



Marriage Growth-Track

Week 11 - Day 3

Intoxicated

Now the man and his wife were both naked, but they felt no shame.

Genesis 2:25

Clearly this verse was written long before photoshopping and body shaming was an issue that it is with so many people today. But, there they were—Adam & Eve with nary a fig leaf and both were totally cool with it. Nobody was obsessing over ‘love handles’ or ‘thunder thighs’—just glorious acceptance of the bodies God had given them. This is what we see in this verse:

- In nakedness, they were shameless and innocent;
- Before the fall, husband and wife loved each other without judgment, criticism, or blame

Before the fall, Adam and Eve had complete freedom sexually. No sin, no body issues, no embarrassment. There was nothing holding them back from each other emotionally, spiritually, and physically. They were free to know and be fully known by each other.

It’s hard to imagine, but it was probably pure intoxication with each other’s body. They had no shame! Nothing to hide or expectations to meet. Their lovemaking must have ended every time with a loud shout of ‘hallelujah!’ However, in the next verse, Genesis 3:1 the fall begins and sin enters into the world. Adam and Eve’s sex life forever changed.

For our sex life to flourish, how can we create an environment that is shame-free? As followers of Christ, “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Corinthians 5:17) Jesus death paid the penalty for our sins and his resurrection launched a new creation in us. He gave restoration to the world as God intended it to be and freed us forever from being slaves to shame.

One of Satan’s top strategies to hold us back is for us to relish in the past. He wants us to stay ashamed, be defeated, feel worthless and rejected. As a husband and wife, our job is to love each other without shame. As the Apostle Paul shares in his letter to the Thessalonians, we are to “encourage one another and build one another up.” Instead of words of judgment, criticism, or blame that moves our relationship backward, replace them with words and actions that propel our marriage past shame and onward to great sex.

Discussion Questions:

1. What words and actions can I say and do to help you feel or overcome "shame" in our marriage and sex life?

Action Steps:

Pray each night together before bedtime. Specifically, ask God to remove barriers that is keeping each other from fully embracing you they are in Christ Jesus as a new creation.

Prayer:

Heavenly Father, thank you for dying on the cross for me. For wiping away all my sins, so that I may live in your grace and mercy. Lord, when I'm thinking in past ways, let me remember your forgiveness and that I'm no longer stuck in my past ways, but that I'm free from the bondage I was once in. Thank you for your amazing grace.