



Marriage Growth-Track

Week 11 - Day 2

Let's Get Busy

The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

1 Corinthians 7:3-5 NIV

You mean you control me? And I control you? Well, yes...and no. This verse is a great illustration of what it means within marriage to give oneself fully and completely to the other. Nothing is held back in the relationship—in serving one another, loving one another, or satisfying one another. This is what we see in these verses -

- Married couples should have regular sexual relations;
- Permanent abstinence deprives the other partner of his or her natural right;
- Marriage is exclusive and reserved only for our spouse;
- Regular sexual activity within your marriage helps protect against sexual temptation

Sex is, by God's design, a very powerful emotional, physical, and spiritual force. This force that God has designed through the sexual act is the bond that gives marriage husband and wife a heart-connection. However, if used wrongly, its power is even more harmful than the Star Wars dark side. It can be used to bring shame and guilt, pain and suffering, addiction and bondage, and has destroyed countless marriages and families. Satan delights in using sex as a tool to wreak havoc in our lives.

The Apostle Paul gives us an offensive strategy in our relationship to enrich and protect our marriage. This is not a suggestion, it is a command. Paul says we should be having sex, and engaging in sexual activity regularly. To use it for intimacy, connection, and pleasure for each other. Paul's instruction for regular sex was to propel our relationship forward by using sex as one of the tools to engage husband and wife in a deeper, more meaningful relationship, not as a tool to withhold for personal gain.

This passage even applies to our spiritual lives, too. Paul shares, "Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." Even when we are feeling confident in our walk with the Lord, we still need to be engaging sexually with our spouse to protect our marriage.

Discussion Questions:

1. From one to ten, one representing empty and ten representing full.
Where is your sex tank?
2. How many times do you wish to have sexual intercourse in a week/month to keep your sex tank full?

Action Steps:

Collaborate together to agree on a number of times you both would like to have sex. Once you have your number, do your best to achieve the number.

Prayer:

Heavenly Father, give us the courage to serve each other. Give us the humility to think of each other as more highly than ourselves and the energy to pursue intimacy even when we are weary. Protect our minds from evil and anything that wants to cause harm to our marriage. Thank you Lord for the victory we have in our lives because of your son, Jesus.