

## How to Get All the Great Sex You Can Handle

*(If that loving feeling doesn't just happen, we make it happen)*

(SERIES: **Accept No Mediocre Marriage; 09 of 10**)

by Dr. David Foster

---

"Husbands, love your wives, just as Christ loved the church and gave himself up for her" (Eph 5:25)

### 6 Stupid Sex Myths

#### Sex is **an uncontrollable urge**.

"You have heard that it was said, 'Do not commit adultery. But I tell you that anyone who **looks at a woman lustfully** has already committed adultery with her in his heart.'" (Matt 5:27-28)

#### Sex is **best dirty**.

"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple 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 body." (1COR 16:18-20 NIV)

#### Sex is **dirty**.

"So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them and said to them, '**Be fruitful and increase in number**; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground.'" (GEN 1:27-28 NIV)

#### Sex is **all men think about**.

"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should **learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen**, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit." (1Th 4 NIV)

#### Sex is **optional in marriage**.

"The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." (1Cor 7:3-5 NIV)

#### Sex is **a loveless obligation**.

"Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer, may her breasts satisfy you always, may you **ever be captivated by her love**." (Pro 5:16-19 NIV)

### 3 Rules of Super Sex

We keep it **current**.

We keep it **fun**.

We keep it **exclusive**.