

Enhancing the Beauty and Engaging with the Brokenness of Sex within Marriage

Many couples think they know all about sex because they have been educated by movies, magazines, and pornography, but they can be helped towards a better sexual relationship by basic teaching regarding the differences between men and women and the importance of safety and trust in the relationship – for good sex. The Bible’s rich teaching on the beauty and brokenness of sexuality is very practical and there is much helpful common grace wisdom from recent research on sexuality.

Richard Winter is one of the leaders of the European Christian Counsellors Network. He is Professor Emeritus of Practical Theology and Counselling at Covenant Theological Seminary in St Louis, USA. He is also a psychotherapist and counsellor who was trained in medicine and psychiatry in England before being on the staff and a director of the English branch of the L’Abri Fellowship for 14 years. He is the author of books on boredom, depression, perfectionism, and reproductive technologies. He is married, with four children and eight grandchildren.

- I. Biblical Context of Mutuality in Marriage (1 Cor 7: 1-7)**

- II. Working against “fallenness”**

- III. Eroticism in The Song of Songs**

- IV. Sexual Difficulties for Women**

- V. Sexual Difficulties for Men**

- VI. Honoring differences between men and women**

- VII. Listening to sexual story**

- VIII. Helping communication**

IX. Education

X. Problems of Desire, Arousal and Orgasm

A. Physical

B. Circumstantial

C. Past experiences

D. Relationship issues

E. Expectations

F. Principled boundaries

XI. Problems of Male Arousal

XII. Summary of how to help!

Recommended reading:

A Celebration of Sex: A Guide to Enjoying God's Gift of Sexual Intimacy. Douglas Rosenau, Thomas Nelson, 2002

Sheet Music, Kevin Leman, Tyndale House, 2003

The Gift of Sex: A Guide to Sexual Fulfillment, Clifford and Joyce Penner, 2003

Divine Sex: A Compelling Vision for Christian Relationships in a Hypersexualized Age, Jonathan Grant, Brazos Press, 2015