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Eph. 5:31-32 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a **profound mystery**—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

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# Having a great intimacy in marriage

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# Learning to talk about sex in marriage

*Intimacy* in marriage is like oil to the engine of your marriage car. It causes other parts to work well.

For a marriage relationship to flourish, there must be intimacy. It takes an enormous amount of courage to say to your spouse, "This is me. I'm not proud of it -- in fact, I'm a little embarrassed by it -- but this is who I am."

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# What do we see in the Bible about intimacy?

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- ❖ Prov. 5:18-19 May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer - may her breasts satisfy you always, **may you ever be intoxicated** with her love.
- ❖ Eccl. 9:9 Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun.

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# What do we see in the Bible about intimacy?

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- ❖ Song 4.10... How delightful is your love, my sister, my bride! How much more pleasing is your love than wine, and the **fragrance of your perfumed** more than any spice! Your lips drop **sweetness as the honeycomb**, my bride; **milk and honey** are under your tongue. (French kiss)
- ❖ Song 1:12 While the king was at his table, **my perfume** spread its fragrance. My beloved is to me a **sachet of myrrh** resting between my breasts. My beloved is to me a cluster of henna blossoms from the vineyards of En Gedi.

- ❖ Song 1:16 How **handsome** you are, my beloved! Oh, how **charming!** And our **bed is verdant**
- ❖ Song 2:3 Like an **apple tree** among the trees of the forest is my beloved among the young men. I delight to sit in his shade, and his fruit is sweet to my taste. Let him lead me to **the banquet hall**, and let his banner over me be love.

❖ Song 7:1-9 How beautiful your sandaled feet, O prince's daughter! Your **graceful legs** are like jewels, the work of an artist's hands. Your navel is a rounded goblet that never lacks blended wine. Your waist is a **mound of wheat** encircled by lilies. Your breasts are like **two fawns**, like twin fawns of a gazelle. Your **neck** is like an ivory tower. Your **eyes** are the pools of Heshbon by the gate of Bath Rabbim. **How beautiful** you are and how pleasing, my love, with **your delights!** Your stature is like that of the palm, and your **breasts like clusters of fruit**. I said, "I will climb the palm tree; I will take hold of its fruit." May your breasts be like **clusters of grapes** on the vine, the **fragrance** of your breath like apples, and your mouth like the **best wine**.

- ❖ Song 2:9 My beloved is like a gazelle or a young stag. Look! There he stands **behind our wall, gazing through the windows, peering through the lattice.**
- ❖ Song 2:14 My **dove** in the clefts of the rock, in the hiding places on the mountainside, **show me your face, let me hear your voice;** for your voice is sweet, and **your face is lovely.**

## ❖ Songs of Songs



- ❖ Sexuality ?
- ❖ More a game of ... discovery - desire - pleasure...
- ❖ A play with all 5 senses...
- ❖ No allusion to « responsibility, meeting the needs, efficiency, performance,... fulfilling marital duty... »
- ❖ Songs of Songs :
  - ❖ Sensuality & Eroticism !

- ❖ Eroticism (from the Greek ἔρως, eros—"desire") is a **quality that causes sexual feelings**, as well as a philosophical contemplation concerning the aesthetics of sexual desire, sensuality and romantic love.
- ❖ In psycho, physical love & erotic desire is the strongest desire of all (higher than the desire for money, children, work,...)
- ❖ Song 8: 6 *Place me like a seal over your heart, like seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. Many waters cannot quench love; rivers cannot sweep it away.*

- ❖ Songs of Songs : The body is great ! 🙌 👍
- ❖ **It's like before the fall... no shame... Just enjoy all the fruits created by God** 🍒 & 💕
- ❖ Let-loose, Let go & Trust
- ❖ Song 2:16 *My beloved is mine and I am his...*
- ❖ Fantasize (imagination)
- ❖ Song 3:1 *All night long on my bed I looked for the one my heart loves...*
- ❖ Pleasure of all the senses with & for the body...

❖ Problem :

- ❖ The (Catholic) church has greatly devalued the body 🙄👎
- ❖ Col 2:21-22 *“Do not handle! Do not taste! Do not touch!”?*  
*These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings*
- ❖ 1Tim. 4:3 *They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving...*
- ❖ **Almost 2000 years of bashing, darkening, blackening physical desire and physical love... « concupiscence !! »**
- ❖ Still anchored in the **collective sub-consciousness**

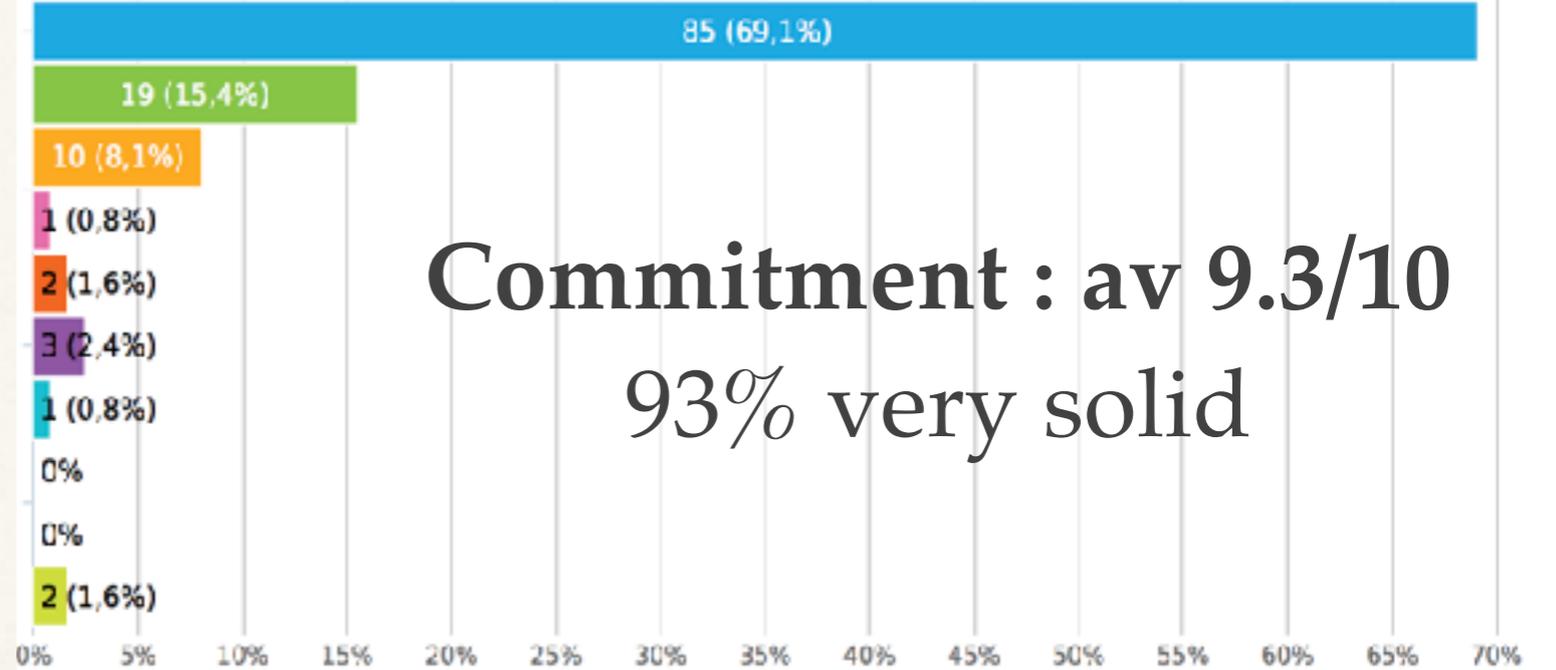
- ❖ Big challenge for women to eroticize the body...
- ❖ Sexual desire in woman highlights the « **fear** » **area of the brain**... so the « unconscious » message of how bad sexuality & your body is has a strong negative effect on intimacy
- ❖ The sexual desire in man highlights the « **physical senses** » **area of the brain** and switches off the fear and emotions area of the brain... just the opposite...

- ❖ Healthy sexual intimacy will begin with a good **self image of our body** and soul,... good **self worth self-respect - self-esteem !**
- ❖ And a good image of eroticism & sensuality
- ❖ The message of Songs of Songs : **yes you can eroticize your body and all your being**
- ❖ Eph 5.28-29 *In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church*
- ❖ The example of Esther...

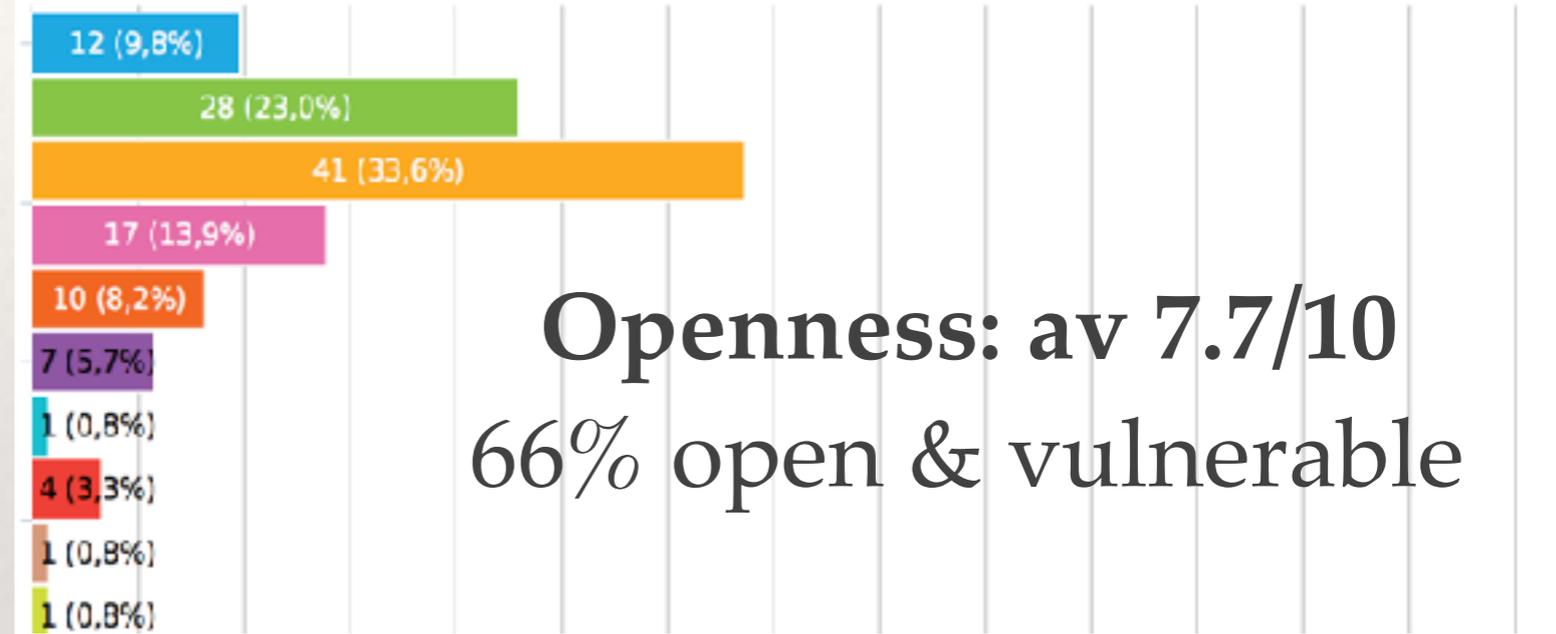
- ❖ *Esth. 2:8 ...Esther also was taken to the king's palace and entrusted to Hegai, who had charge of the harem. She pleased him and won his favor. Immediately he provided her with her beauty treatments and special food....*
- ❖ *...12 Before a young woman's turn came to go in to King Xerxes, she had to complete twelve months of beauty treatments prescribed for the women, six months with oil of myrrh and six with perfumes and cosmetics....*
- ❖ *Esther won the favor of everyone who **saw** her....*
- ❖ *Esth. 2:17 Now the king was attracted to Esther more than to any of the other women, and she won his favor and approval more than any of the other virgins. So he set a royal crown on her head and made her queen instead of Vashti.*

# Survey :

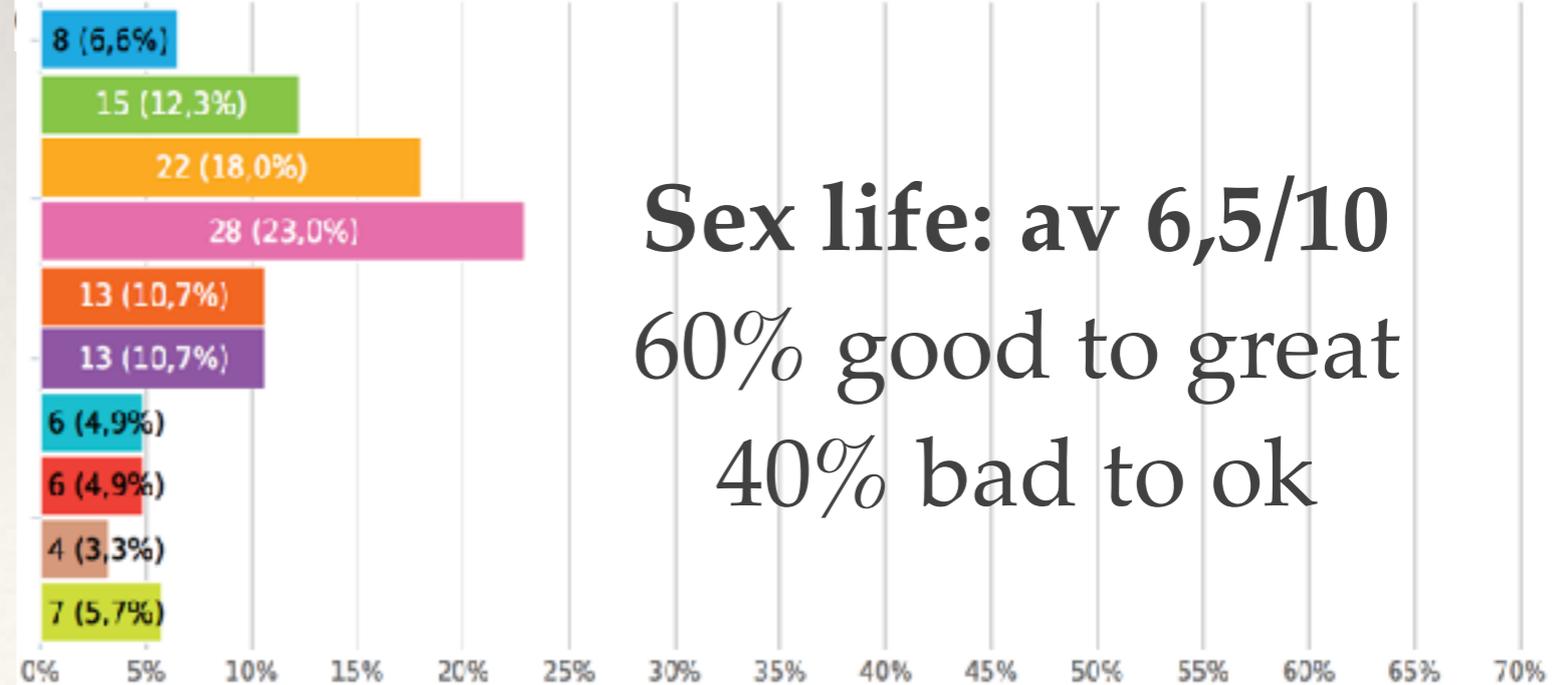
*How do you rate your relationship with your spouse in the area of...*



**Commitment : av 9.3/10**  
93% very solid



**Openness: av 7.7/10**  
66% open & vulnerable

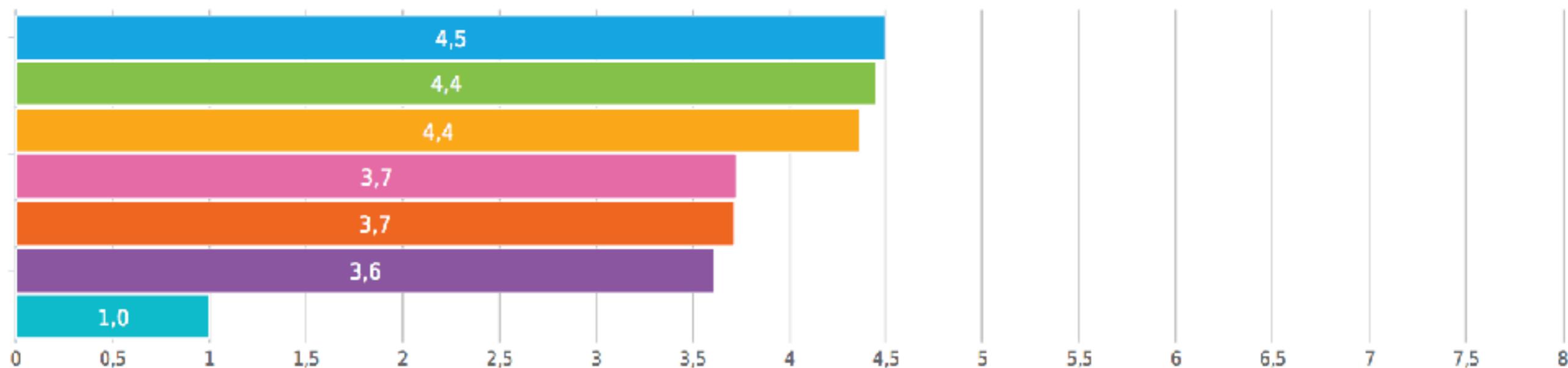


**Sex life: av 6,5/10**  
60% good to great  
40% bad to ok

# 13. Which area would you like to see improved the most in your marriage (it's a priority list, just move the answer up or down)

*Classement par ordre de préférence, Nombre de répondants 123x, sans réponse 55x*

Réponse	Importance
• better communication	4,5
• prayer life as a couple	4,4
• connection / intimacy	4,4
• frequency of sex life	3,7
• spending more time together	3,7
• quality of sex life	3,6
• other... please describe	1



# Concept of « erotic intelligence »

- ❖ Human nature fears the void that is created by the lack of intensity
- ❖ People want to feel that « *they are alive !* » (dopamine +++ !)



# Concept of « erotic intelligence »

- ❖ Animals have sexual intercourse...
- ❖ **Humans is the only specie that can have an erotic / intimate life**
- ❖ Eroticism is a bridge to childhood... Like kids were playing... « let the child that is in us play... »
- ❖ Keep **space & time** in your marriage for eroticism
- ❖ Cultivate, nurture the « thrill » of body & senses  
poetry

# Concept of « erotic intelligence »

- ❖ Christians' fate is not a depressing erotic life...  
« *let your light shine...* » ☀
- ❖ Accept your marriage is a living relationship with **ups and downs**
- ❖ Remember your marriage commitment gives **time** to build & learn...
- ❖ **Don't be afraid to talk** about this with your spouse and/or people who can help...
- ❖ *... May your fountain be blessed, and may you rejoice...*

