



CHAPTER 26

Intimacy

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INTIMACY

SEX in marriage is beautiful. God intended sexual relations to be an important aspect of the union between the husband and the wife. God created sex both for procreation and for ecstatic pleasure between a husband and a wife. It was God who put the sexual drive into humans and it was God who ordained sex within marriage to be holy, wonderful, pure, undefiled, and to be an incredibly special act of uniting the man and the woman as one flesh.

BEWARE. Breaking God's rules concerning sex turns it into something most ugly. The same God who created and encourages sex within marriage, is the God who condemns fornication, adultery, incest, homosexuality, bisexuality, child molesting, pornography, rape and the other sexual sins that are contrary to God's rules.

We read the historical account in Chapter 16 of Exodus about how God beautifully provided **manna** to sustain the Israelite community. They were hungry and without food. The Bible says:

"Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will **follow my instructions**. On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.' (16:4-5) . . . "No one is to keep any of it until morning.' However, some of them **paid no attention** to Moses; they kept part of it until morning, but it was **full of maggots and began to smell**" (16:19-20) ... "On the sixth day, they gathered twice as much - two omers for each person - and the leaders of the community came and reported this to Moses. He said to them, 'This is what the Lord commanded: "Tomorrow is to be a day of rest, a holy Sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. 'Eat it today,' Moses said, 'because today is a Sabbath to the Lord. You will not find any of it on the ground today. Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any.' Nevertheless, some of the people went out on the seventh day to gather it, but they found none. Then the Lord said to Moses, 'How long will you **refuse to keep my commands and my instructions?** Bear in mind that the Lord has given you the Sabbath; that is why on the sixth day He gives you bread for two days. Everyone is to stay where he is on the seventh day; no one is to go out.'" (Exodus 16:22-29)

The manna which God provided to His people was very good and fresh and satisfying **so long as they kept God's commands and God's instructions concerning the manna**. When the people violated God's rules concerning the manna, the manna became smelly and full of maggots and it was not available to satisfy. I suggest that there is a clear parallel with God's provision of sexual relations within marriage which is pure, beautiful and wonderful so long as you obey God's Scriptural commands and instructions about sex.

It is too bad that we do not have some kind of symbol to denote different types of sex. We ought to have a word written like "***sex***" to refer to God-honoring sex within marriage. Sex within marriage is as different from the sex sins of rape, fornication, adultery, incest, homosexuality, bisexuality, child molestation and pornography, as the manna gathered as instructed by the Lord was different from the remains that were full of maggots and smelly. Since we don't have some

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kind of a symbol like ***sex*** to denote God-provided and God honoring sex in marriage in contrast to sinful sex, please understand that when I use the word "sex" in the rest of this chapter I will be referring to God-honoring sexual relations between a husband and wife in an existing marriage relationship. Please remember that in God's eyes "same-sex marriage" is **NOT** marriage.

In Chapter 5 I introduced the distinction between the **giver** and the **getter**. Applying the principles of being a **giver** is very vital to a joyful, mutually beneficial and satisfying sexual relationship in your marriage. There is a dichotomy that exists. God built into you very real sexual drives. The sexual drive combines the physical and the emotional. This God-given sexual drive leads your body and mind to say, "get for myself sexual pleasure and satisfaction . . . and when I want it." By contrast the loving principles of being a **giver** in your marriage say, "give to your spouse sexual pleasure and satisfaction". . . taking into full consideration when and if your spouse wants sex now.

In the matter of sex, one who is a **getter** says or thinks things like this: "I want sex, so we must have sex" ... "I do not want sex, so we will not have sex". . . "I want to engage in this particular sexual activity or position, and I do not care if you do not want to do that, or if it is uncomfortable or unpleasant for you". . . "Engaging in this sexual activity or position does not 'do anything for me' or 'turn me on' or give me any great pleasure, therefore we will not do it, regardless of the fact that it is very arousing and exciting for you or pleasurable for you". . . "I do not think that the sexual parts of my body are erotic, arousing, or even attractive, therefore I refuse for you to touch them, caress them or gaze upon them, even though you say that gazing upon, touching or caressing those parts of my body is very pleasurable, exciting and arousing to you" . . . "I don't care if you want to make love, I'm just not in the mood. No". . . "I don't care if you are not really feeling well or if you are not in the mood, I demand that we have sex now". . . (etc. etc.).

By contrast, applying the principles of being a **giver** to love making, the following choices are made: "I choose to love you through sexual love. I present my body, including all of its sexual parts to you. I invite you to be aroused, excited, stimulated and to have the fullest sexual pleasure with my gift of my body to you. My gift of love includes my presentation of my whole self to you, including my body". . . "I am committed to your sexual pleasure and I will engage in sex with the priority of expressing my love to you through our physical interaction and by doing that which is in my power to bring you to full sexual satisfaction . . . I will never force you to have sex". . . "I will always be tender with you during our love making and I will never intentionally hurt you". . . I invite you to communicate honestly and openly with me concerning your sexual needs and desires and I openly invite you to communicate without embarrassment to me about how I can bring you greater sexual satisfaction and fulfillment". . . "I commit to you that our sex life, including what we do and say in the marriage bedroom, will be kept perfectly secret between the two of us and I will never breach that confidence". . . If some sexual activity is arousing, exciting, or stimulating to you, I will welcome such sexual activity even if it does not particularly 'do anything for me' or 'turn me on'" . . . "I will never refuse or withhold sex as a method or means of manipulation, punishment or revenge". . . "I will never ridicule, scoff at or demean your sexual prowess". . . "I will honestly accept your involvement in our love making as your sincere gift of love to me."

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You quickly see that some of these matters will collide with each other if only one of you is a **giver**, and the other is a **getter**. The **giver** and the **getter** are each engaged in an unending series of **CHOICES**. Even a married couple comprised of one **giver** and one **getter** can have some meaningful sex and some excellent love in the physical realm. I do believe, however, that only if both you and your spouse are **givers** will the sexual aspect of your marriage relationship remain happy, exciting, and a source of continuing enhancement of your marriage relationship and union.

Even if both you and your spouse are **givers** there will need to be continuing accommodation and balance. God has wired men and put juices in them with the result that men have sex on their mind and men seem to have an insatiable appetite for sex. Men are visual creatures. Just something the man sees or even a thought in his mind's eye can be enough to make him ready and rearing to go. Many husbands have dreams of their wives becoming almost nymphomaniacs. Probably their wives would agree only to this limited extent, "Right, hubby, only in your dreams."

How then does this play itself out in your marriage? It starts with open communication about sex, your bodies, your desires, etc. And even though you may feel that you have those messages correct today, you need to regularly "go back to the mailbox" to see what messages may be received in the future.

Assuming that you are committed to being **givers** to each other, you will come to an equilibrium in your sex life that is not necessarily static but remains a matter of conscious understanding. With most couples it means that the wife is going to agree to and engage in sex more often (or in some cases considerably more often) than would be the case if she were simply engaging in sex when she felt a need or desire for it. And the husband is going to back off and cease from demanding or expecting that he will have sex with his wife every day and at every place.

There actually is more of a responsibility on the husband than the wife in keeping the sex life of the couple in balance. In most cases the husband can easily achieve sexual climax. If he approaches his sex life with his wife as simply a matter of getting his own sexual pleasure and release without consideration of the wife, then the husband will start a downward cycle that will eliminate sexual desire on the part of the wife and will ultimately be destructive to the man's own opportunities for the pleasure of sex with his wife. The husband had better be tender, loving and romantic toward his wife if he is to have realistic expectations of excellent sex with his wife. Guys seem to be slow to get the picture. If there are some chilly words at supper time it is highly unlikely that there will be a hot time in the sack at bedtime.

Males tend to be direct and demanding. Males are more forceful and physical by nature. Females are more emotion-driven, and God has wired ladies so that they tend to want all of the environmental factors to be perfectly in order in preparation for or even as conditions of love making. If you are both being **givers** then you will take into account how the God-made differences between men and women are very real factors in your sex life (see Chapter 13 for a brief discussion of that topic). Wives need to take into account the facts that sex is so very important to husbands, that husbands are visual creatures and that husbands would like their wife to be sexy and seductive. The wife's natural reaction to her husband seeming to have sex on his mind all the time, is to stay away from the topic or from any actions which are seductive or

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suggestive of sex for fear that the husband is going to always take that as an invitation for sex. The wife may at times prefer to repress rather than excite her husband's sexual desires. Wife, remember that you are to be a **giver**. Unless the wife is a **giver** who is considering the differences that exist because her husband is a man, she probably will discount or ignore the visual aspects. While the man would enjoy watching his wife disrobe, the wife more naturally would prefer to get ready for love making in private out of the sight of her husband. The wife learned on her honeymoon that her expensive negligee seemed like a waste when her husband so quickly took it off of her. So she comes to the practical conclusion that there is no need for her to have or wear sexy attire when she is alone with her husband. That, however, is not how the man thinks.

The husband will be delighted and welcome with open arms (literally) the following activities by his wife: for the wife to surprise him with some sexual playfulness and horseplay; for the wife to tell him that she has a deep and passionate desire to make love with her husband; for the wife to tell him specifically how she would like to engage in sex that night (or day); for the wife to gladly allow her husband to view her nakedness; for the wife to flat out seduce her husband sometimes; and for the wife to be more ready to say "yes" than she is to say "no."

Husbands, if you are going to be a **giver** to your wife in the realm of love making you are going to very consciously work at being sensitive to your wife and to her needs. Whereas husbands have the ability (some wives would call it a disability) to shut out absolutely everything else in life and engage in sex without limitation, hesitation or apology, women simply are not that way. Husbands, if you want your wife to respond to you sexually then you had better make sure that your relationship with her is in order. Remember, it is the **husband** who is commanded by God to love his wife. Allow me to simply list some things that the husband needs to consider or to do as a part of the preparation for his wife to gladly participate in love making and to obtain fulfillment in your love making.

Remember the "**nest principle**." As a **giver**, the husband will honestly and affirmatively give credence to his wife's concerns about getting fixed and right those "sticks" that pertain to relationships, the family residence, etc. The wife wants the environmental factors of the place, time, mood, privacy, etc., to be in order. Therefore, the husband will not demand to have sex when there is a chance that there will be an interruption, or when the children will know or suspect that their parents are then engaging in sex, or when things are not tidy and clean. Husbands need to be very aware of the physical and emotional aspects of their wife's menstrual cycles and husbands must choose to refrain from sexual expectations or attempts in thoughtless disregard of "that time of the month." The husband needs to accept the reality that in most cases his wife does not want to have sex as much as the he does, so there is the need sometimes for the husband to simply "cool it and back off." Husbands need to shower their wife with nonsexual expressions of love. Men, shave and shower before sex!

Wives never get tired of hearing their husbands say "I love you." Husbands need to be overwhelmingly liberal in giving compliments, praise, support, and expressions of appreciation and thanks to their wives. Husbands need to **PLAN** romantic gifts, occasions and dates with their wife. Husbands need to show their affection to their wife by hugging and holding her, holding her hand, and the like (yes, husbands, wives like to be held and embraced without the physical contact always leading to some direct sexual contact).

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Naturally each spouse desires that the other will avoid thoughts of sex unless they are exclusively thoughts about having sex with his/her spouse. Because of the juices flowing through a man he is prone to think about sex more often if he has gone without sex for a longer period of time. Wives should take to heart the reality that as she gives sexual intimacy to her husband, the wife is also making it easier for her husband to resist the temptation to consider lustful thoughts or to look upon some woman's body passing by (1 Corinthians 7:5). The wife who decides to be the sex dictator by allowing sex only when she wants to, needs to, or when it seems to be the perfect time, place and setting to meet her whims, is unloving and she is dangerously putting her husband into increased jeopardy of fighting lustful thoughts.

While it may be possible for the husband to go, "slam, bang, whammo, ZZZzzzz," that certainly does not do much for the wife. The husband who is a **giver** will place the joy, pleasure, fulfillment and satisfaction of the wife above his own. The husband needs to work at the preparation of the relationship, environment and mood as earlier stated. Then through expressions, gestures and caresses of love, the husband will give his love sexually to his wife taking into account how differently a woman becomes aroused, stimulated and ultimately brought to sexual fulfillment. Then engage in cuddling, talking and kissing for dessert after the main course.

Here is another practical reality for wives to know. God has constructed men so that they operate somewhat in the reverse of women. A woman wants to feel nurtured and loved before she desires sex with her husband. If the wife regularly turns down her husband's sexual advances the husband will feel that the wife does not really love him and that will in turn decrease the natural response of the man to feel romantic affection toward the wife. The husband is more likely AFTER his sexual desires have been met to want to hug and hold his wife who had just lovingly made love with him.

Let me throw in a dose of practical reality. With men needing and desiring sex more often than women, and women simply taking more time to reach sexual climax, there will be times when the husband and wife, both being **givers**, will intentionally have a "quickie" which will lead to sexual pleasure and release for the husband, but which both know will not bring the wife to sexual climax. That is not only okay, but communicating about and including such "quickies" as a part of your sex life will be beneficial to your overall intimacy and relationship.

Because of the God-created differences in the sexual approaches and needs of men and women there will be times when the husband wants to make love and the wife does not. If the wife is not a **giver** she might concede to engage in sex, **BUT** then in words, attitudes or actions she communicates messages such as, "come on, hubby, let's get this over with" ... or "even though this is really disgusting and I am mad that you want to have sex, I will put up with this if I really have to" . . . or "I will lay here as a corpse and you can do what you want, wake me when you are finished." If that happens the wife has a malicious intent to use that sexual experience to hurt her husband. That will also have the destructive result that the husband will feel that the wife does not love him much. The husband in that case will probably have conscious thoughts that his wife is not sexy or appealing. That will dim a man's passion for his wife. Don't allow that spiral downward to start.

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Husbands, you need to be sure that you are **givers** and not **getters** in your love making. All it takes is for the wife to explain that she does not want to have sex, for some husbands to go into their scene of pouting, anger or other manipulative or hurtful responses designed to try to make his wife feel like she is a bad wife, or an unloving wife, or a frigid fish, or abnormal. Men, do not do that. It does not come as naturally for men to be sympathetic, compassionate or understanding. Being an excellent husband has to do with making right **CHOICES** before the Lord and before your wife and therefore the husband must **CHOOSE** to listen to his wife, **CHOOSE** to give credence to her reservations about having sex right then and **CHOOSE** to even accept that because she is a woman who is different than a man there will legitimately be times when she simply is not in the mood and really would be much happier that night if her husband would be loving in nonsexual ways right then. By the way, do not listen to what the world has to say about what makes a great sex life. You are destined to be frustrated or to feel inadequate if you look to Hollywood to specify how your love life should work. Do not let the worldly "experts" specify what is really the height of sexual success. Neither the husband nor the wife has failed if they never have "simultaneous orgasms," or if the wife is slower in having an orgasm, or if the husband ejaculates quickly, or if the couple is unschooled in exotic, ancient or foreign sexual techniques. If the husband and wife are both **givers** then I predict that sexual "problems" will work out just fine. In fact, a little secret is this. If you love each other God's way, and you are both committed to an excellent sex life as **givers**, you will find that each decade is far better sexually than the decade before. You will laugh together about how you two have graduated from the level of sexual knowledge and pleasure that you two had when you had been married only ten years . . . or only twenty years.

When you elevate your spouse to be your wonderful, exclusive sexual partner in your thoughts, affections and lovemaking, and if you will make your relationship with your spouse to be the highest human relationship in your life, then I predict that you will have a beautiful sex life. But remember, you must be a **giver**. You must make right **CHOICES**. And you must obey God's principles for sex if you are to receive manna from heaven rather than smelly and maggot-filled garbage.

Some additional advice for your honeymoon. This book was completed just a few days before my precious daughter Nikki would be married to Jonathan, and the second edition was completed days before my precious daughter Laura would be married to Brian. I want to add some specific advice relating to the honeymoon.

"I have no greater joy than to hear that my children are walking in the truth" (3 John 4). My precious Pamela and I are blessed beyond measure by having two adult daughters who love the Lord and who have honored God with their lives and their bodies. I humbly thank God from my innermost being that He has guided and protected my girls so that they entered marriage as virgins. Being a virgin brings some practical realities to the honeymoon. The husband and wife are joined together in the wedding ceremony and before God they become "one flesh." At the honeymoon bed each spouse presents to the other a wedding gift of glad and voluntary physical union. Be sure that you are mentally and emotionally prepared for the honeymoon. In order to truly give yourself sexually to your spouse during the honeymoon you must be free from any misguided baggage or false preconceptions about sex in marriage. For years your defenses have been in place to avoid premarital sex, and you have been alerted that sex outside of marriage is "bad." On your wedding night those defenses must go down. Be sure that you fully accept

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without reservation that God himself created sex and your Heavenly Father not only approves of your sex in marriage, but God **intends** for you to have wonderful sex in marriage.

Next you must be sure that you are physically prepared for your honeymoon. Both the bride and the groom must be aware that the bride's hymen is intact. Be gentle. Be careful. By all means take lubrication on your honeymoon and use it. Also if (when) the new wife starts to get sore, she should RIGHT THEN say, "Sweetheart, I'm starting to get sore." And husband, right then should STOP . . . for the time being. I suggest to the bride and the groom that you are about to involve your sexual parts in new and wonderful ways. Again, these sensitive parts can become sore or injured if not treated with special care and gentleness.

Picture a person who enters into a banquet room filled with new and delicious delicacies sufficient to provide for at least a week. He will not enjoy such bounty to the fullest if he so ravenously gorges himself on the first day in the banquet room that he becomes sick and sore. If instead he would take his time, savor each morsel, and allow some time between feedings, he will greatly increase his enjoyment of the banquet table and he will be able to enjoy the feast for the entire week. It is to be expected that along with the excitement of revealing your nakedness to your marriage partner there may be some embarrassment. That's okay. Please do not be ashamed about being a novice at sex. Your honeymoon is the **beginning** of your life-long course in anatomy and sexual behavior. You do not need to be a sexual athlete or some type of sexual superman or superwoman on your honeymoon. Year by year you will know and understand each other's emotional and physical responses better. The longer you are married the more experienced you will be at having sex. At some point you will look back at your honeymoon and smile about how the two of you happily fumbled around during your initial sexual experiences.

You should have the freedom to move into the honeymoon suite (i.e. the "banquet room") without any misgivings, embarrassment or apologies for starting your marriage without knowing much about the "how-to's" and techniques of sex. Listen. Getting started is going to come pretty naturally. Becoming good, then great, at sex is going to take years and decades, and if you will each be a **giver** you should enjoy each step of the process. So be relaxed and ecstatic about sex and enjoy the feast.

A final practical comment. **CHOOSE** to see your spouse, and your spouse's body, as beautiful and attractive. I mean firmly conclude and believe that your spouse is truly beautiful. And then say so to your spouse daily (do NOT say, "to me, you are gorgeous." No, you say, "You are gorgeous"). Allow yourself to fantasize about your spouse's naked body and about having sex with your spouse (NEVER about anyone else, as that would be sinful lust and would hurt your relationship and your sex with your spouse). Your enjoyment of the beauty of your spouse is your **CHOICE**.