

Family Legacy Institute

Tools For Families Building Godly Legacies

Marital Sexuality

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I. Biblical References

"For this cause a man shall leave his father and his mother, and shall cleave to his wife; and they shall become one flesh. And the man and his wife were both naked and not ashamed," (Gen. 2:24-25).

"May he kiss me with the kisses of his mouth! For your love is better than wine," (Song of Solomon, 1:2).

"Your stature is like a palm tree, and your breasts are like its clusters. I said, 'I will climb the palm tree, I will take hold of its fruit stalks,'" (Song of Solomon, 7:7-8).

Section One

In this section of this chapter, we'll look at how complex human sexuality is ~ how many things impact the moment of love-making. We'll look at an historic change in sexual philosophy within Western Culture, a change that has been dramatically accelerated by PostModern philosophy plus the Internet. And we'll ponder some of the differences between males and females. Sorry, no pictures ☺.

II. Introduction

God created sex for at least two purposes: procreation and pleasure. In past generations there have been those who, on religious grounds have maintained that sex was for procreation only. Yet scripture paints a different picture. As Solomon looked at his wife and wrote about her body he said, *"Your stature is like a palm tree, and your breasts are like its clusters.* One can almost see him pause, observing those "clusters." Then he said, *"I will climb the palm tree, I will take hold of its fruit stalks" (Song of Solomon, 7:7-8).*

In the book of Proverbs Solomon also noted the correlation between sex and pleasure when he advised his son, *may her breasts satisfy you always, may you ever be captivated by her love (Prov. 5:19 ~ NIV).*

Sigmund Freud observed the theme of sexuality as expressed by his patients throughout much of his career. This led him to create what he called “psychosexual” stages of human growth and development. He also maintained that human beings were controlled by the two “drive systems” of aggression and sexuality.

Within humans, sexuality in the bedroom is a reflection of much of who and what each partner is. It’s a microcosm of each partner’s:

- General personality style
 - Extraverting or introverting
 - Frisky or conservative
 - Curious or easily embarrassed
- Recent losses (death of a parent, home fire, getting fired, miscarriage)
- Emotions (anger, sadness, fear, loneliness, anxiety, etc.)
- Personal life experience with opposite gender (much vs. little)
- Phase of the marital or intimate relationship (early, middle, late)
- Immediate extenuating circumstances
 - Privacy, especially if children are awake ~ doors locked, walls thick?
 - Location ~ on the kitchen table vs. in a soft bed
 - Temperature
 - Light
- General closeness or distance of the marital relationship
 - Level of current attachment
- Ability to trust
- General level of sexual desire
- General level of self-esteem
- Unresolved issues with one's spouse or children
- Depression or other psychological disorders
- Medical issues such as hypertension or diabetes
- Medications
- Effects of:
 - Menstrual cycle
 - Pregnancy
 - Lactation
- Effects of financial difficulties
- Effects of marital boredom
- Physical or emotional fatigue
- Time pressure
- Age
- History of sexual or emotional abuse
- Sexual ideals and expectations
- Time duration since last sexual encounter
- Stress levels; job pressures
- Body image issues
- Assessment of partner’s interest in sex

- And scores of other factors.

There is nothing in human beings that is as intensely personal as one's sexuality. This remains true even though we live in a social environment which sexualizes everything possible in order to sell products, and which portrays every possible sexual activity within what we call "adult" entertainment. Our sexuality is a very personal thing.

Clinical issues often become played out in the bedroom ~ power/control ~ separation/individuation ~ mourning/loss ~ fear/embarrassment ~ repression/denial ~ attachment/bonding ~ self-esteem ~ emotional maturity ~ feelings of aggression ~ and especially for women, a host of varied emotions (anger, joy, fear, sadness, rejection, etc.)....