



Marriage Growth-Track

Week 11 - Day 4

Intentional Sex

I belong to my beloved, and his desire is for me. Come, my beloved, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom—there I will give you my love.

Song of Solomon 7:10-12

This is a woman who is in love. She knows she is loved and she loves in return. That's usually how it works in most successful relationships—when someone knows they are valued, honored, and respected, they want to live up to these admirable traits and they want to repay the kindness to the one who loves them. Cause and effect—love and be loved. This is what we see in these verses –

- The woman states her commitment to her husband;
- She is her husband's delight;
- Her appetite for intimacy was equal to her husband's desire for her

There's no holding back in these sensual verses. There's a strong, almost overpowering, desire for these two to have sex together. Her passion for him equals his passion for her. Her appetite is so great that she expresses her desire to her lover to go away to the countryside for an evening of great sex.

God created sex for husband and wife to enjoy and experience great pleasure. Sex is an amazing gift that God has given to us. Yet, research is showing that 18% - 21% of married couples are sexless. (Sexless is defined as having sex less than once a month.) It's like a Christmas gift with your name on it that stays unopened underneath the Christmas tree. What's interesting about the research though, is that 75% want to have more sex. They want to take advantage of the gift that God has given to them.

Married couples that have a great sex life, have a great friendship. They desire to be together. They are purposeful about spending time together to keep their friendship vibrant, fun and connected. The frequency of sex is the result of the quality of their relationship.

In the passage, the woman felt secure in her relationship with her husband. He made her feel like the most important person on earth to her man. In return, her desire for him sexually was overwhelming. As a couple, they prioritized their sex life by booking a trip to the vineyards to be alone with no distraction so they can fully give themselves to each other.

Discussion Questions:

1. You've just won the lottery, where would you want to take a romantic vacation with your spouse?
2. How often would you like to have sex? Every day? Every other day? Once a week? Monthly?

Action Steps:

Plan a couple's romantic trip. Depending on your budget and time, go ahead and schedule your annual couple's annual abandon trip.

Prayer:

Heavenly Father, thank you for bringing us together. For the blessings, we get to experience as a couple emotionally, spiritually, and physically. Lord, we want to maximize every gift you have for our marriage. We want to know each other and experience this life together to the fullest. Lord, increase our appetite for each other and eyes only for each other.