

Graceless Sex

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I. Introduction

II. Graceless Attitude

- A. Selfish II Tim. 3:2-5
Biblical thinking – Phil. 2:3 II Tim. 3:2-5 II Tim. 3:10-11a
- B. Sex as a duty
Biblical thinking – Heb. 13:4 Prov. 5:19 Phil. 2:14
- C. Sex used as manipulation
Biblical thinking – Titus 2:11-14 I Cor. 7:3
- D. Poor body image
Biblical thinking – I Cor. 6:19-20 I Cor. 7:4

III. Twisted View of Sex

- A. To get attention from others
Biblical thinking – I Cor. 7:4
- B. Porn
Biblical thinking – I Pet. 1:13-15 Psalm 101:2-3
- C. Fantasies
Biblical thinking – II Cor. 10:5 Matt. 5:27-30
- D. Adultery/fornication Prov. 6:23-35
Biblical thinking – Heb. 13:4
- E. Masturbation (self gratification)
Biblical thinking – I Cor. 7:4 II Tim. 2:22

IV. Idolatrous View of Sex

- A. Perfect experience/relationship
Biblical thinking – I Cor. 7:34-35
- B. Performance-based
Biblical thinking – I Cor. 7:34-35

V. Prideful Attitude

- A. I'm glad I don't have that "animal instinct".
Biblical thinking – Gen 2:24
- B. I don't like my body.
Biblical thinking – I Pet. 3:4-5

V. Common Questions and Concerns

- A. “My husband isn’t interested.”
- B. “I’m not interested
- C. “Menopause is causing problems with our sex life.”
- D. “My husband is into porn.”
- E. “My husband is self-centered about sex.
- F. “My mind is filled with bad memories from my past.”
- G. “I am not able to achieve ultimate satisfaction.”
- H. “To be honest, I’ve let myself go because I don’t want to be bothered by my husband or other men, for that matter.”
- I. “He doesn’t take care of himself.”

VI. How Can I Change Him?

- A. Understand grace.
 - 1. Remember the grace God shows to you. I John 3:16
 - 2. You can show grace to your husband.
 - a. Be patient.
 - b. Speak with wisdom and appeal. Prov. 31:26 Eph. 4:15
 - c. Listen to him, really listen.
 - d. Don’t interrupt.
 - e. Forget sins that have been forgiven.
 - f. Subtly encourage in righteousness.
 - g. Don’t squash his dreams.
 - h. Admire his masculine qualities. Song of S. 1:16
- B. Love God more. Matt. 6:28-30 Matt. 22:36-39
- C. Give your husband to the Lord.
- D. Repetition doesn’t make him listen more, but has the opposite effect.
Prov. 21:9 Prov. 25:24 Phil. 2:14-15 I Peter 3:1-2

VII. Conclusion

(see also recommended books from “Grace Sex” outline)