

CHRISTIAN COUNSELING OF MANSFIELD

Individual – Marriage - Family

Biblical Solutions to Sexual Issues in Marriage

1. Agree to seek a solution without arguing or fighting (Ephesians 4:29; Proverbs 17:14).
2. Seek to understand and apply the following passages:
 - a. Matthew 22:37-40
 - i. “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.” (ESV)
 - ii. The sexual relationship, as in all aspects of marriage, needs to be rooted in this principle first and foremost.
 - iii. Beware that your spouse may have experienced some sexual abuse or harm; they will need much grace and patience as they work on healing.
 - b. Philippians 2:3, 4
 - i. “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.” (ESV)
 - ii. Enter lovemaking with the idea of giving/serving rather than getting/being served.
 - c. 1 Corinthians 7:2-5
 - i. “But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. The husband should give to his wife her conjugal rights, and likewise the wife to her husband. 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. 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.” (ESV)
 - ii. Each spouse has a “conjugal” responsibility to the other spouse.
 - iii. Neither person has rights over his/her own body, but the spouse does.
 - iv. There are three conditions which a couple may apply to abstain from lovemaking:
 1. Mutual consent;
 2. For a limited/pre-determined length of time;
 3. For the purpose of devoting themselves to prayer;
 - v. Come together sexually at the end of the agreed upon time to avoid Satan’s temptation.
 - d. Hebrews 13:4
 - i. “Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.” (ESV)
 - ii. There is much sexual freedom within the marriage sexual relationship; each couple may decide sexual frequency and behaviors (do’s and don’ts) by following the above principles. However, any form of sexual immorality or adultery is forbidden by God.

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Ways to Improve Your Lovemaking

1. Commit to regular “non-sexual displays of affection” outside of the bedroom.
2. Commit to regular lovemaking. Determine together how often you will make this happen.
3. Share your body joyfully and freely with your spouse, recognizing your body belongs to your spouse.
4. Listen and be responsive to your spouse’s sexual desires.
5. Do not withhold sex or use it as a form of manipulation or bargaining.
6. Set your affections deeply on giving rather than seeking your own pleasure and satisfaction.
7. Avoid making any demands or threats if your own desires are not met.
8. Discuss what you both currently like about your sexual relationship.
9. Let your spouse know if there is anything about your sexual relationship that you do not enjoy or that you might enjoy that you are not currently doing.
10. Identify things that might be hindering your sexual relationship.
(Ex: fighting, harshness, past unresolved issues/abuse, pain during intercourse, pornography/adultery, selfishness, lack of sexual knowledge/technique, unforgiveness, wrong priorities, lack of time together, unfulfilled responsibilities)
11. Is there anything either or both of you believe the Bible forbids sexually in marriage? If so, what is the Scriptural basis for the belief? Discuss these things together. (Consider 1 Corinthians 7:2-5 and Hebrews 13:4.)
12. Add variety to the pattern of your sexual relationship (location, activity, frequency) and avoid letting it become monotonous and routine.
13. Discuss any fears you may have about sex.
14. Learn to communicate openly with your spouse about all matters, including lovemaking.
15. Recognize that sexual desire is not necessary for lovemaking...pursuing a love for God and your spouse’s best interest are.
16. Seek to make the relationship enjoyable for both of you (Phil. 2:3, 4).
17. Develop good sexual technique by educating yourself (Dr. Ed and Gaye Wheat’s *Intended for Pleasure* is a great teaching manual), attending marriage seminars, and studying the passages on the reverse side of this page.
18. List any other ideas you believe would be important to discuss with your spouse that might enhance your sexual relationship:
