



Marriage minute

A marriage ministry of St. Andrew Lutheran Church

Sex

We're all missionaries...even it's just for healthy eating or your favorite vacation spot. We're all missionaries for Christ, even if we don't get on a plane to do it. Could we, Christian married couples, become missionaries for sexual wholeness in marriage?

When most people think of sex and the Bible they see a wagging finger saying, "No." The church is to blame for that. The church taught for centuries, "Since there is no marriage in heaven, there's no sex in heaven. Since our time on earth is to prepare us for heaven, our time here is better spent in disciplining ourselves to not need it. Sex is only for having children." See the scolding finger?

But that's not in the Bible. Instead of a prudish list of prohibitions, the Bible portrays sex as a passionate path to fulfill what God put in your hearts.

God's design for healthy sexuality...**includes passionate sensuality**. Did you know the Bible records a wife saying to her husband, "*Your love is more delightful than wine, your name is like perfume poured out.*"

God's design for healthy sexuality...**reflects God himself**. Nothing God created was an accident. A Christian husband and wife enjoying his gift of sexuality are acting out God's plan for their marriage.

God's design for healthy sexuality...**is about knowing each other like no one else**. The biblical word for a husband and wife making love is the word for *knowing*. The Lord used

same word to describe our relationship with him – knowing. Nothing shameful here; only intimate familiarity.

God's design for healthy sexuality...**is restricted to the covenant of marriage**. Our culture doesn't like boundaries of any kind, "I'll decide for myself what I want." But God designed sexuality as a gift so precious he put boundaries around it to protect it. "Enjoy my gift," he says, "within your marriage."

There's more, of course, so much more; probably not best explored in a mixed audience! Let this be enough: if you're married and you've drifted from God's plan for healthy sexuality, find a way back. If it's repentance, repent. If it's piling up of hurts, conflict or something physical get some help and get back to honoring God in your marriage with his gift of sexuality.

I hope the discussion activity helps you.

For discussion: Let's try to complete the following sentences together. As we enjoy God's gift of sex we ...

1. We give glory to God because...
2. We reclaim "sex" from our culture because...
3. We cultivate a healthy church because...
4. We build a healthy family because...

Prayer.

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