

## Sexual Freedom

(The ability to experience the gift of God as He intended)

God designed the sexual union between the husband and wife to be an enjoyable, pleasurable, and ultimately a worshipful act. He put all the nerve endings in all the right places. He did not need to do this! He designed us, as His image bearers, to experience pleasure in a variety of ways. In wisdom He puts bounds on how to experience these pleasures. We are to experience the pleasure of food but not in gluttony. Why? Because He knows how we are designed to live the fullest of lives and gluttony leads to physical harm. We are to experience the pleasure of rest, but not in laziness. Why? Because laziness has consequences to our sustenance which is to be produced through responsible living. Likewise, we are to experience the pleasure of sexual union BUT in the context of marriage, and in respect and love for one another... not selfishly. Why? Because if we don't there are consequences that He speaks of in His word. God gave pleasurable, marital sexual union as a gift and He has a lot to say about how it is to be enjoyed to the fullest!

**Song of Solomon:** The whole book is a picture of the Love that God designed for the Husband and Wife. Read the whole book.

It speaks openly and transparently of the beauty of a man desiring his wife...

Sng 4:10 ESV - How beautiful is your love, my sister, my bride! How much better is your love than wine, and the fragrance of your oils than any spice!

Pro 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.

AND it speaks of some of the challenges...

Sng 5:2-3: [She] I slept, but my heart was awake. A sound! My beloved is knocking.

He: "Open to me, my sister, my love, my dove, my perfect one, for my head is wet with dew, my locks with the drops of the night [he had worked late]."

She: I had put off my garment; how could I put it on? I had bathed my feet; how could I soil them? ... [She delays]

Vs 6: She: I opened to my beloved, but my beloved had turned and gone. My soul failed me when he spoke. I sought him, but found him not; I called him, but he gave no answer.

### **Protect Your Marriage:**

Paul writes of the importance of this intimate relationship in spiritual warfare and worship.

**1 Cor 7:2-5:** But *because of the temptation* to sexual immorality, each man should have his own wife and each woman her own husband. *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 own body, but the wife does. *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.*

There is meant to be a mutual submission of one to another in this union. Note that by addressing this you are doing spiritual warfare. It is assumed that you will come under temptation (as will your spouse). In order to protect your marriage, understand this and share your body freely with one another.

**1Pe 3:1-6:** Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, when they see your respectful and pure conduct. Do not let your adorning be external--the braiding of hair and the putting on of gold jewelry, or the clothing you wear-- but 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. For this is how the holy women who hoped in God used to adorn themselves, by submitting to their own husbands, as Sarah obeyed Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening.

Doing **spiritual warfare** in this manner can often be frightening, especially for the woman! Christ experienced great difficulty in the garden of Gethsemane. But, He was able to place His trust in His father and found freedom to enter into what was personally difficult for Him. We as women are also invited to draw near to God, replace our thoughts (will) with His thoughts and will. We can prepare ourselves ahead of time by understanding how the enemy works to distort our view of the sexual union, of men, of our own bodies, and of what it all implies. Below are some common ways Satan seeks to steal the joy and pleasure from our sexual unions. Identify and renounce them in Jesus name. You are doing spiritual warfare on behalf of your marriage (or future marriage).

### **Perfect Your Worship**

Paul also states that our bodies are our **means of worship**: Rom 12:1 “ I appeal to you therefore, brothers, by the mercies of God, to present *your bodies* as a *living sacrifice*, holy and acceptable to God, *which is your spiritual worship*.” When we obey God by using our bodies in the ways that He has commanded us we are worshipping Him. Therefore, when I share my body with my spouse in an act of intimacy, I am worshipping God with my body.

Seek to resolve all the ways the enemy has sought to distort your view of your body or of your sexual union in order to steal from you and to steal the worship of God Himself:

### **Resolve Struggles with Body Image or your Godly Sexual Union:**

**I renounce all the ways Satan has perverted my attitude toward my body through the means of**

- Childhood name calling (in regards to my body or my appearance)**
- Course joking**
- Leering (male and female) of my body or any woman's body**
- Television/ Movie/ Print/ Billboard images and advertisements**
- Parental expectations and comments**
- Use of pornography by family members, boyfriends, husband, or myself**
- Mother's insecurity and comments about her appearance**
- Female competition**
- Crude comments made toward me or any other woman**
- My involvement in ungodly sexual encounters (which I confess to You Lord, and I ask you to forgive me.)**
- Other \_\_\_\_\_**

**I renounce the lie that...**

- Pleasurable sex within marriage is sinful, dirty, or wrong.
- Sex within marriage is still for the men (or for procreation), women are just the vessel
- That my husband is using me as other men did (Instead, he has covenanted to me)
- My husband is sinful for desiring me so much
- Sexual intimacy with my husband is less important than my children's needs (It really isn't necessary and he is selfish if he expects me to prioritize differently)
- I can use sex as a source of power or control
- If I give my body to my husband when "I don't feel like it" I'm being used
- I need to feel like having sex in order to enjoy it
- I need to have enough energy to enjoy sex
- My body needs to look a certain way for my husband to enjoy it
- My husband needs to look a certain way for me to enjoy it
- My husband needs to romance me before sex so I know he loves me (he covenanted to me)
- If it's not the best, then it isn't worth it (we will only eat steak, not hamburger)
- Other \_\_\_\_\_

**I announce the truth that I don't have to continue to be a victim of these past experiences or lies. And I choose to reserve the sexual use of my body for marriage (Heb 13:4) and for the worship of God through this gift.**

**I renounce the lie that my body is not adequate or that the sexual union with my spouse is by nature perverse. I renounce the lie that we need something "more" to enjoy it.**

**Heavenly Father, You are a God who makes all things new and I ask you to renew my mind so that I am free to enjoy marital physical intimacy in the way you intended. You formed me perfectly and wonderfully. You have a perfect plan for my body, You fill me with your presence. I announce that you have declared my body as adequate and I choose to honor it as the temple of the Living God. I choose to receive the sexual union as a gift to me and my husband, and I choose to stand against the lies and works of the enemy by sharing my body with my spouse. I worship you, God, through this act of intimacy with my husband, and I ask you to love my husband and bless my marriage through this obedience. Amen.**

Dear Sister, grace and peace be multiplied to you!! No matter where you have been, there is NO condemnation for those who are in Christ Jesus (Rom 8:2). God is so pleased with you for your desire to honor him and your desire to stand against the enemy on behalf of your marriage. You are designed to be a mighty warrior for our Lord. If you still find that you need help rooting yourself in these truths, seek out other mature Christian women to share life with in prayer and wisdom or seek biblical counseling resources for help. We aren't walking this alone, nor were you the first to believe these things! These lies are old and victory has already been purchased for you on the cross! Walk in freedom to live the fullness of life that Christ purchased for you.