



Marriage Growth-Track

Week 11 - Day 5

Love & Sex

Enjoy the wife you married as a young man! Lovely as an angel, beautiful as a rose—don't ever quit taking delight in her body. Never take her love for granted!

Proverbs 5:18-19 MSG

If you've got it—enjoy it! Wrinkles come, as do the pounds. Muscles shift and shrink and hair thins and grays. Enjoy the firmness of a youthful body while you have it because change will most assuredly occur. But don't despair as changes come because, with the changes, also comes an appreciation for a journey travelled together. This is what we see in these verses –

- Enjoy marriage;
- Marriage is for a lifetime;
- Never stop cherishing her body;
- Appreciate her every day

God loves sex! He created sex for men and women to enjoy. Having fun in bed is a must for an amazing sex life. Not too many people have crazy, mind-blowing sex on their wedding night. In fact, it can be a major disappointment. Regardless of your wedding night experience, it was Day One of your sex life together and you have the rest of your married life to figure it out. You'll always be learning what is pleasurable for you and your spouse.

Sex is meant to be a part of your relationship, but it is not greater than your marriage. There will be mountaintop experiences and valleys on your journey through life together. You will strive for a healthy, harmonious relationship that is built on Jesus, honor, and love. In the text, "Don't ever quit taking delight in her body," it goes further than the shape, curves, or age of the physical body. It's making the decision every day to cherish your spouse.

To be loved and fully and truly known is our greatest need. It's amazing what we will do to earn the love of people or just be noticed. However, it's unfortunate how quickly we can take for granted what we once couldn't see ourselves living without. In the New

International Version, this verse reads, “may her breasts satisfy you always, may you ever be intoxicated with her love.” Pretty hot stuff for God’s holy word!

But always remember, love is greater than just sex. Even though physical intimacy is an important aspect of marriage, it’s your love for Jesus and each other that will give you strength, encouragement, and perseverance to take on each day.

Discussion Questions:

1. When you first met your spouse before you were married, what was the very first thing you noticed about them? Physical trait?
2. With your physical appearance, do I make you feel fully accepted and love?

Action Steps:

Ask your spouse, “What can I do to let you know how much I take delight in your body?” For the next seven days, sprinkle whatever they shared by meeting that need.

Prayer:

Heavenly Father, thank you for the gift you have given us in marriage. For my spouse, for the love we get to experience because you first loved us. Lord, I pray that you protect our marriage from anything that can divide us. Give us eyes only for each other. Ignite our passion and desire for one another, so that we may fill each other cup. Most of all, we thank you for being our fulfillment and source of life to love other as you love us.