in the strictest of confidence. I pledge not only to give advice but also to take it. I pledge to seek out the counsel of an older person and to give respect to those women who have walked the path before me. I pledge to do all of these things humbly and in a manner that gives glory to God.

God's word contains various expressions that modern readers do not immediately comprehend. The ability to grasp ancient concepts requires training. We must read, research, and meditate on all of God's instructions. So let's consider three words with sexual connotations: "knew," "virgin," and "become one flesh."

— Knew —

Knew is used for the first time in Genesis 4:1: "And Adam knew Eve his wife, and she conceived, and bore Cain." That word is very interesting

and enlightening. When a man and a woman have sex, they are accepting each other with their bodies in a way that was designed by God to create a bond like no other. They gain knowledge about each other that can be obtained only through sex. So to say that they knew each other is a perfect way to explain it.

Your husband will know things about you that only the deepest of experiences could reveal. That makes you vulnerable to each other. That also explains why this relationship should be taken so seriously. It makes me sad when I hear of women who have sex with their boyfriends. In doing so they have given away the most intimate and precious part of themselves. They are allowing someone to have a relationship with them that should be so special it is reserved for only the man willing to commit his life to her.

Virgin

God has always seen the value in a woman's body. He is very straightforward to the men about how precious the gift of a woman truly is. God honored this gift. In the Old Testament when a man took a virgin, there was a price to be paid—the “bride price.” Being a virgin was a position of honor and value, and receiving a virgin for a bride was a reason to rejoice.

If a man entices a virgin who is not betrothed, and lies with her, he shall surely pay the bride-price for her to be his wife. If her father utterly refuses to give her to him, he shall pay money according to the bride-price of virgins (Exod. 22:16–17).

A virgin was special to her husband. Her innocence and purity were presents of great honor for the woman to give and for the man to receive.

For as a young man marries a virgin, so shall your sons marry you; and as the bridegroom rejoices over the bride, so shall your God rejoice over you (Isa. 62:5).

Being a virgin today has been portrayed by Satan as something with such little value that it must be given away. If a young woman cannot find a man willing to “take it” from her, then she is worthless. Even worse, many women feel they must keep giving their bodies to every man who shows interest in them in order to keep these men. When the relationship falls apart, she usually is left with a hurt that is hard to describe. After all, she

has given the most intimate and valuable part of herself to a man who did not deserve a gift so precious. She has allowed this man to truly know her. When he leaves, she is devastated. She gave all she had to a man who did not respect or value that gift for what it truly was.

Do not give what is holy to the dogs; nor cast your pearls before swine, lest they trample them under their feet, and turn and tear you in pieces (Matt. 7:6).

Even if the gift of virginity is given in marriage, a breakup can be overwhelming. This loss of self is one of the many reasons divorce is so difficult. Your husband truly knows you. That relationship is unique to the man you have allowed to enter your body. But if your husband refuses to honor this gift and the special commitment between the two of you and God by being unfaithful, please don't feel you are used goods. You are still extremely valuable in God's eyes. Don't forget. He sent Jesus to die for all of us.

If you have never been married but you are not a virgin, do not despair. God has a plan for that too. We will talk more about this later, but for now, take heart. God loves you, and your body is still precious and valuable to Him. He is the author of second chances, and redemption stories and your story are not over yet. But for now, let us focus on the bright future God has planned for you.



Isn't it great that no matter what our bodies have been through, they never lose their value to God! — Sister Sidekick

One day God might send a man into your life who will truly honor and value the gift of your body as your husband. Sexual relationships are a gift from God and should be treated as such. We should honor them as holy. They should be treated with respect and viewed for just what they are—physical and emotional pleasures reserved for a man and a woman who have committed their lives to God and to one another. When we treat it as such, it is easy to see the beauty in sex. And when God blesses this holy union with children, it becomes even more special.

Become One Flesh

The third term that scripture often uses to describe sex is “become one flesh.” This is an accurate description of the physical act of sexual intercourse. From the very beginning God was clear about the importance of this joining. It was designed by God, protected by Him, and should be viewed as holy and taking precedence over all other relationships. Moses wrote, “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh” (Gen. 2:24). Then Jesus said, “So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate” (Matt. 19:6).

When a man and woman have sexual intercourse, a part of the man’s body enters the woman’s body, thus creating a connection. They are now one flesh. This connection is done by using parts of the body that are not privy to the world. These parts are intimate or private. That is the way God designed it. For some women, talking or even thinking about such things can feel a bit embarrassing.

While most women are not ashamed of their bodies, there can be a shyness or awkwardness in allowing someone else to see your fully naked body. Often, men do not have this reservation. This is just one of the many differences in attitudes toward sex that will have to be worked out between the man and his wife. Some women wear clothing in bed that makes them feel sexier. Others just prefer to have sex in the dark. Again, sex is a private matter, and you can participate in any way that makes you and your husband comfortable. The key here is for both husband and wife to be satisfied.



1. Read Matthew 19:6 again. What is the world’s view of “what God has joined together, let not man separate”?

2. When thinking about sexuality, how do you feel about your body today?

3. If you're married, how did your attitude toward your body impact your honeymoon? Has that changed since that time?
4. If you have never married, how do you think your self-image might affect your honeymoon?
5. Why do you believe that most women are shy about their bodies, while most men are not?
6. If you have been married more than once, did your age or past experiences change how you felt when you first made love to your new husband?
7. If you are comfortable in doing so, share with your group what your new husband did to make you feel at ease about the situation.



What are you talking about? I wasn't nervous and neither was he! — Sister Sidekick

Not a Movie Star

I must confess that as a young bride at the tender age of eighteen, I was not confident in my naked body. As a woman in her sixties, I am now even less confident. I have always viewed myself as just a regular girl. Without knowing it, I had allowed the world to tell me how beautiful I was, and not God. No, I did not have the curves or beauty that the movie stars seemed

always to possess, but my future husband was not looking for a movie star. He was looking for a helpmate.

He wanted someone who could make him feel loved and valued. He wanted someone who would be there in both good times and bad. He wanted someone who shared common interests and goals. Most of all, he wanted someone who truly loved him. That I could do. I did love him, and I was willing to get out of my comfort zone to prove it. I was one of those shy brides, but thankfully I had a kind, generous husband, and that made all the difference.

Many women do not have shyness issues. I believe they are blessed in that way. But regardless of your pre-marriage views on sex, the bottom line is that once you are married, you are joined physically, emotionally, and spiritually to your husband. We are very blessed to live in this day and time. While there are some cultures that assign marriage partners, we get to choose. We also have the benefit of our sexuality being our business, not the business of the whole community.

God's Laws about Sex in Israel

This was not true for the Israelites after they left their captivity in Egypt. Most of us are familiar with the dramatic story of Moses and Aaron being sent by God to rescue the people from years of captivity. When God freed them, because of their lack of faith, He turned them to wandering in the wilderness for forty years. During that time, God had to teach them how to behave. God gave many laws for Moses to give to the people. Among them were the ones pertaining to marriage and virginity.

Deuteronomy 22:13-21 says that if a man marries a woman and accuses her of not being a virgin, the parents must produce evidence that she was. If they cannot produce "the cloth" to prove she was indeed a virgin, then this girl was to be taken to the door of her father's house and stoned by the men of the city. But if the parents spread "the cloth" before the elders at the gate, thus proving her virginity, the man would be fined one hundred shekels of silver to be given to the girl's father. This groom would also be punished by the elders, and he could never divorce her.

As a twenty-first century woman, I cringed when I first read this. Can you imagine the conversation Jewish mothers must have had with their

daughters? Not only did they need to be a virgin when they married, but they needed to be able to prove it. It was not just a matter of reputation, but being a virgin was a matter of life or death for a woman in that time. It was such a big deal; the whole city could be involved.

Now before you go all “women’s rights” on me, let me remind you that during that time a woman had very few rights. She needed a man to support and care for her. What seems to us to be God’s unfairness to females was actually His protection over them. While we do not know what type of punishment the elders may have levied on him for lying about his new wife, we do know that there was punishment. He was also fined and forced to support the woman he despised for the rest of her life.

The Law of Christ Elevates Women

Life was quite different for those living under the old law. Today we live under the new law, the New Testament. Christianity is one of the few religions that actually elevates women. Yes, we have different roles, but our value is the same as that of men. Instead of step-by-step directions on what a man is to do if he hates his wife, God simply instructs Christian men to love their wives. When they do that, all other issues will fade.

Husbands, love your wives, just as Christ also loved the church and gave Himself for her (Eph. 5:25).

Think about this scripture for a moment. Do we really understand the meaning of the word *love*? Our English language uses this term for everything from how we feel about food, ideas, and clothing to how we feel about our husbands and children. But God leaves nothing to interpretation when He says that husbands are to love their wives “as Christ also loved the church and gave Himself for her.” The church is the bride of Christ. What did Christ do for His bride? He died for her.

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us (Rom. 5:8).



Wow! Now that's real love! — Sister Sidekick

Love in Action

I think sometimes we get caught up in looking for exceptions to the rules. We want to make things more complicated than they really are. God's word is very simple and pure. Satan loves for us to misunderstand scripture. But God says, "Husbands love your wives." You can't get much plainer than that. Truly, that should be enough. But if we need a detailed explanation as to what it means to love, God gave us that too.

Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things (1 Cor. 13:1-7).

Pause for a moment and spend some time on these verses. Get out pen and paper and go through these verses one by one and pull out the traits of love. Put it in everyday words. For example, verse 1 says that even if I can speak several languages, and my speech is so eloquent I sound like an angel, if I don't have love, I am just making a lot of noise.

Once you have done that with each verse, take turns in your group to explain what each verse means and why. How does that verse apply to the marriage relationship? Feel free to give real examples of how these attributes would be acted out today. Personal examples are great.

For example, when I think of that first verse, I think of a politician or a salesman. They have smooth tongues and can convince many people that what they are saying is true. If what they are saying comes from a place of love, it is powerful and can help people. But, if not, it is just a lot of useless noise. The gift of gab is not the problem. It is how they use that gift that makes the difference.

Once you have completed this assignment you will have a much better understanding of God's instructions to love. That is important for us too, because we are also instructed to love our husbands.

The older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things—that they admonish the young women to love their husbands, to love their children (Titus 2:3–4).



🔑 How can we teach someone to love?



Hey! I'm an old lady! I can teach you young chicks a thing or two! — Sister Sidekick

Above All, Love God

When God instructs us to love one another, He is referring to much more than a simple emotion. Your love, or lack of it, is shown in everything you do: your attitude, how you speak to one another, and how you respond to each other's needs. That is extremely important when it comes to sex. Because the needs and views of both men and women are so different, both parties must compromise in the bedroom.

I have already given you some guidelines for finding “Mr. Right.” The number one quality? A man who loves God. Why? Because he will strive to love you the way God intended. As you mature in your love for God and one another, that love will grow. Scriptures such as Ephesians 5:22–24 will become a goal, not just a commandment to be obeyed.

Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything (Eph. 5:22–24).

In every aspect of our lives, God's word needs to reign supreme. Notice the power structure. The church—which includes men—is subject to Christ, and wives are subject to their husbands. When you have a husband who

would die for you, submission is not a problem; it is a blessing. A home divided cannot stand. When there is a clear leader, the husband, and a willing follower, the wife, the home will have both peace and strength.

God's word creates perfect balance in our lives. Problems arise when our lives get out of balance. When a husband loves his wife enough to die for her, he will value her opinion, respect her decisions, and want what is best for her. However, when the two do not agree, he must be the tie breaker. It is critical that we both accept and support his decision, even if we do not agree. He may be wrong in his decision, but fighting about it after the decision is made only hurts everyone involved.

Power in Submission

There is great power in humility and submission. Stepping back and not pointing out the mistakes will allow your husband to feel more inclined to admit fault and lean more on your advice next time. It is also important that we not allow power struggles to enter the bedroom. Men do not usually see the connection between how we feel and our desire for sex, so you may have to communicate this to him. But if you have a man who truly loves you, he will give you some time and space to process the recent events. Paul instructs him, "Husbands, love your wives and do not be bitter toward them" (Col. 3:19). Again Paul says,

So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church (Eph. 5:28–29).

God never intended for us to be slaves to our husbands. Instead, He wants us to be treasured, respected, and truly loved. A godly marriage is a true blessing. There is no such thing as the perfect couple or a perfect marriage. We are humans and we will disagree. But at the end of the day, true love and the desire to work through our problems should reign supreme.

As young married teens, my husband and I had more than our share of arguments, but because we were committed to God and each other, we worked through the hard days. I can promise you that no matter who you are, there will be several times throughout your marriage that you want to leave. I did. There will be many days you just have to hang in there. We

talked, argued, got advice from other Christians, and even enrolled in a marriage class at church, but we hung in there.

It is especially hard when the kids are young and money is tight. Your sex life takes a big hit in those days. You feel pulled in so many directions it may seem overwhelming. So many husbands do not understand the stress and pressure young mothers face. They want to make it better by “making love to you” when all we want is a hot bath and to go to sleep! Please do not misinterpret your husband’s sexual advances during these times as demeaning or selfish. It is totally normal for a man to want to give his wife something that is meaningful to him. He looks at you and sees how tired and stressed you are and thinks, “If that were me, having sex would make me feel better,” so that is what he offers to you. Men and women are different. Surprise! So you must communicate your needs to him clearly without hurting his feelings. This is one thing I wish I had known as a young bride and mother. It would have prevented hurt on both sides of our marriage.

Serious Commitment

God is serious about our commitment to one another. We are taking a vow before men and God when we say “I do.” It is frustrating when I hear a marriage agreement referred to as “just a piece of paper.” It is far more than that. It is a lifelong commitment between God and each other. It is a holy bond that should not be entered into lightly. It is a commitment that must not be disregarded lightly.

Now before we leave this topic, understand this. I do not believe that God intends for a woman to stay in an abusive marriage. If you are being abused by the man you married, get out but be careful. Abusive men do not see their wives as humans but as property. The most dangerous time for an abused woman can be when she tries to leave. Please reach out for help and get to safety.

The Pharisees also came to Him, testing Him, and saying to Him, “Is it lawful for a man to divorce his wife for just any reason?” And He answered and said to them, “Have you not read that He who made them at the beginning ‘made them male and female,’ and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’? So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.”

They said to Him, “Why then did Moses command to give a certificate of divorce, and to put her away?” He said to them, “Moses, because of the hardness of your hearts, permitted you to divorce your wives, but from the beginning it was not so. And I say to you, whoever divorces his wife, except for sexual immorality, and marries another, commits adultery; and whoever marries her who is divorced commits adultery.” His disciples said to Him, “If such is the case of the man with his wife, it is better not to marry.” But He said to them, “All cannot accept this saying, but only those to whom it has been given” (Matt. 19:3–11).



1. If you are married, what ways have you found best to communicate with your husband?
2. How has this communication changed over time?
3. If you have never been married, what kind of communicator are you looking for in a husband?
4. What kind of man do you feel would be the best fit for you?
5. How do you feel about the scriptures on submission?
6. If you struggle with the concept, why do you think that is so?
7. If you do not, share with the group how you found peace on this topic.