

Title – Defining Sex: A Reciprocal Gift designed by God

Program of Study – Counseling

Choose one of the following: Print Poster

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Category –Theoretical Proposal

### **Abstract**

God designed our bodies in an anatomically correct manner to give and receive pleasure to our spouses. In the covenant of marriage, sex provides emotional, physical and spiritual bonding that cannot be obtained without it. In addition to the aforementioned bonds, sex provides the gift of children. God instructed man to be fruitful and multiply; sex between a husband and wife is the instrument He provided for the gift of children to be received. When a husband and wife are sexually in tune with one another it provides a deep intimacy that consists of joy, love, as well as feelings of safety and trust. A properly functioning sex life can also help to protect and safeguard marriages from outside temptation. The purpose of this presentation is to present a biblical definition of the gift of sex and to define how embracing this gift properly can positively impact couples within the covenant of marriage. The presentation will initially examine sex as a reciprocal gift that is intended to be shared and enjoyed mutually. Secondly, it will investigate the myths of sex by both husbands and wives, the lack of sexual biblical self-concept and its negative impact on married couples. The authors will also focus on some of the barriers to

enjoying God's gift of sex. These barriers include: shame, guilt, a lack of proper instruction from the church and past sexual trauma.

### **Christian Worldview Integration:**

Since this presentation is based on biblical standards, much of the research was done through the lenses of Christianity. As a result, the authors will interpret how the Bible truly defines sex and how that definition can be conveyed to others. The Bible defines sex as an act with an intention to unite husband and wife together in which they cleave to each other and become one flesh (Gen 2:24). Christianity calls for the husband and wife to commune in a manner that allows their matrimonial union to be blessed, fruitful, and pleasurable. The pleasurable aspect of sex is often neglected in the teachings of the church. Instead this aspect is focused on in the world. Viefhues-Bailey (2012) states that "the sexual task is not only to be orgasmic but also to fashion the desired kind, and gender-appropriate level, of activity and submission that is needed for nature fallen to become nature redeemed" (p.13). Within the Christian community, discussing sex is often frowned upon and shunned and therefore individuals explore it in a manner that embraces their fallen nature as opposed to the nature redeemed through Christ Jesus. This applies to the discussion of healthy sexual relationships within a marriage; the topic is simply not discussed in churches.

Clinton & Hawkins (2011) state that a Christian perspective, is one that recognizes "the joy of having God's story as the backdrop for the reality of the lives encountered (which adds a richness to the meaning of oneness), the depth of hope offered, and a higher calling to the personal ecstasy found in nurture and sacrifice" (p. 306). In society's culture, sacrifice often goes unrewarded, even within the context of marriage. Spouses are seldom instructed on ways to sacrificially love one another; each person is focused on his or her own pleasure; this is contrary

to biblical instruction. This research can be impactful with the culture at large in many ways. There are many people in the world who may not have received any previous biblical instruction on how to love their spouse properly. Unfortunately, there are many Christians who have not been instructed on the beauty and benefit of a healthy sex life with their spouse.

In I Corinthians 7:1-7, the Apostle Paul describes the purpose and intent of sex within the marriage bed and what can happen when it is not utilized as it has been intended. It is within these verses that sex within marriage in the body of Christ has either been misinterpreted, used within a controlling manner, and or condemned. This has caused a disturbance within the unity of marriage, the gift of sex, and the pleasure for which it is intended.

