



# Physical Intimacy

*How close is too close?!?!*

Pursuing a Godly Relationship – Session Three





# Who are you

*introduction time!*

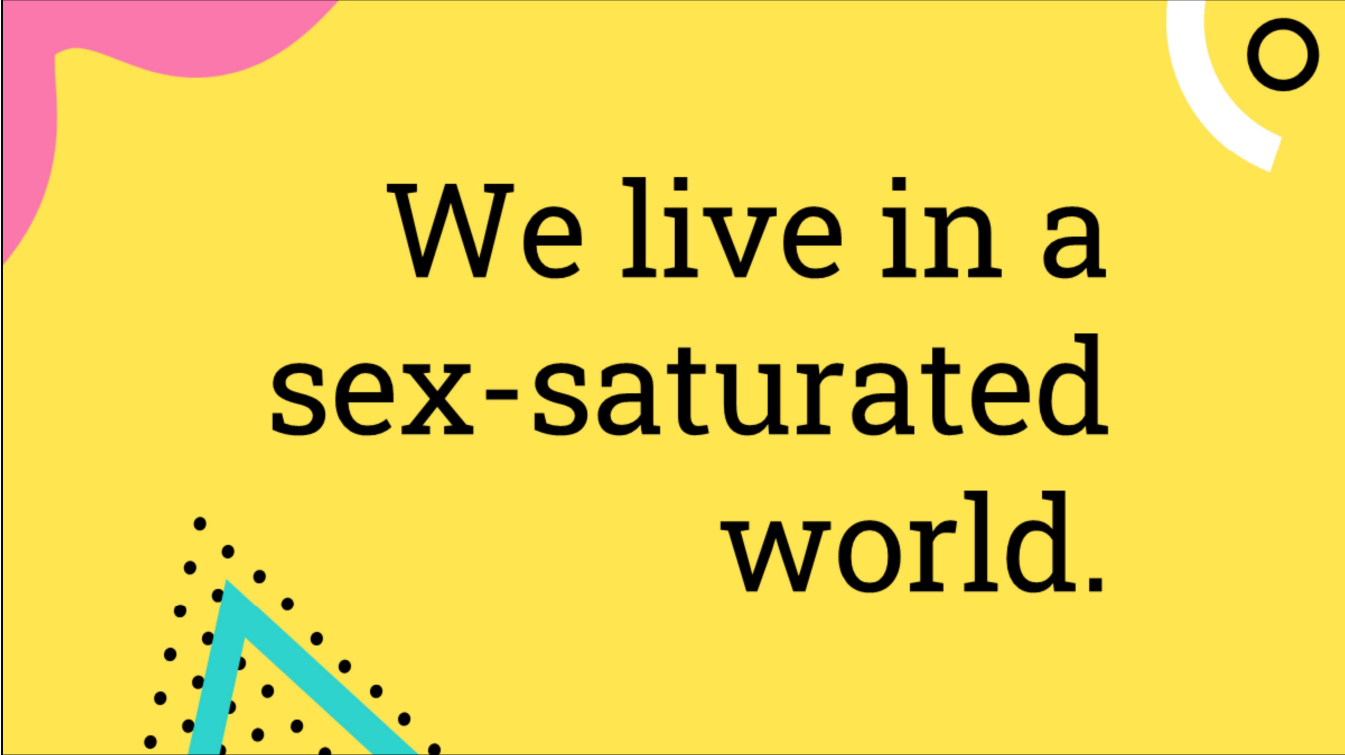
*Tell us your name*

*Who is the most romantic person in  
the Bible? =D*



## Session Objectives

1. Establish a Biblical view of intimacy (sex)
2. Understanding Sexual Temptation
3. Guarding Ourselves from Sexual Temptation

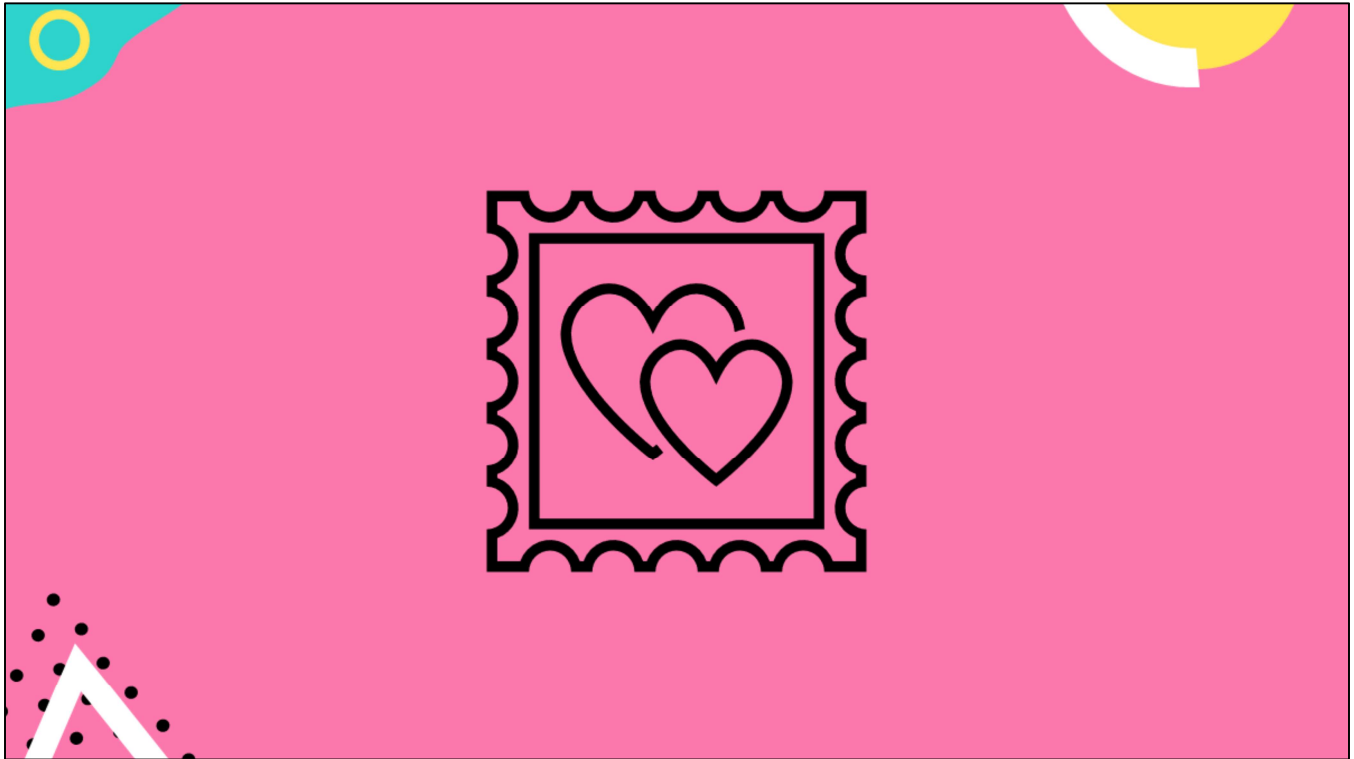


We live in a  
sex-saturated  
world.

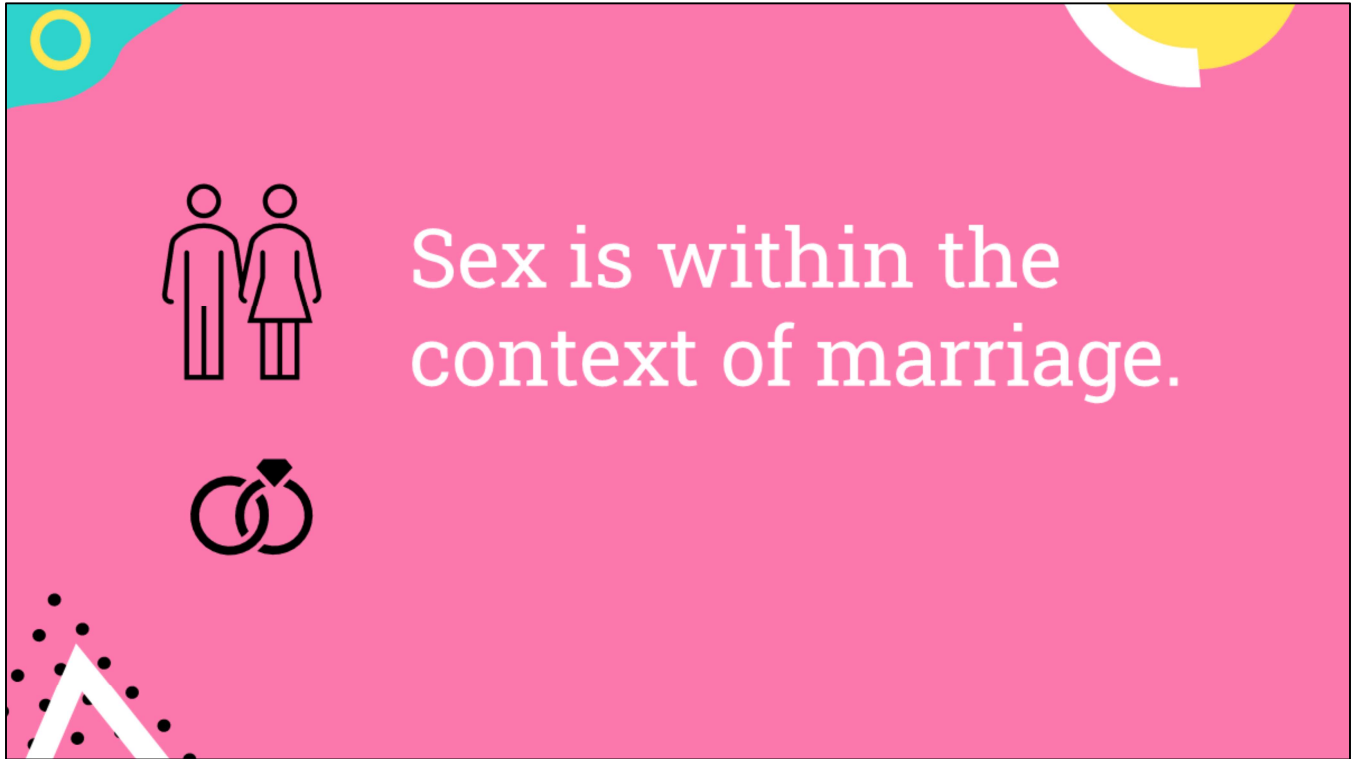


01.

Biblical view of intimacy  
(sex)



- Romance, love and sex are good things created by God
- With good things there are guidelines
- Songs of Solomon = example




- Adam and Eve

Any type of sex outside of marriage is consider as a sin.







Now for the matters you wrote about: “It is good for a man not to have sexual relations with a woman.”<sup>2</sup> But **since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband.**

- 1 Corinthians 7:1-2 (NIV)



Sexual immorality = any sexual activity outside of marriage

Fornication = having sex before marriage

Adultery = having sex with someone else during marriage



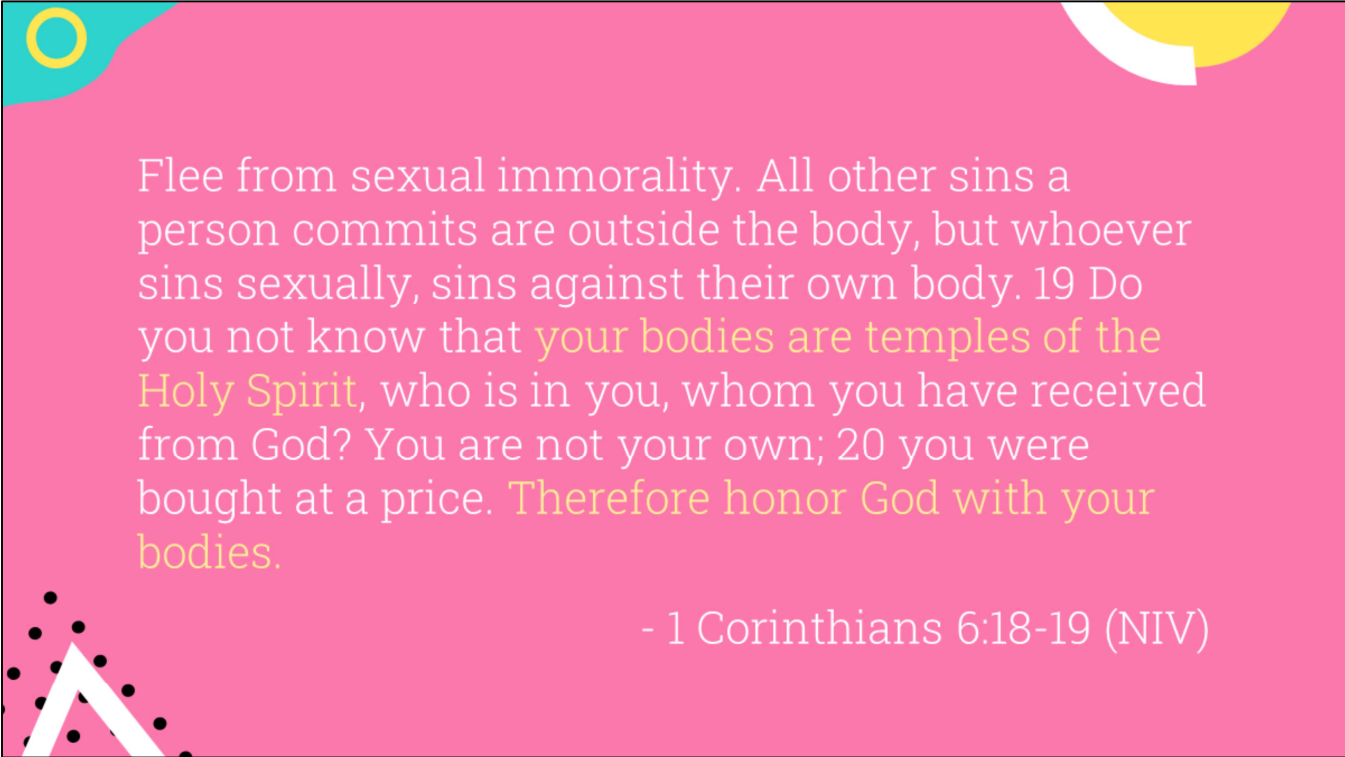
But if they cannot control themselves, they should marry, for it is better to marry than to burn with passion.

- 1 Corinthians 7:9 (NIV)

This is why Paul suggests if someone cannot control his passion, let him get marry

Our body = temple of God






Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that **your bodies are temples of the Holy Spirit**, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. **Therefore honor God with your bodies.**

- 1 Corinthians 6:18-19 (NIV)

This is why Paul suggests if someone cannot control his passion, let him get marry




Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." 17 But whoever is united with the Lord is one with him in spirit.





- 1 Corinthians 6:16-17 (NIV)

- In Roman Empire, Christian times, lewd sexual acts were rampant
- Yet, Paul asked them to refrain and pursue holiness with their body by not joining with others



Sex is a physical and also a spiritual act. God's plan for sex is between husband and wife. It is a physical reminder of the closeness between Jesus and the Church (Ephesians 5:31-32).



A teal rectangular background with a thin black border. In the top-left corner, there is a yellow semi-circle. In the bottom-left corner, there is a pink semi-circle with several black dots scattered around it.

**Sex is  
sacred.**



02.

Sexual Temptation





## Society's view of sex

- transactional
- Physical and enjoyment
- Sex = love



## Repeat warnings on sexual immorality

- Not a hint of sexual immorality (Eph 5:3)
- Sexual immorality individuals will not inherit the Kingdom of God (1 Cor 6:9)
- Flee sexual immorality... (1 Cor 6:18)



# pornography

*It's harmless...*


*Everyone's doing it...*

*It is free...*



But it is hurting no one...

- It fuel the pornography industry
- Hurts your spouse



But I tell you that anyone who **looks** at a woman **lustfully** has already committed **adultery** with her in his heart.

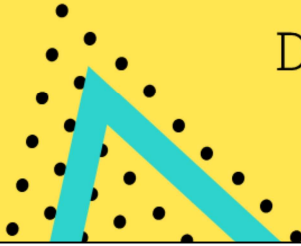
- Matthew 5:28 (NIV)



# Slippery slope



David and Bathsheba  
(2 Samuel 11-12)



# David and Bathsheba (2 Samuel 11)



When kings go off to war...David remained in Jerusalem (v1)

...he saw a woman bathing. (v2)



...he slept with her. (v4)


"I am pregnant." (v5)



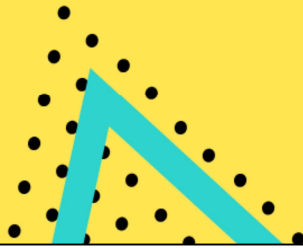
...Uriah the Hittite is dead." (v21)



- What seems harmless is not harmless
- David and Bethsheba (2 Sam 11-12)
  - From watching her in lust
  - sleeping with her
  - killing her husband

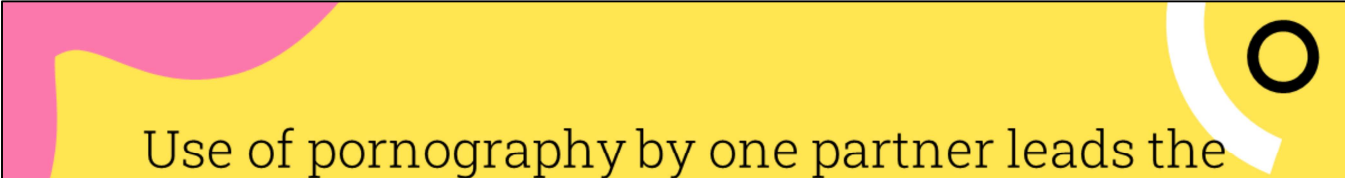


In studies, many women will say they don't feel that their porn-addicted husband is truly present when they make love.

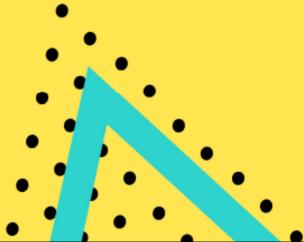


Source: <https://www.allprodad.com/the-effects-of-porn-on-marriage/>





Use of pornography by one partner leads the couple to have far less sex and ultimately reduces relationship satisfaction... We are led to unconditionally conclude that for many reasons, pornography poses a serious threat to couple intimacy and relationship harmony.

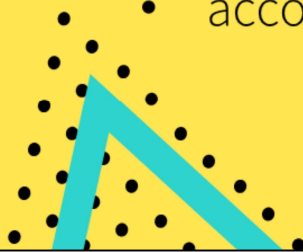


Source: Drs. John and Julie Gottman, Founders of the Gottman Institute - <https://www.verywellmind.com/is-pornography-destroying-your-marriage-2302509>



# Stop the addiction

- It doesn't go away with marriage
- Seek help
- accountability



# Salt and Light articles

- “I believed the lie that I could beat it on my own”: Former porn addict now runs support group
- Why addiction to pornography is so insidious: A counsellor shares the challenges

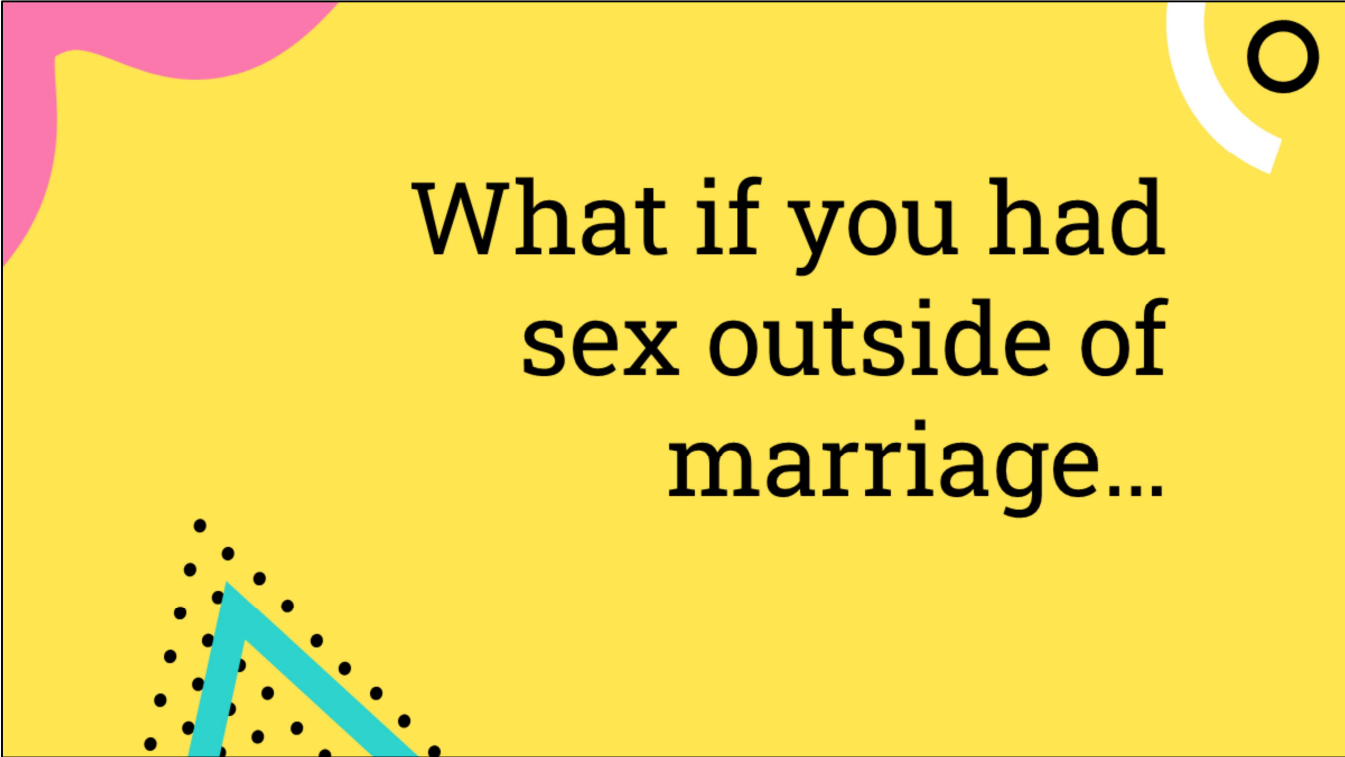
- <https://saltandlight.sg/faith/i-believed-the-lie-that-i-could-beat-it-on-my-own-porn-addict-who-was-cleansed-by-god-but-restored-by-community/>
- <https://saltandlight.sg/faith/why-addiction-to-pornography-is-so-insidious-a-counsellor-shares-the-challenges/>




## Pornography...Seek Help

- Establish physical boundaries
- Have less 1-on-1, private time
- Don't go vacation alone

- Establish physical boundaries
  - If you are parents or pastor find out, would you be ashamed?
  - When in doubt, ask.
- Have less 1-on-1, private time
  - Spend time with other people, friends, public places
- Don't go on alone vacation if you are dating

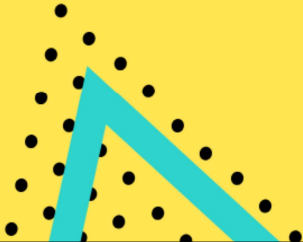


What if you had  
sex outside of  
marriage...



If we **confess** our sins, he is faithful and just  
and will **forgive** us our sins and **purify** us  
from all unrighteousness.

- 1 John 1:9 (NIV)



# Even Jesus came from broken generations

and Jesse the father of King David.

David was the father of Solomon, whose mother had been Uriah's wife

- Matthew 1:6 (NIV)

# Sex changes things...

*...sometimes not for the better*

- Share about elder's daughter slept with the guy





03.

How should we guard ourselves?



## Pursuing a Godly relationship starts with...

- Not a hint of sexual immorality (Eph 5:3)
- Flee sexual immorality... (1 Cor 6:18)
- Avoid sexual immorality....control your own body (1 Thess. 4:3-5)



## God is there for you.

13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

– 1 Corinthians 10:13 (NIV)



## Conclusion

- Sex is sacred (a gift from God)
- Boundary keeps your relationship safe

- Sex is a gift from God
  - It is within the context of husband and wife
- What is greater than being a witness to the world that your desire is seeking God and being holy than have not even a hint of sexual immorality
  - For me, this is the most radical way to live
- Boundaries in physical intimacy in a relationship keeps both you and the other person safe



# Thank you! Same time next week

Thursday (8:45 pm) or Saturday (2 pm)  
*Singapore time (SGT)*

Feedback -> <http://bit.ly/relationship-feedback>  
Contact Cliff -> [Cliff.tam@gmail.com](mailto:Cliff.tam@gmail.com)

