

Between The Sheets - True Intimacy

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Proverbs 5:18-19 “Let your fountain be blessed and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight, be intoxicated always in her love.”

Wives have the privilege of cultivating true intimacy with their husbands and celebrating passionate pleasure as a part of God’s design for marriage.

I. TRUE INTIMACY CREATED

A. Sex is God’s idea

B. Sex is in the Bible!

1. *The Song of Solomon: “...the Song of Solomon is a collection of love poems between a man and a woman, celebrating the sexual fidelity God intended for marriage.” (From the introduction to the Song of Solomon, ESV Bible).*

C. Sex is a wife’s joyful privilege

1. *“ A beautiful parallel is drawn here between thirst being quenched by drinks of cool, fresh water and a couples’ sexual thirst being satisfied by regular exciting sexual union in marriage. The phrase “rejoice in the wife of your youth” indicates that the sexual relationship is to provide the marriage partners great pleasure. The wife is described as tender, charming, loving and satisfying...what a picture! I fail to see her as the poor, enduring wife who puts up with her husbands sexual advances. I see an exciting, highly erotic, and loving relationship.”*

- Linda Dillow from Creative Counterpart

D. Sex is a process of discovery throughout our married lives

E. Sex comes with warnings

1. *Sexual temptation*

2. *Selfishness*

- a) *“The essence of sexual enjoyment for a woman is self-giving. Give yourself wholly, joyfully, hilariously. (Have we ever talked about the hilarity of sex? No one had prepared me for how rollicking it can be at times!) Neither husband nor wife should withhold this pleasure from the other except by mutual agreement*

for a limited time. His body belongs now to you, yours to him. Each has “power” over the other’s, each holding the other’s in holiness and honor under God. You will find that it is impossible to draw the line between giving pleasure and receiving pleasure. If you put the giving first, the receiving is inevitable.” – Elisabeth Elliot from *Let Me Be a Woman*

II. TRUE INTIMACY CULTIVATED

A. **Available** for love: “let her breasts fill you *at all times* with delight; be intoxicated *always* with her love.

1. *We are to be an ever accessible source of sexual refreshment and delight to our husbands.*
 - a) 1Corinthians 7:3-4 “The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not have authority over her own body, but the husband does. Likewise, the husband does not have authority over his won body, but the wife does.”
2. *How do we respond to our husband’s sexual initiatives?*
 - a) Eagerness, tenderness, desire...?
 - b) Lack of desire, fatigue, distraction...?
3. *Is there an “open” sign on the door of your marriage relationship?*
4. *Given the changing seasons of life, there are various legitimate reasons for postponing lovemaking, however, we need to examine our hearts and take seriously the biblical admonition of availability.*
 - a) 1Corinthians 7:8 “Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.”

B. **Attractive** source of love: “...a lovely deer, a graceful doe...”

1. *We are to cultivate enduring beauty.*
 - a) “...let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious.” 1Peter 3:4

2. *We are to cultivate our outward appearance in a way that pleases and honors our husband.*

- a) “But a married woman is concerned about...how she may please her husband.” 1Corinthians 7:34
- b) “An excellent wife is the crown of her husband...” Proverbs 12:4
- c) Dress for his eyes only, in public and in private.
- d) Discover what he likes and honor his preferences.

C. **Active** in the pursuit of love: “...let her breasts *fill you* at all times with delight, be intoxicated always in her love.”

1. *Webster’s dictionary definition of “intoxication” is: a feeling of wild excitement, rapturous frenzy!*

2. *WOW, this is our job description!*

a) Think

(1) Think about sex!

(a) “Many women are surprised when we tell them that the MIND is the most important sexual organ. It’s true. The mind is the command center for all sexual feelings. It’s the congress that governs your sexual state. It is the storehouse for every sexual thought you’ve ever had.”-Linda Dillow from *Intimate Issues* (emphasis mine)

(2) Think about romantic memories.

(a) “One goal of lovemaking is to fill a treasure trove of memories with delightful love experiences that will quicken your responses during future time together.” -Ed Wheat from *Intended for Pleasure*.

(3) Think about future romantic encounters, and when possible, make them a reality!

b) Take initiative

(1) Look for ways to intoxicate your husband; discover what he likes and delight him with your love.

(2) Plan special romantic surprises

c) Talk

- (1) Tell him your desires and dreams
 - (2) Speak freely and admiringly about every part of him and the relationship you share.
- d) Touch
- (1) Initiate kisses, caresses and creative expressions
 - (2) Cultivate affection in public. This has a way of fueling intimacy in private!

III. TRUE INTIMACY CELEBRATED

- A. “Eat, friends, drink and be drunk with love!” Song of Solomon 5:1
- 1. *Read the Song of Solomon; all of these things and more are described in sacred scripture!*
 - 2. *Memorize Proverbs 5:18-19*
 - 3. *Create a collection of intoxicating delights to share with your husband and pleasure all five of the God given senses!*