

Lesson #10 for Text Chapter 12

Physical Fulfillment

Goal:

To help you have a healthy , relaxed attitude about sex as you understand that God created this relationship for both husband and wife to enjoy as an expression of their love for each other.

Scriptures:

Genesis 1:27,31	I Corinthians 6:12
Genesis 2:24	I Timothy 4:4,5
Song of Solomon 6 & 7	Genesis 18:12
Hebrews 13:4	Proverbs 5:15,18,19
Genesis 3:7	I Corinthians 7:4,5
I Corinthians 6:16-20	Proverbs 11:25
Proverbs 6:32	James 1:5
I John 1:9	Proverbs 31:22
I Corinthians 7:4	I Peter 5:7
	Proverbs 31:29

Assignment:

1. Add “newness” to your marital life by saying and doing the unexpected.
2. Pray, “Father, give me a healthy, relaxed attitude toward sex.”
3. Read Chapter 12 in the text.
4. Memorize: I Peter 5:7.
5. **Review All Principles Regularly!!!!**

Quiet time Meditations:

“To You, my Love, my Lord, my God I come. Quiet my soul. Capture my thoughts. Unite my will with Yours. Allow me to drink from You alone. Let your pure Living Water penetrate, saturate and overflow! Drown out all fear, reservations and anxieties. Reflect Yourself in and through me. Praise Your holy name, King of Kings and Lord of Lords” Wait quietly in His presence.

Read Psalm 37:7a. As you dwell upon these words, prayerfully read II Corinthians 9:8, asking Jesus to show you any areas of self that have been hidden. Relax as you abide in His presence, knowing that anything He reveals He is ready to remove as you simply keep gazing at Him adoring Him and agreeing with His loving exposure, He loves you more than you love yourself! What a comfort. What a God! Consider all that has troubled you about your self in the last few days. Pour your heart out to Him. In light of His Word, how should you feel about yourself! What does this mean is the answer to a healthy self-image or self-esteem? What must your focus be...you or Jesus? Resolve to dwell upon Him afresh and continually.

Confirm your heart's belief by saying aloud, “Thank You, Jesus, that I can trust and rely upon You. I will fail and so will others, but You never will. Thank You that You never change, but are always faithful and loving in all Your ways.”

Notes:

Questions – Lesson #10

1. Whose idea was sex or who created sex? See Genesis 1:27-31 and Genesis 2:18,24. _____
2. Physical union of a man and wife is to be an outward expression of their inner _____
See textbook page 190.
3. After God created man and woman as sexual human beings, what did He say about His creation? See Genesis 1:31 _____
4. Who set up the institution of marriage? Read Genesis 2:18-24. _____
5. Why did God plan marriage? See textbook, pages 190-190.. _____
Can man ever come up with a better plan than the husband/wife relationship as set forth by God? _____
6. Read Hebrews 13:4 and Song of Solomon 6:1-10 and 7:1-14. and describe the sexual relationship that should be present in the lives of His children. _____

7. Why has God set boundaries or prohibitions in sex? See textbook, pages 204-206. _____

8. How is sex abused, distorted, or perverted? See textbook, pages 204-206.. _____

- What do such distortion do to us? See I Corinthians 6:18 and Proverbs 6:32. _____

9. What harm can sexual abuse cause us from God want to protect us? See textbook pages 204-206-143 _____
10. what are you to do if you have been involved in immoral sex practices? See I John 1:9. _____

11. How do you know it is God's will for you to enjoy your sexual relationship with your husband? See Proverbs 5:15-19 and Hebrews 13:4. _____

12. What parallel does God use to show how wives are to satisfy their husband's sexual appetites? See Proverbs 5:15-19. _____

13. Name ways that men and women's sexual drives may differ. See textbook pages 198-200.

Man's sexual drive

Woman's sexual drive

14. How do you know it is God's will for you to freely give your body to your husband? Read I Corinthians 7:4,5 and explain. _____

15. Do you freely give of yourself sexually to your husband? _____

16. If you use sex as a weapon, to punish your husband or to get something from, what are you living like? See textbook, page 201. _____

17. What type of attitudes on your part can cause your husband to not be interested in having sexual relations with you? See textbook pages 200-201. _____

18. What principle does Proverbs 11:25 suggest that can be applied to one's sexual relationship?

19. How can you prepare yourself for good sexual relations with your husband? See textbook page 192-193. _____

20. When was the last time you made a special effort to add "newness" to your sexual life? _____

21. What is the result of unorganization and lack of planning? See Proverbs 29:18. _____

22. List ways you can add variety or "newness" to your marriage. See textbook pages 193-197

Make plans now to incorporate your creativity in adding "newness" to your marriage. Ask God to give you wisdom and help you make this area of your marriage exciting and fulfilling for His honor and glory. See James 1:5

