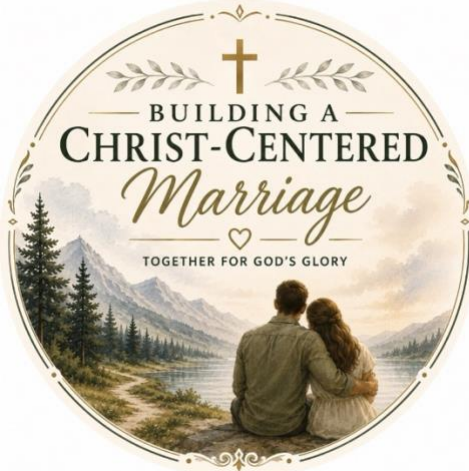




GOD'S GIFT OF PHYSICAL INTIMACY

LESSON SIX

BUILDING A CHRIST CENTERED MARRIAGE

Ten Biblical Lessons for Growing Together in Love, Faith, and Unity

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| 1. God's Design for Marriage (A, B, C) | 6. God's Gift of Physical Intimacy |
| 2. Love, Respect, and Biblical Leadership | 7. Making Decisions Together |
| 3. Communication That Builds Unity | 8. Money, Work, and Stewardship |
| 4. Healing from Past Hurts, Bitterness, and Unforgiveness | 9. Protecting Your Marriage |
| 5. Growing Spiritually Together | 10. Growing Old Together and Leaving a Godly Legacy |

Main Scripture Passage: 1 Corinthians 7:2–5

Memory Verse: Hebrews 13:4

Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

Main Truth: Physical intimacy is God's good gift for marriage. It should express covenant love, mutual care, faithfulness, safety, and honor.

Lesson Purpose: To understand God's design for physical intimacy and learn how husbands and wives can grow in affection, purity, trust, and healing.

LESSON OVERVIEW

God created physical intimacy as a good and private gift for a husband and wife. It is part of becoming one flesh and can bring closeness, comfort, joy, and children when God gives them.

Because this gift is powerful, it must be guided by Scripture. It belongs within marriage and should be marked by love, honor, faithfulness, patience, and mutual care.

Husbands and wives may have different needs, fears, health concerns, or past wounds. They should be able to speak privately and kindly. Physical intimacy must never be forced. Pressure, threats, and forced sexual acts are abuse and should not be hidden.

Because this subject is private, teachers should not ask couples to share personal details in a group. Each husband and wife may consider the questions privately and talk together in a safe place.

IN THIS LESSON, WE WILL STUDY THE FOLLOWING TRUTHS:

1. Physical intimacy is God's good gift within marriage.
2. Intimacy requires mutual love, honor, and care.
3. A husband and wife must protect purity and seek healing when needed.

MAIN SCRIPTURE PASSAGE

1 Corinthians 7:2–5

2 Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.

3 Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.

4 The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.

5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

PART 1: PHYSICAL INTIMACY IS GOD'S GOOD GIFT WITHIN MARRIAGE

Genesis 2:24–25

Therefore, shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. **25** And they were both naked, the man and his wife, and were not ashamed.

Hebrews 13:4

Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

Proverbs 5:18

Let thy fountain be blessed: and rejoice with the wife of thy youth.

1. God created the body and the marriage relationship. Physical intimacy within marriage is not dirty or shameful.

2. Becoming one flesh includes the physical union, but it also includes sharing a home, burdens, plans, and life.
3. This gift belongs only to a husband and wife. It is private and should not be shared through stories, pictures, messages, or another relationship.
4. God can use this gift to deepen unity, bring comfort and joy, protect faithfulness, and give children when He chooses.
5. Affection also includes kind words, gentle touch, time together, and tender care. Not every touch should become a demand.
6. Differences in desire are common. A couple should speak about them with patience, honesty, and respect.

Practical Illustration: Learning to Receive God's Gift

Eli and Rachel grew up in homes where physical intimacy was never discussed. Both entered marriage with questions, and Rachel felt that the subject was shameful.

As they studied Scripture, they saw that God made marriage and called it honourable. They began to talk privately about affection, fears, and needs. Eli listened without laughing or becoming angry, and Rachel spoke honestly instead of remaining silent.

Their questions did not disappear in one day. Yet prayer, patience, and kind conversation helped them receive God's gift with greater trust and thankfulness.

DISCUSSION AND SELF EVALUATION QUESTIONS

1. What teaching or silence from your past has shaped how you view physical intimacy?
2. Do you see marital intimacy as a gift from God or mainly as a duty or problem?
3. How can you show affection that helps your husband or wife feel loved and safe?
4. Is there a private concern that you and your husband or wife need to discuss calmly?

PART 2: INTIMACY REQUIRES MUTUAL LOVE, HONOR, AND CARE

Ephesians 5:28–29

So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. **29** For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:

Philippians 2:4

Look not every man on his own things, but every man also on the things of others.

1 Peter 3:7

Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

1. First Corinthians 7 speaks to both husband and wife. It does not give either person the right to demand, control, or use the other.
2. Verse five says that a time apart should be by consent. Consent means both agree. Physical intimacy must never be forced.
3. Love listens. Tiredness, sickness, pain, pregnancy, recovery after childbirth, grief, and past wounds can affect a person deeply.
4. A spouse should not use pressure, shame, anger, Scripture, or silence to get his or her way. Forced sexual acts are abuse.
5. A delay is not always selfish refusal. At the same time, intimacy should not be withheld as punishment. Both should seek truth and care.
6. Pain or health problems may require medical help. Fear or past abuse may require help from a safe and trained person.

Practical Illustration: Patience Builds Safety

After Sarah gave birth, she was tired and in pain. She also felt afraid that Daniel would be angry because she needed time to heal.

Daniel listened and did not demand his way. He helped with the children, showed affection without pressure, and encouraged Sarah to get proper medical help. They prayed and talked about what helped her feel safe.

Daniel's patience did not weaken their marriage. It built trust. As Sarah healed, their closeness grew because love had made room for her need.

DISCUSSION AND SELF EVALUATION QUESTIONS

1. Do your words and actions help your husband or wife feel safe, honored, and heard?
2. Can you discuss differences in desire without shame, anger, or pressure?
3. What simple act of affection could strengthen closeness this week?
4. Is pain, fear, or a past wound showing that proper help may be needed?

PART 3: PROTECT PURITY AND SEEK HEALING

1 Thessalonians 4:3–5

For this is the will of God, even your sanctification, that ye should abstain from fornication: **4** That every one of you should know how to possess his vessel in sanctification and honour; **5** Not in the lust of concupiscence, even as the Gentiles which know not God:

Job 31:1

I made a covenant with mine eyes; why then should I think upon a maid?

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1. Purity includes the eyes, thoughts, words, messages, and private choices. What is hidden from a spouse is not hidden from God.
2. Adultery, sexual pictures or videos, secret messages, and an improper bond with another person harm trust and unity.
3. A husband and wife should protect private details. They should not make jokes or tell others what belongs within their marriage.
4. Temptation should be brought into the light early. Clear boundaries and help from a trustworthy believer can prevent deeper sin.
5. True repentance includes confession, ending the sinful behavior, removing access to it, accepting accountability, and rebuilding trust with patience.
6. A person who was abused is not guilty for what was done to him or her. Abuse should not be hidden, and safe help should be sought.

Practical Illustration: Guarding the Family Spring

A family received its drinking water from a spring near the house. They kept a strong cover over it so that mud, leaves, and animals could not spoil the water.

They did not wait until the water tasted bad. They checked the cover and cleared away anything that could cause harm.

A marriage also needs protection. Wise boundaries guard the eyes, heart, phone, conversations, and private life. Small dangers are easier to face when they are brought into the light early.

DISCUSSION AND SELF EVALUATION QUESTIONS

1. What influence may be weakening purity in your heart or marriage?
2. Is there a secret, habit, or relationship that needs to be brought into the light?
3. What boundary would help protect your eyes, thoughts, and faithfulness?
4. Who is a trustworthy and godly person you could ask for help if needed?

A SIMPLE PRACTICE FOR THIS WEEK

1. Set aside a private time to talk without distractions.
2. Each person name one way that he or she feels loved and one way to show affection.
3. Discuss one need or boundary gently, and listen without defending yourself.

4. Pray together for purity, tenderness, wisdom, and healing.

PRAYER

Heavenly Father, thank You for creating marriage and for giving physical intimacy as a good and private gift to a husband and wife.

Help me treat my husband or wife with love, honor, patience, and care. Keep me from selfish demands, pressure, anger, or silence.

Help us speak honestly about affection, needs, fears, and differences. Teach me to listen and help my husband or wife feel safe and valued.

Guard my eyes, thoughts, words, and private choices. Give me courage to confess sin, remove temptation, and seek help before hidden sin grows.

Bring healing where there is pain, fear, shame, or a wound from the past. Lead us to wise and safe help when we need it.

Help us protect the privacy and faithfulness of our marriage. May this gift draw us closer, strengthen our covenant, and bring honor to You.

In Jesus' name, Amen.