

TEACHING NOTES (underlined words indicate answers for the handout)

Step 5 —

To Have a Marriage That Really Lasts, You Must Have a Sincere Physical and Emotional Intimacy.

SCRIPTURE: I Cor. 7:1-7

## INTRODUCTION

1. This next step has been a very revealing one that has caused me to be overwhelmed with concern.

A. I am very concerned because this is a very private and delicate subject.

B. Yet, I am also concerned because this is a very important subject that needs special attention.

C. I am concerned because this is one area that Satan is probably working the hardest in trying to destroy our marriages.

2. To truly understand the meaning of physical intimacy we must understand it in the complete light of the purposes of marriage.

3. This is the most difficult part of the steps and I believe it is because of its complex and private nature.

4. Also, I believe it is important because our society has so twisted intimacy to mean far different than what God planned for it to mean.

So the fifth step in having a marriage that really lasts is having a sincere physical and emotional intimacy.

WHAT IS GOD'S PURPOSE FOR MARRIAGE?

## PART 1

### SIX PURPOSES OF MARRIAGE (GOTHARD)

#### A. Companionship

1. Amos 3:3, "Can two walk together, except they be agreed?"

2. True companionship will only grow out of a oneness of spirit. IT BRINGS 2 PEOPLE TOGETHER AS ONE.

3. True companionship means you will work together within the home.
4. Can you disagree and still work close together?

## B. Enjoyment

1. Read Hebrews 13:4, "Marriage is honorable among all, and the bed undefiled, but fornication and adulterers God will judge."
2. Enjoyment is not something we have at the expense of our companion.
3. Enjoyment has within it the principle of self-control.
4. Selfishness must never be a part of your marital relationship.
5. What would happen in most marriages if each partner always sought for the enjoyment of their partner?

## C. Completeness

1. Read Genesis 2:23, "And Adam said, 'This is now bone of my bones and flesh of my flesh; she shall be called woman, because she was taken out of man.'"
2. God designed and gave Eve to Adam in order to complete what was lacking in his life.
3. How can we come to the reality that men cannot make it on their own but need their wife?
4. What happens when we do not see our need for our wife? Incompleteness.
5. What happens when we do and respond accordingly? Completeness.

## D. Fruitfulness

1. Look at God's first command in the Scriptures Genesis 1:28... "Be fruitful (Hebrew rabah, increase with exceeding abundance of children), and replenish the earth (Hebrew male, fill up the world to overflowing).
2. The command is repeated in Genesis 9:1 and clarified in I Peter 3:7, "...as being heirs together of the grace of life; that your prayers be not hindered."
3. Did God call for marriages to have children? Some can, some can't, and some do not want to.

4. What is the greatest blessing we can have in a marriage – lots of money or the blessing of children?

#### E. Protection

1. Read Ephesians 5:25, “Husbands, love your wives just as Christ also loved the church and gave Himself for her.”

2. The husband is to protect his wife by laying down his life for her.

3. The wife is to protect the home. Read Titus 2:4,5

4. Together, parents are to protect their children in order that they may raise up a Godly seed. Read Malachi 2:15 and Psalm 112:1,2

5. How can the husband protect the wife?

a. Spiritual leadership.

b. Financial responsibility.

c. Sincere and complete commitment.

#### F. To typify Christ and the Church.

1. Read Ephesians 5:31-33

2. Our relationship in marriage should be a human object lesson on the divine relationship between Christ and believers.

3. What happens within a marriage where the love for each other is not like Christ’s love for the Church?

4. There are problems and conflicts. How do we solve them? Go back to the instruction book, the Bible.

#### Part II

SCRIPTURE: I Cor. 7:1-7

#### A. What is physical intimacy?

1. First, what it is not.

a. Let me clarify that marriage is not just physical relations.

- b. It is not just personal satisfaction.
- c. It is not just receiving.
- d. It is not created by the Devil.
- e. It is not dirty or awful.

Why do some people have these kind of feelings?

- \* Received some incorrect training as a child.
- \* Experienced physical and/or sexual abuse as a child.
- \* Lacks self esteem and has a very low self image.
- \* Does not understand true intimacy in marriage.

2. Now, let me give you just a small list of what it is.

- a. It is a very important part of marriage.
- b. It is the mutual satisfaction of each partner.
- c. It is the giving of each other to each other.
- d. It is created by God.
- e. It is clean and wonderful and designed by God.

Why do some people understand it this way?

- \* They understand what is true physical intimacy in marriage.
- \* They have learned from parents or from personal study.

3. What is true physical intimacy in marriage?

a. It is that private part of marriage that God designed for the intimate relationship of a married man and woman.

b. To understand this we must understand that God invented marriage.

- 1) Our spouse is a gift from God.

2) One clear way in knowing there is a lack of intimacy is you no longer look at each other in the eyes when you talk.

c. Read Deuteronomy 24:5. The goal of the husband is to make his wife happy in the first year of their marriage.

1) How many of you had a hectic first year of marriage?

2) The first year of any marriage is extremely crucial for the rest of the marriage.

3) When the Bible speaks of “to know” it certainly has to do with sexual relations but it also has to do with getting to know your companion to the level of the soul.

4) The first year is very important because the wife has left the security of her home and is confronted with a whole new set of insecurities.

What are some of those insecurities?

\* A new bed partner.

\* A new provider.

\* Improper courtship will cause your spouse to feel insecure.

\* As husbands we must create the right kind of environment to make our wives feel secure.

How many wives here feel insecure when your husband moves you to some new territory?

\* Too many people describe their first year of marriage as hectic so it should be understood that it is the man’s responsibility to make sure the first year is not hectic.

\* Do not rush into marriage.

\* If you did, start working on it now.

d. Maybe you are wondering if there is any hope for your marriage. THERE IS.

1) Marriage is a spiritual warfare but you can experience daily victory when the right principles are applied.

2) There are two principles:

a) Eph. 5:25,28 - Husbands are to love their wives as Christ loved the church and as their own bodies.

b) I Peter 3:1 - Wives are to honor and respect their husbands.

3) These are two separate commands set forth in the context of spiritual warfare.

a) A man wants to be respected.

\* A man wants to be respected by his employees.

\* Respect makes a man feel good - this is the thing he cares about.

\* Wives learn to praise your husbands from the very beginning of your marriage.

\* A wife may win her husband by respecting him.

b) A woman wants to be loved.

\* This is the woman's greatest need – she wants to be loved unconditionally for who she is.

\* There are three ingredients of love in the marriage of a Christian couple.

Friendship love - afelia

Sexual love - erotic

Love of God - agape: this is what makes the Christian marriage different.

\* This intimacy must be built into the marriage from the first night of the honeymoon.

e. Physical intimacy with women is far more complex than it is with men.

1) It is three dimensional.

2) It has to do with things like the weather, beautiful flowers, the courtesy of opening the door, always being gentle, and activities which lead to other things.

f. Physical intimacy with a man is very simplistic.

1) Being so different the husband must study his wife to seek to understand her and her needs.

2) If the husband is committed to really knowing her then she will most likely be committed to respecting him.

g. Dr. Dobson gives 12 steps to intimacy.

1) When these are followed a glue-like bonding takes place between you and your companion.

2) Each step is a little more intense.

3) These steps are important throughout your marriage no matter how long you have been married.

4) TV does not portray these steps and so neither does our society as a whole.

5) These steps are:

1. Eye to body.

2. Eye to eye.

3. Voice to voice.

4. Hand to hand.

5. Hand to shoulder.

6. Hand to waist.

7. Face to face.

8. Hand to hair.

9. Hand to body.

10. Mouth to breast.

11. Touching below the waist.

12. Intercourse.

Part III

SCRIPTURE: I Corinthians 7:1-7

INTRODUCTION:

1. Let me remind you that marriage is the institution that has been chosen to represent Christ and the Church.

2. With this in mind, we can understand why Satan hates successful marriages and is doing all he can to destroy them.

3. When the marriage is destroyed, Satan gets the children, too.

4. Christian leaders' families are especially under attack.

5. I have heard where the Satanists and the New Agers have banded together to fast and pray every Thursday for the destruction of minister's homes.

Someone shared with me about a well dressed lady on the airplane who skipped her meal because she was fasting. When asked what church she was with, they found out it was the church of Satan.

6. Let's remember God loves marriages and does not want anything to hinder them.

7. Let me add a point about adulterous relationships and why they occur.

A. They usually begin with a man who has become friends with a woman who will show him respect, a grateful spirit, and show him her insecurities (which has to do with him protective instinct).

B. Almost every time the adultery is to meet and unfulfilled need for companionship and not sex.

C. The adultery with the woman was in someone she could talk to. Somebody to whom she could be herself, and pour out her soul and not feel rejected.

D. Physical relations enters into the process after a woman has experienced an acceptance by a man and then she can pour out herself and feel secure to unlock that channel of herself where she reveals her hidden person.

E. This is intimacy on the highest possible level which then leads to sexual relationships.

F. But this whole aspect of intimacy is to be experienced only within the boundaries of marriage.

**WARNING!!!!**

G. If you suspect something not above board with your mate, you need to follow instincts and face him/her with it.



1) Let your mate know you will not cover sin.

2) Covering sin does not help your companion – it only helps him/her get deeper involved.

8. Our goal in this sections is to work on some ways that we can remove the hindrances of intimacy in marriage.

STEP 1 – STRONG COMMITMENT

STEP 2 – EFFECTIVE COMMUNICATION

STEP 3 – SPIRITUAL LIFE

STEP 4 – CONFLICT RESOLUTION

STEP 5 – PHYSICAL INTIMACY

WE HAVE LOOKED AT THE PURPOSE OF MARRIAGE, WHAT PHYSICAL INTIMACY IS NOT, AND NOW, WHAT CAN HINDER PHYSICAL INTIMACY?

B. What can hinder physical intimacy within a marriage and how do you overcome them? Or what can cause a husband and wife not to be very close in their relationship and how can you change it?

(I share these things not to meddle, but to help all of us see the value of a strong and close intimate relationship with our companions.)

1. The lack of understanding of how each other things.

Example: \_\_\_\_\_

- \* What is important to each other? His job, her house and children.
- \* Why doesn't he or she know what my needs are?
- \* Failure to study each other.
- \* What each other's feelings are about things.
- \* Failing to be considerate of each others feelings.

Solution: \_\_\_\_\_

- \* Tune in to each other. Let your mate open up without feeling rejected.
- \* Sit down and talk through the issues but not when you are upset.
- \* Learn to listen to the spirit of your partner.
- \* Learn to talk heart-to-heart with your companion.
- \* Learn to touch your wife with a non-sexual touch. It means a lot to her.
- \* A wife will think through the day how her husband treated her.

2. Being flirtatious with the opposite sex. Both male and female.

Example: \_\_\_\_\_

- \* Beware of the false expectations.
- \* A man should not compliment the physical features of another woman.
- \* A man should be careful how he compliments a woman. She may take it wrong.
- \* A man should not touch the opposite sex.

Solution: \_\_\_\_\_

- \* Steve Green sings a song – “Guard Your Heart”.
- \* Companions should help each other to see when they are talking too much to the opposite sex or being flirty.
- \* Be accountable to one another.

### 3. Being critical of your companion in public.

Example: \_\_\_\_\_

- \* Being sarcastic.
- \* Pointing out faults publically.
- \* Making embarrassing statements.
- \* Commenting about a woman’s greatest fear, getting fat.

Solution: \_\_\_\_\_

- \* If your wife looks good you should have already told her. If not, then save your comments.
- \* Be careful what you say in public and private.

### 4. Pornography and looking at wrong things.

Example: \_\_\_\_\_

- \* Looking at wrong magazines, videos, TV, internet, and going to bars.
- \* Unfaithful in thought life.
- \* Improper visual mind pictures are difficult to erase.

Solution: \_\_\_\_\_

- \* Guard your eyes. II Peter 2:14, “Having eyes full of adultery and that cannot cease from sin.”
- \* Remove the temptations.
- \* Be accountable to your wife.

### 5. Throwing up the past.

Example: \_\_\_\_\_

- \* If promiscuous before marriage, there will be problems.
- \* Ask partner and God for forgiveness and put it under the blood.
- \* Some say a man should seek forgiveness for defying a woman. It will release guilt for both parties.

Solution: \_\_\_\_\_

#### 6. Failing to remember the Love Game.

Example: \_\_\_\_\_

- \* Failing to open the car door.
- \* Forgetting to bring little things home.
- \* Forgetting to leave little notes.
- \* Taking things for granted.

Solution: \_\_\_\_\_

- \* Start doing little things that mean a lot.
- \* Be complimentary and sincere.

#### 7. Having unreasonable expectations of each other.

Example: \_\_\_\_\_

- \* Some wives expect what the media presents as a continual romantic high.
- \* TV portrays affairs as romantic.
- \* The husband too often feels, "I've got her, now let's get on with life."
- \* Some husbands think the wife is there to meet their needs: keeping house, cooking, and sexual needs.

Solution: \_\_\_\_\_

- \* Think about your partner before yourself.
- \* Companionship is giving and sharing.

#### 8. Failing to spend adequate time with each other.

Example: \_\_\_\_\_

- \* Over commitment at work.
- \* Failing to plan proper time.

Solution: \_\_\_\_\_

- \* Plan family time.
- \* Discipline yourself to do the important.
- \* Make time to do things together.

9. Failing to practice the golden rule for marriage: WHAT YOU WANT IN YOUR OWN SPOUSE BEGIN TO PRODUCE FIRST IN YOUR OWN LIFE.

Example: \_\_\_\_\_

- \* Don't know how to practice what you want.

Solution: \_\_\_\_\_

- \* Read books or listen to tapes to learn how.

## APPLICATION

We have covered a huge amount of material in this lesson. Maybe the problem has not been mentioned where you live. But we have given some very important principles that can be applied to your problem.

Take time today to work on the problems. Start within yourself. Then draw closer to your companion.

Will you commit to working on your relationship as it relates to physical intimacy?

## CONCLUSION

Physical intimacy is a major part in the relationship of a husband and wife. The significance of this role must be considered extremely important by both partners. If not, then the relationship will suffer and possibly end in shipwreck.