

# BIBLICAL MARRIAGE | WEEK 4

Sexual oneness is not the sole standard by which a marriage should be measured, but it's a litmus test that indicates the health of spiritual and emotional oneness. When you're anchored to Christ and walking intimately with Him, when you're pursuing Christ as a couple, and when you're engaging and connecting emotionally, the physical intimacy is sure to follow. This is a Christ-centered marriage: one that is honoring to the Lord and pleasurable and intimate for the couple.

Paul tells us in 1 Corinthians 7 that the husband should give himself to his wife and the wife to her husband. He says that the husband's body belongs to the wife, and the wife's body belongs to her husband. Sexual oneness brings glory to God, and it is a healthy aspect of a Christ-centered marriage. The result of a lack of sexual intimacy is the demise of the marriage relationship and the detraction of God's glory.

A biblical understanding of marriage will lead to the reality that sexual intimacy between husband and wife is a God-honoring form of worship. While this may seem counter-intuitive because of how the world views sexual intimacy, and because of how you might have been raised, God has ordained marriage, and He has designed sexual intimacy as the pinnacle of intimacy between a husband and wife. To strive for this reality in marriage is to please the Lord and to be pleased through His plan for marriage.

When marriages in the church are thriving and flourishing as God created them to be, the world sees God's glory more clearly and God is glorified as He desires. Marriages in the church should look different because believers ought to pursue oneness in marriage above all else.

Oneness is at the heart of who God is—Father, Son, and Holy Spirit—and it's at the heart of how God has called us to live as husband and wife.

## Week 4 challenge

For married and engaged couples:

**Think |** What does the Bible say about sexual oneness in marriage? Spend some time meditating on Ephesians 5:22-33 and 1 Corinthians 7:1-5. How are you experiencing sexual oneness in

your marriage? Are you living out sexual oneness in a way that honors God and increases intimacy with your spouse? While this can be a difficult area in marriage, it also should be a beautifully intimate and glorious part of marriage.

**Pray |** Pray this week that God would continue to grow the oneness of your marriage so that you would experience marriage as God has intended it and that He would be glorified through your marriage covenant. Pray that you would find satisfaction in sexual intimacy with your spouse. Pray Proverbs 5:15-20 into and over your sexual oneness.

**Do |** Seek to grow the sexual oneness of your marriage by intentionally communicating about your needs and desires, by sacrificially giving yourself to one another, and by seeking to please your spouse and not merely meeting your own desires. Meet with a counselor who can help you grow the oneness of your marriage. Consider reading *Intended for Pleasure* by Ed Wheat.

For singles:

**Think/Do |** Sexual oneness cannot be experienced outside the covenant of marriage. As a single, you need to strive for two pursuits: contentment in the Lord and sexual purity. Also pursue a heart of purity before that Lord that you would be spotless and blameless for your spouse, should the Lord open that door for you to be married. Sexual oneness is as much about your heart and preparation in purity as it is the actual physical relationship with your spouse. Share with a friend what you're learning and how you are seeking to live as a godly single each and every day.

**Pray |** In your desire for marriage, seek and pray for God to grow a contentment in Him that would produce contentment in every situation, whether married or single. Pray that God will help you to become the man or woman that He wants you to be that you would be a godly spouse, should God lead you into a marriage relationship.