

Session 4 – Physical Intimacy
Leave, Cleave and Receive - Genesis 2:24,25

Myth: Sex is _____.

Sex at it's best is an expression of the deep _____ relationship we enjoy as husband and wife.

Myth: God and our Sex Life _____ go together.

Sex at it's best is an act of _____ where we regularly practice offering and sacrifice to glorify Him. **See Romans 12:1,2**

Myth: Sex will always be a _____.

Sex at it's best ebbs and flows over the lifetime of the relationship serving as a _____ agent for the soul.

Background
Genesis 2:18-23

We see this communal aspect even demonstrated in the Triune God-head - Father, Son and Holy Spirit in Genesis 1:26 - "Let _____"

Men have been created for both _____ and _____.

***"The most wild, violent, sociopathic men in history have always been single."* - David Guzik**

Ephesians 5:28-29 - Paul connects this idea of woman coming from man by reminding us, *"so husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it."*

Leaving + Cleaving + Receiving = Oneness

For this cause a man shall leave his father and his mother,

Leave any undue _____ between you and your parents

- You will struggle to become _____ with your partner if you haven't left the _____ of your parents.

Leave behind unhealthy _____ about physical intimacy

And shall cleave to his wife;

Cleaving follows leaving.

- If you never leave, you'll never _____.

You can't cleave to one another and _____ or someone else at the same time.

- _____
- Adultery

And shall become one flesh.

"One flesh" has both positive and negative connotations associated with it.

- In this passage, husbands and wives become one flesh under God's **blessing**.
- In **1 Corinthians 6:16** - in extramarital sex, the partners become "one flesh" under God's **curse**.

Just because sex is taking place in marriage doesn't mean it is truly fulfilling God's purpose of bonding together in one-flesh relationship.

And the man and his wife were both naked and were not ashamed

Blushing is now the colour of virtue, but it was not then the colour of innocency. Those that had no sin in their conscience might well have no shame in their faces, though they had no clothes to their backs. - Matthew Henry

Causes of Shame:

- False or Distorted Beliefs
- Sinful Past or Present
- Traumatic Experiences - Rape, Molestation, etc.

Questions for Reflection

What thoughts and beliefs did you bring into marriage regarding physical intimacy?

How have those thoughts and beliefs shaped the sexual experience you and your spouse have had?

What affects, if any, has shame had on your marital sexual experience?

If, like us, you brought “sexual baggage” into your marriage, have you adequately dealt with it (seeking/granting forgiveness, accepting the forgiveness granted you through Jesus Christ)? If not, what “next step” do you need to take (**See Key 2 of 6 Keys to Better Sex in Marriage for some guidance**).