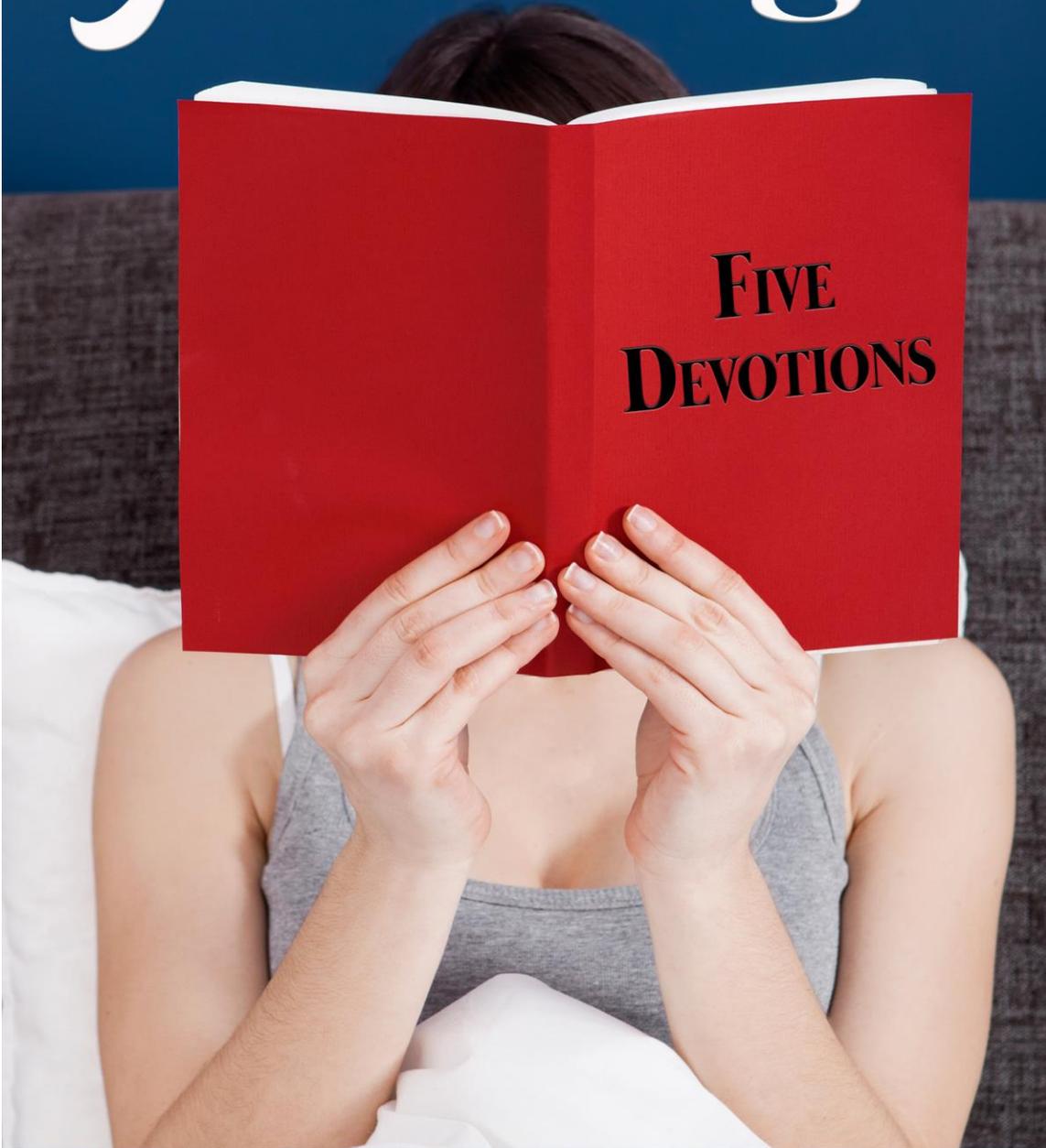


Sexⁱⁿ Marriage



J. Parker

Sex in Marriage: 5 Devotions

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[Hot, Holy & Humorous](#)

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Written and published by J. Parker

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Welcome



Blessed and beautiful wives,

What a pleasure to offer this five-day devotional intended to improve the sexual intimacy in your marriage. It is my deep belief that God's Word permeates every area of our lives, including the marital bedroom. My prayer is that these verses will enhance your understanding of God's will in your life and lead to great intimacy in your marriage bed.

If you are looking for more devotionals, please check out [Intimacy Revealed: 52 Devotionals to Enhance Sex in Marriage](#).

Keep it hot, holy, and humorous!

J

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Day 1: Theology



Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, “This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was taken out of man.” That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame.

— GENESIS 2:22-25

No pressure for Eve, right? Just everything resting on her being the perfect companion for the first man on Earth. Thankfully, though not surprisingly, God knew exactly what He was doing. From the very beginning, the Creator intended one man and one woman to come together as husband and wife and be united—to become “*one flesh*.”

While sex isn’t all that’s intended here, almost everyone agrees that sexual intimacy is the physical representation of this joining of their lives. And the Bible says they “*were both naked, and they felt no shame*.” Yep, day after day in the Garden of Eden, uniting into that “one flesh” thing, and absolutely no shame about this gift of intimacy.

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This was the way God originally created husband and wife: confidently sharing their bodies—visually, physically, intimately. The sex act had no shame attached, but rather beauty and rightness. Like everything else in this beautiful, delightful garden, God’s gift of intimacy to husband and wife was “very good.”

Of course, this doesn’t mean we should shed our clothes and go frolicking in the woods with our husbands. Admittedly, things have changed since Day 6 of Creation. But what God intended for His children remains: shameless enjoyment of the gifts He has given us. This includes sexual intimacy between one man and one woman in marriage. We can approach our marriage beds confident that sharing our bodies in intimate pleasure is God’s will and honors His design for married couples to become “*one flesh*.”

Questions

- ♥ How has shame played any part in your perspective of sex? What experiences or teachings have given you that sense of shame?
- ♥ What is God’s perspective of the sexual act between husband and wife? How can you realign your point of view with His design for sexual intimacy in marriage?

Prayer

My Lord and God, Your hands created everything good and beautiful. I long to return to the perfection of Eden, when You walked among us and we were unashamed. But I know You will dwell in my marriage when I invite You in. Lord, use Your hands to mold my marriage to what You would have it be. Help me to feel no shame in my marital bedroom—to see sex as You

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created it and to honor You in my marriage bed. Bless my husband and me with that intimacy of being “one flesh” before You. In Jesus’ holy name, Amen.

Day 2: Identity



Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

— 1 CORINTHIANS 6:19-20

We have a tendency with this scripture to skip to the commandment part of “*honor God with your bodies.*” Yes, that’s important stuff. But what is the foundation for this command?

First, our bodies are “*temples of the Holy Spirit.*” Reading that, perhaps we picture our bodies as shells encasing the important spiritual stuff. But in the Bible, the temple isn’t a plain wooden box holding a secret treasure: The building itself was designed as a beautiful structure and to be treated with great care.

Thus, calling our bodies temples of the Holy Spirit is an amazing metaphor. Knowing then how God views our bodies, why argue with Him about our value? Why criticize our beauty, mistreat our bodies, deny them God-designed intimacy in marriage?

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Second, “*You are not your own; you were bought at a price.*” In Bible times, if you owed money and couldn’t pay, you could sell yourself and your labor to make good on your debts. For that time period, you belonged to the master who’d paid for you. We who are in Christ have been redeemed—bought at a price—and our sin debt was paid by Jesus through His suffering, death, and resurrection.

Therefore, your body is yours, but not entirely yours. You belong to God. We have an obligation to the One who redeemed us, including using our bodies in ways that honor Him. But our Master is the kindest of all—generous in wanting us to use our bodies to please one another in marriage and experience pleasure ourselves. As if He invites us to stop working all the time and enjoy His feast now and again.

Knowing how God sees us, we should honor Him with our bodies—keeping them from sexual sin, treating them with honor and care, and using them to bless our marriage beds.

Questions

♥ Imagine the most beautiful building you’ve ever been in. Considering the Temple was worth billions of dollars in today’s money, how do you compare to that beautiful building from God’s perspective? What is valuable about you?

♥ What does it mean to “*honor God with your bodies*” when it comes to sexual intimacy in marriage?

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Prayer

O Holy God, the Bible says that Your glory filled the Temple. Please fill this temple of my body with Your Spirit and Your glory. Help me to see not only the dwelling place inside but the exterior of this “temple” as valuable in Your eyes. When my husband tells me I am beautiful, help me to believe him and to see the beauty You have given me. Lord, I thank You for paying the price that I may belong to You wholly. I could not ask for a more loving Master to serve. Help me to honor You with my body, to search diligently and honestly for wisdom on how You want me to use my body in my life and my marriage, and to bless my marriage bed accordingly. Give me eyes to see my husband’s body as valuable and honorable as well. In the name of Your Son, and through Your Holy Spirit, Amen.

Day 3: Responsibility



The wise woman builds her house, but with her own hands the foolish one tears hers down.

— PROVERBS 14:1

Sometimes when sex in our marriage isn't going well, we feel helpless. We don't know how we got here, how to resolve the issues, how to make improvements in our marital intimacy. We may have strong feelings that if only *he* would do something different—be more romantic, understanding, enthused, etc.—we could have the sex life we want.

But this verse says that we wives can make a positive or negative difference in our homes: We can build them up or tear them down. With our own hands. Now of course, our husbands are a big piece of the puzzle and contribute either well or poorly to our sense of security in the bedroom, desirability as a mate, importance as a lover, and covenant love in our marriage. But we are not helpless. Our own efforts influence the state of our homes, our marriages, our marriage beds. We have to own our part of what's wrong and take responsibility to make it better.

We must look at what we have or haven't done to pursue the sexual intimacy God wants us to

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have in marriage. Being a wise wife includes seeing how we can build our home—the foundation of which is the marriage of husband and wife—and setting our hands to that task. The reward for our diligence is a stronger marriage, more satisfying intimacy, and a home that honors God.

Questions

♥ Looking honestly at yourself only, what have you done to build up intimacy with your husband? What have you done to tear it down?

♥ Name up to three specific goals you can set regarding your own pursuit of godly sexual intimacy in marriage.

Prayer

Lord Father, I want to be a woman of wisdom and obedience to Your plan. Help me to see the areas in my marriage where I have built up and where I have torn down. Strengthen my hands and my heart to pursue Your will for my marriage and our sexual intimacy. Help me to take responsibility for my own role, and give me wisdom to know how make our marital bedroom a place of beauty and honor. Bless my efforts with the reward of a deeper connection to my husband, more purpose and pleasure in our lovemaking, and a marriage bed that celebrates Your gift. In the name of Your Son, Amen.

Day 4: Unity



As iron sharpens iron, so one person sharpens another.

— PROVERBS 27:17

Do you know how iron sharpens iron? I didn't. Some translations today use the word "steel" rather than iron, since technically that would have been the substance used. But these days there is something called a honing iron on which metal knives can be sharpened, or rather "deburred." A tool like a knife can bend slightly with use, creating small burs that dull the edge. Rubbing the knife against a honing iron (a long, sturdy, iron rod) removes the burs and gives the knife sharpness.

Do you and your husband remove the burs from each other when it comes to sexual intimacy? No one gets it perfect. We all have tendencies to misperceive, misconstrue, misinterpret, mis-speak, and otherwise just *miss* when it comes to sexual intimacy in marriage. We each have burs that dull us when it comes to being everything we should be as a spouse, including everything we should be as a lover. Ideally, where we differ about sex in marriage is a place where we can sharpen one another—making one another better, more loving, more like Christ.

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But when you see how a knife moves across a honing iron, it isn't a rough movement. It's slow, smooth, consistent, careful. When your husband has burs regarding marital sex, the way to sharpen his iron is with patience, gentleness, perseverance, and care. When you have burs regarding marital sex, be willing to allow yourself to be sharpened too. Like iron to iron, sharpen one another's understanding and practice of God's design for marital intimacy.

Questions

- ♥ Where are your "burs" when it comes to sex in marriage? What obstacles do you face in experiencing God's full gift of sexual intimacy with your husband?
- ♥ What "burs" does your husband have? How can you patiently, gently, with perseverance and care, address those issues?

Prayer

Almighty God, I thank You for the gift of others in my life to remove my dull edges, to sharpen me, to help me become more like Your Son Jesus. Help me to listen to others who see my flaws and want to encourage me toward positive change. Give me godly wisdom and a pure heart in addressing the flaws of others around me, especially my husband. When it comes to our sexual intimacy, help me to state my concerns with patience, gentleness, and grace. Make our marriage a safe place to deal with our sins and our mistakes. Heal our burred edges. In the name of Your perfect Son, Amen.

Day 5: Savvy



Sing to him a new song;

play skillfully, and shout for joy.

For the word of the Lord is right and true;

he is faithful in all he does.

The Lord loves righteousness and justice;

the earth is full of his unfailing love.

— PSALM 33:3-5

This is a worship psalm, not connected with marriage. But it's telling that the psalmist encourages the musicians to "*play skillfully.*" Throughout Scripture, God values His people developing the skills needed to follow through with His plans—like building the tabernacle (Exodus 35:10; Exodus 36:2), bringing the Ark to Jerusalem (1 Chronicles 15:22), and even writing psalms (Psalm 45:1).

God is the same yesterday and today and tomorrow, as well as here and there and everywhere. His biblical principles don't stop at the bedroom door. So if His plan involves having intimate sex within marriage, then surely He'd endorse us developing our lovemaking skills. The gift of

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pleasurable and satisfying marital intimacy is one sliver of “*the earth is full of his unfailing love*” (v. 5).

Of course, the focus isn't on having a set of sex skills, but rather learning how to please your own lover and what builds closeness in your marriage. There are some great Christian-based resources that provide information on approaches and techniques, but much of your learning will occur in the laboratory—that is, your marriage bed. God is in favor of you taking time to figure out the skills you both need to bless one another and your marriage when it comes to physical intimacy. If you are the artist, and your sexual intimacy is the instrument, learn to “*play skillfully*.” And it wouldn't hurt to add a little “*shout for joy*.”

Questions

- ♥ How is sexual intimacy like worship? How is it different?
- ♥ In what areas do you want to add lovemaking skills to your marriage repertoire? What steps are you willing to take to become a more skillful lover?

Prayer

Lord, Father, whatever You ask of Your people, You equip them to do. I know that pleasurable and fulfilling sexual intimacy is part of Your design for my marriage. Please equip me to be a skillful lover, taking time and effort to learn how to arouse my husband, lean into my own pleasure, and increase our connection in the marital bedroom. Bless my marriage bed with Your hand and Your favor. In the holy name of Your Son Jesus, Amen.

About the Author



J. Parker writes at [Hot, Holy & Humorous](#), where she uses a biblical perspective and a blunt sense of humor to foster Christian sexuality in marriage. When she isn't writing about godly sex or doing "research" with her husband, J writes teen fiction; hugs, disciplines, or cracks jokes with her kids (whichever is needed in the moment); and daydreams about having a personal chef and an on-call massage therapist.

J's Books

[*Sex Savvy: A Lovemaking Guide for Christian Wives*](#)

[*Intimacy Revealed: 52 Devotions to Enhance Sex in Marriage*](#)

[*Behind Closed Doors: Five Marriage Stories*](#)

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