

HEALTHY SEX

NO EXPIRATION | GOD'S TIMELESS PLAN FOR LOVE, SEX, AND FAMILY

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1. SEX GIVES THE GIFT OF PLEASURE

- **When two people have sex OXYTOCIN is released.**
 - It is called the bonding hormone. It is responsible for bonding two people through sex as well as mothers with infants.
 - It is released in greater levels in women than men (9 vs. 3), causing men to need sex more often to feel bonded.
 - The body builds up tolerance over time to it causing pleasure junkies to want more sex.

LOVE JUNKIES- There are those who may be addicted to that love "high." They need that amphetamine-like rush of dopamine, norepinephrine and phenylethylamine. Because the body builds up a tolerance to these chemicals, it begins to take more and more to give love junkies that high. They go through relationship after relationship to get their fix.

Lee Ann Obringer www.howstuffworks.com

THE BIBLE CELEBRATES SEX

- **SONG OF SONGS**

"Kiss me and kiss me again, for your love is sweeter than wine." 1:2

"Your love delights me, my treasure, my bride. Your love is better than wine... your lips are as sweet as nectar, my bride. Honey and milk are under your tongue"... 4:9-15

2. SEX GIVES US KIDS

Husband and wife conceive a child at the moment of deepest connection.

- Even with scientific advancement and test tubes etc, it still comes down to the basics of male and female to make a baby.

3. SEX ADDS TO OUR ONENESS

When the covenant is made before God and witnesses, God makes the two, ONE!

- Sex releases the chemicals that contribute to the oneness.
- Sex is a reflection of our oneness. There are other factors that make the sex better: companionship, spiritual connection, commitment, romance etc.
- Be careful of oneness killers: bitterness, anger, criticism, as well as pornography.

“In the best sense of the word, God intends for a devoted married couple to be addicted to each other. Tragically, when the source of this binding is someone or thing other than one’s spouse, it leads to an addiction... pornography becomes a neurological pathway leading to masturbation and addiction becoming a deep rut.”

MARK DRISCOLL

4. SEX HELPS US “KNOW” ANOTHER

When two people become one they can be naked and unashamed together. They are secured in their commitment to be together and free to be vulnerable.

5. SEX PROTECTS US FROM TEMPTATION

When one person feels sexually denied or discouraged, the temptation to wander is increased. The enemy’s threat level is raised.

- There is no excuse for wandering, so keep your sex life fulfilling in marriage.

6. SEX BRINGS COMFORT

Sometimes the chemical and connective benefits of sex are an effective way to soothe a grieving spouse.