

### 3 PHYSICAL RELATIONS AND PERTINENT TRUTHS

#### 1 Corinthians 7:3-5

<sup>3</sup>The husband must fulfill his duty to his wife, and likewise also the wife to her husband. <sup>4</sup>The wife does not have authority over her own body, but the husband *does*; and likewise also the husband does not have authority over his own body, but the wife *does*. <sup>5</sup> Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of control.

This passage illustrates the husband laying down his life for his wife and the wife submitting to her husband (5.22-31).

This passage illustrates the selflessness of Mark 10.43-45.

Obedying this passage requires faith, love and submitting your will to God.

Being a doer of the Word in this manner has a huge impact on a marriage.

#### Philippians 2:3-4

<sup>3</sup>Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves. <sup>4</sup>Do not *merely* look out for your own personal interests, but also for the interests of others.

Is your purpose physical pleasure for yourself or the benefit of your spouse?

If you are not known to your spouse as one who is happy to serve and give, what type of control do you hold over your spouse?

If you are not a doer of Philipians 2.3-4 now, make a commitment to the to repent and go to other direction from this day forward.

Hindrances to enjoying intimate moments.

Lust

1939 epithumia

desire (lust), longing for what is forbidden, passionate longing, 1 heat beneath

lusts

**Matthew 5:28**

<sup>28</sup>but I say to you that everyone who looks at a woman with lust for has already committed adultery with her in his heart.

**Romans 6:12**

<sup>12</sup>Therefore do not let sin reign in your mortal body so that you obe lusts,

**Romans 13:14**

<sup>14</sup>But put on the Lord Jesus Christ, and make no provision for the fi regard to *its* lusts.

**1 Thessalonians 4:4-5**

<sup>4</sup>that each of you know how to possess his own vessel in sanctificat and honor, <sup>5</sup>not in lustful passion, like the Gentiles who do not know God;

**2 Timothy 2:22**

<sup>22</sup>Now flee from youthful lusts and pursue righteousness, faith, love peace, with those who call on the Lord from a pure heart.

**1 Peter 1:14-15**

<sup>14</sup>As obedient children, do not be conformed to the former lusts *which were yours* in your ignorance, <sup>15</sup>but like the Holy One who called you, be holy yourselves also in all ~~your~~ behavior;

**1 John 2:16-17**

<sup>16</sup>For all that is in the world, the lust of the flesh and the lust c and the boastful pride of life, is not from the Father, but is from world. <sup>17</sup>The world is passing away, and *also* its lusts; but the one wh does the will of God lives forever.

The forms of lust: pornography, perversion, pleasure fulfillment. The effects of lust: the focus of intimacy is getting not giving; it is lust

is physical pleasure not shared oneness. The body is there but the mind away, lost in sinful lust.

If you sin in this way, today is the day to repent. Turn and go the other direction. With the help of God's Spirit and His Word, you can have victory over this important sin (1 John 5.3-5). See appendix A and B for effective help.

Bitterness

**Proverbs 13:10**

<sup>10</sup>Through insolence comes nothing but strife, But wisdom is with those who receive counsel.

**Proverbs 16:5**

<sup>5</sup>Everyone who is proud in heart is an abomination to the LORD; Assuredly, he will not be unpunished.

**Proverbs 21:9**

<sup>9</sup>It is better to live in a corner of a roof Than in a house shared by a contentious woman.

**Colossians 3:12-13**

<sup>12</sup>So, as those who have been chosen of God, holy and beloved, put on the heart of compassion, kindness, humility, gentleness and patience; <sup>13</sup>bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

The effects of bitterness on intimacy

The impact of consistent compassion, kindness, humility, gentleness and patience

The results of forgiving as God in Christ does

See appendix 1: Hope From God's Word  
See appendix 4: Lust  
See appendix 5: Thinking Biblically