

Marriage



MARRIAGE PART 25 - PHYSICAL INTIMACY

In part 25 we are going to look at the importance of physical intimacy within the marriage covenant between a husband and wife.

Question: How important is physical intimacy for you in your marriage?

When I say physical intimacy I mean;

1. Physical touch - hugging, holding, caressing, touch
2. Sexual foreplay and intercourse
3. Romance and romantic gestures

It is essential, just like in other areas of the marriage covenant, that there is an equal yoking in this area between husband and wife.

Open and honest communication is required from both the husband and the wife, especially in this area and preferably before the couple are married. The purpose for this is so both people know exactly where the other person is at in relation to physical intimacy, before they enter the marriage covenant, while also being fully aware that things can grow and change over time.

We must not presume we know our spouses' thoughts or feelings in any of the areas we have discussed, especially not in this area. Discussing what one is open to and not open to, what one needs or doesn't need. What one likes or dislikes. What one finds exciting and possibly pleasurable or not, is all part of the development of a healthy physical sexual relationship built on love, trust and respect.

My personal belief is that many relationships struggle in this area because of a lack of honest and healthy communication before the couple are married. Fear and insecurity play a significant role in this, due to the belief that this type of sharing or communication is either wrong or shameful.

The ability to share both people's expectations is critical and shouldn't be seen as evil, sinful, or not of God.

Physical intimacy - sex, can be seen as something to not be discussed, especially in Christian circles and yet I believe this only leads to issues within the relationship later on. God is not afraid of physical intimacy as He is the Creator of it and part of that design is for our pleasure and enjoyment.

Personally, I believe we need to become comfortable within ourselves as followers of Jesus in the area of sexual pleasure. God's designed our bodies for this kind of pleasure within the covenant of marriage and

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this dimension leads to a greater connection as a couple.

I encourage all couples to have an exciting sex life, where things are not just status quo and boring. The ability to mix things up and keep things fresh is all part of maintaining and building a healthy physical connection.

Unfortunately, too many couples get into a rut where things become boring and very predictable, losing their spark, where we start taking one another for granted. These are all warning signs that if not addressed can result in either the husband or wife looking outside of the marriage covenant, which of course is disastrous and can be avoided.

Sex should never be used as a negotiation tool or a way to get what one wants in other areas. This is nothing short of manipulation and blackmail and is not becoming of a follower of Jesus.

The Scriptures also talk about not depriving one another so that satan will not tempt us due to a lack of self control.

1 Corinthians 7:5 "Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control."

The way we have been brought up can play a massive part in our ability to relate and communicate in these kinds of areas, shying away in embarrassment or a sense of awkwardness and even shame.

This requires work and effort on both the husband and the wife's part. It must be a mutual thing where both take responsibility for sowing these seeds of life, and not just being the responsibility of the one person.

A willingness to explore different ideas together and be creative in how things may look, both now and in the future, keeps the relationship exciting and alive. The capacity to say, "no, I don't like this" or "I am uncomfortable doing this" is required to empower the couple to explore their physical sexual relationship together with confidence.

A passionate relationship is a healthy relationship and this all goes towards the significance of a long term marriage together.

QUESTIONS

1. Why is open and clear communication so important in this area of our marriage?

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2. What can be some of the consequences of not having these kinds of discussions?
3. Why is sexual intercourse just as much about pleasure as it is about producing life?
4. How important is a healthy sexual relationship to you and why?

Watch the accompanying You Tube videos here: https://youtu.be/rG1Cb_p-VK4