

## Grace-Filled Sex

If you have been married for any length of time, you already know that while marriage can be the best thing that ever happened to you, it can also be the hardest thing you have ever done. Few other areas of marriage present the “best of times, worst of times” scenario than the intimacy that is shared in the marriage bed. It is vital to our heart connection as couples that we graciously and enthusiastically maintain a healthy view of sex and honour its greater role in marriage. Sex allows a husband and wife to experience a physical, emotional, and spiritual connection that is in a league of its own. The grace Jesus offers through the cross gives us the power to get healing from the past as well as to secure our heart connection with each other when it comes to this vital, private, and God-ordained dimension of our love story.

**Tim Kimmel** is the founder and Executive Director of Family Matters, whose goal is to see families transformed by God’s grace into instruments of reformation and restoration. Tim develops resources for families and churches and conducts conferences throughout the world on the unique challenges facing today’s families. He has authored many books, including: *Grace Based Parenting*, *Raising Kids for True Greatness*, *Little House on the Freeway*, *Connecting Church and Home*, and *Grace Filled Marriage*. Tim and his wife Darcy count their role as parents and grandparents as one of their greatest joys. God has blessed them with four children, their children’s spouses, and a growing number of grandkids. Tim is a graduate of Bryan College (BA), Dallas Theological Seminary (ThM), and Western Seminary (DMin).

**Darcy Kimmel** is the Vice President of Family Matters, which she helped found with her husband, Tim Kimmel, in 1982. Family Matters is a ministry dedicated to “equipping families for every age and stage of life.” Darcy has a heart for encouraging and equipping women to maximise their unique callings in life as wives, mothers, and grandmothers. She speaks at conferences with her husband regarding marriage and parenting issues. As a writer, Darcy is co-author of several books on parenting, grandparenting and family relationships. Darcy is also a regular contributor to the Family Matters’ blog and writes a quarterly column of encouragement and advice in Family Matters’ publication, Heart of the Home. Darcy has a Bachelor of Arts degree in Family Studies from Ottawa University. Darcy loves being a wife and mom more than anything else she does.

A healthy appreciation and gracious attitude toward sex is vital to a heart-connected marriage.

A healthy appreciation and gracious attitude towards each other is vital to a hip-connected marriage.

### **I. A grace-filled marriage helps us see sexual intimacy as a wonderful way to personally honor and bless our spouse.**

A. God’s grace is selfless, outwardly focused, and consistently desires the other person’s best interest.

B. God’s transforming work of grace gives us the power to overcome the standard ways sex is often mishandled in marriages.

- Some people view sex as an \_\_\_\_\_.
- Some people use sex to \_\_\_\_\_ their spouse.

- Some people use sex to \_\_\_\_\_ their spouse.
- Some people \_\_\_\_\_ sex from their spouse.
- Some people \_\_\_\_\_ their spouse of sex.

*The thief comes only to steal and kill and destroy; I came that they may have life and have it abundantly.*

– John 10:10

*Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!*

– 2 Corinthians 5:17

- Grace-based intimacy is about \_\_\_\_\_ with enthusiasm and \_\_\_\_\_ with joy.

**II. A grace-filled marriage helps us have a kinder and more understanding view of our spouse's wiring when it comes to sex.**

- A. Perspectives
- B. Turn-ons
- C. Needs
- D. Responses
- E. \_\_\_\_\_

**III. \_\_\_\_\_ for our spouse that takes delight in both being needed and in meeting their needs.**

*Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer.*

*Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.*

– 1 Corinthians 7:5

**IV. A grace-filled marriage gives our marriage enormous \_\_\_\_\_ and security in the midst of a sexually contaminated culture.**

A. When sexual intimacy is a healthy part of a marriage, it keeps a spouse from having to go around sexually hungry in a world filled with all kinds of sexual Junk food.

*The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife.*

– 1 Corinthians 7:3-4

B. When sexual intimacy is a healthy part of a marriage, it promotes better physical and emotional health and sets us up to live fuller and more joyful lives.

Couples that have an active and robust sexual life are more likely to

- Sleep better.
- Have healthier hearts.
- Not get sick as much.
- Have healthier looking skin.
- Actually look younger.
- Live longer.

## Conclusion

The grace Jesus offers through the cross gives us the power to get healing from the past as well as secure our heart-connection with each other in the present when it comes to this vital, personal, private, and God-ordained dimension of our love story.