

UNIVERSIDAD DE MONTEMORELOS

DIVISION DE POSTGRADO E INVESTIGACION



CHRISTIAN SEXUALITY: A MANUAL FOR PREPARING  
SEVENTH-DAY ADVENTIST MINISTERS TO UNDERSTAND  
AND TEACH CONCEPTS FOR THE ENRICHMENT OF  
MALE AND FEMALE SEXUAL RELATIONSHIPS

PROJECT

IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE  
MASTERS DEGREE IN RELACIONES FAMILIARES

BY

KEITH A.C. BOLDEAU

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# **UNIVERSIDAD DE MONTEMORELOS**

**División de Postgrado e Investigación**

**Christian Sexuality: A Manual for Preparing  
Seventh-day Adventist Ministers to Understand  
and Teach Concepts for The Enrichment of  
Male and Female Sexual Relationships**

## **PROJECT**

In Partial Fulfillment of the Requirement for the  
Masters Degree in **Relaciones Familiares**

By

**KEITH A.C. BOLDEAU**

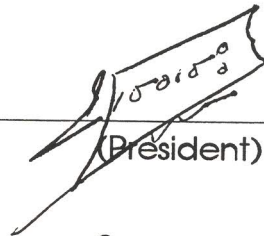
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## AUTHORIZATION OF COMPLETION

This project has met the requirements of the Professional Project segment of the culminating phase of the Masters Degree in Family Relations at Montemorelos University. It has been presented and successfully defended before the Project Advisory Committee, which consisted of:

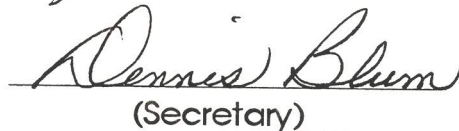
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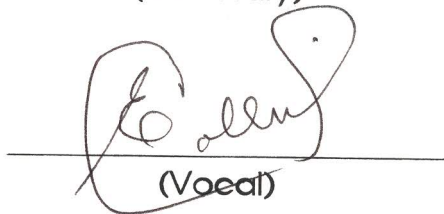
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## TABLE OF CONTENTS

	Page
Acknowledgements.....	iii
Dedication.....	v
Table of Contents.....	vi
Important Warning for Pastors.....	xii
 CHAPTER	
I. Introduction and Background of Problem.....	1
Declaration of Problem.....	5
Purpose of Investigation.....	6
Importance of Investigation.....	7
Objectives.....	7
Limitations.....	8
Delimitations.....	8
Methodology.....	9
Definition of Terms.....	9
Organization of the Project.....	12
 II. Sexuality: A Theological Perspective.....	 13
Time Plan.....	14
Objectives.....	15
Strategy.....	16
God, Creator of Sexuality.....	17
One flesh: A Biblical Concept.....	19
Functions of Sexual Intercourse.....	24
Sexual Abstinence and the Bible.....	30



## CHAPTER

## II. (Continued)

The Bible and Porneia.....	33
Transparencies.....	36
Work Sheets.....	42
Sexuality: A Psychological Perspective.....	43
Time Plan.....	43
Objectives.....	45
Strategy.....	46
Understanding the Basics.....	47
Intimacy and Sexual Satisfaction.....	49
Sexual Intimacy Killers.....	54
Communication and Intimacy.....	57
Methods in Handling Problems and How They Affect Intimacy.....	63
Harmony in Diversity.....	65
Poems.....	69
The Joy of Foreplay.....	70
Differences that are Worthy of Noting.....	75
Variety.....	77
Sexual Positions.....	77
Massage.....	81
Other Factors.....	82
Five Reasons Why Sexual Intercourse is Significant to a Man.	83
Five Reasons Why Sexual Intercourse is Important to a Woman.....	84
Sexual Turn Offs and Turn Ons.....	86
Transparencies.....	87
Work Sheets.....	98

## CHAPTER

## II. (Continued)

Sexuality : A Physiological Perspective.....	101
Time Plan.....	101
Objectives.....	103
Strategy.....	105
Overview of Section.....	106
Male and Female Physiological differences.....	107
Male and Female External Sex Organs.....	109
The Endocrine System.....	111
The Nature of Orgasm.....	114
Maintaining Effective Sexual Capacity.....	120
Coitus and Frequency.....	122
Masturbation.....	123
Transparencies.....	127
Work Sheets.....	130
Sexuality: A Premarital Perspective.....	132
Time plan.....	132
Objective.....	134
Strategy.....	135
Presentation of Statistics.....	136
What is Dating.....	137
Objectives of Dating.....	138
How Long Should Courtship Continue.....	139
Necking and Petting.....	140
How Far is Safe Enough.....	143
Premarital Relations and Marital Problems.....	144
Practical Suggestions in Avoiding Premarital Sexual Relations.....	147

## CHAPTER

## II. (Continued)

Differentiating Love and Lust.....	149
Scriptural Warnings.....	152
Transparencies.....	155
Work Sheets.....	158
Sexuality: A Honeymoon Perspective.....	160
Time Plan.....	160
Objectives.....	161
Strategy.....	162
Introduction.....	163
Sociological Influence on Sexuality.....	164
Preparing for first Intercourse.....	166
Planning for the Honeymoon.....	167
Procedure on the Wedding Night.....	168
Newlywed Cystitis.....	171
Methods of Contraceptives.....	172
How to choose a Contraceptive.....	186
Transparencies.....	188
Work Sheets.....	189
Sexuality: A Dysfunctional Perspective.....	191
Time Plan.....	191
Objectives.....	192
Strategy.....	193
Introduction of Seminar.....	194
Male Sexual Dysfunctions.....	195
Female Sexual Dysfunctions.....	202
Treating Premature Ejaculation.....	207
The Pubococcygeus (PC) Muscles.....	217

Transparencies.....	220
Work Sheets.....	224
III. Participants Manual.....	227
Sexuality: A Theological Perspective.....	227
Summaries.....	228
Work Sheets.....	233
Sexuality: A Psychological Perspective.....	235
Summaries.....	236
Work Sheets.....	249
Sexuality: A Physiological Perspective.....	252
Summaries.....	252
Work Sheets.....	258
Sexuality: A Premarital Perspective.....	260
Summaries.....	260
Work Sheets.....	267
Sexuality: A Honeymoon Perspective.....	269
Summaries.....	269
Work Sheets.....	272
Sexuality: A Dysfunctional Perspective.....	273
Summaries.....	273
Work Sheets.....	277

IV. Conclusion.....	280
Recommendations.....	282
Bibliography.....	284

## **IMPORTANT WARNING FOR PASTORS**

It is crucially important to state at the beginning of this manual that the information which is now at your disposal does not make a minister invulnerable to the temptations that sometimes accompany premarital and marital counseling.

Counseling often involves the discussion of intimate details that would never be discussed elsewhere - especially between a man and a woman who are not married to each other. This can be sexually arousing to both the counselor and the counselee. The potential for immorality is even greater if:

- ♦ The counselee is attractive and/or tends to be seductive.
- ♦ The counselor is not having emotional and sexual needs met.
- ♦ The counseling involves detailed discussions of sexually arousing material (Collins, 1989:31).

God in His wisdom spoke through His messenger giving counsel to ministers not to get involved in these sensitive areas of premarital and marital counseling alone, and in some cases not to get involved at all, as this can become a snare.

Concerning ministers, Ellen G. White wrote,

"You should not feel it to be your duty to converse with young ladies upon certain subjects, even if your wife is present. You are encouraging in them the idea that it

is all right to communicate to ministers the family secrets and difficulties that should be brought before God, who understands the heart,.... Refuse to listen to any communications of private matters, concerning either families or individuals. If persons are encouraged to come to one man with their troubles, they will think it all right to keep up this practice **and it will become a snare**, not only to the soul who communicate, but to the one to whom these things are confided" (White, 1977:767).

Regarding erroneous approach to marriage counseling White says,

"Many have come near being ruined who have, as it were, been plucked as a brand from the burning; but the performance of yours to break down the barriers which preserve the sanctity of the family relation between husband and wife, the arranged plans to make the wife communicate to you the secrets of her married life, induce those who are yielding in disposition, who have become captivated with you; to open their hearts to you as to a Catholic confessor and you encourage in them the thought that they have made a mistake in the married life" (1989:205).

She further says,

**As the minister and his wife** faithfully do their duty in the home... **they** are becoming better fitted to labor in the church, and are multiplying agencies for the accomplishment of God's work outside the home (White, 1915:204).

A minister unhappy with the sex aspect of his marriage should avoid some areas of counseling and be extremely cautious with certain types of counselees. Wittschiebe says, an individual dangerously allergic to bee stings should not spend time around bee hives (1974:32).

The younger the minister the more guarded he needs to be, this does not mean that older ministers are safe from temptation. For the Pastor of any age, **a personal relationship with God** and a satisfying and **fulfilling sex life** will reduce his vulnerability to a safe minimum (Ibid). Always remember, sexual intimacies with counselees never help those with problems and never advance the counselor's spiritual and professional image (Collins, 1989:33).

In addition the Pastor and his wife as a team are expected to abide by ethical codes. The counselor or counselors are committed to keeping information confidential. Information should **not** be shared by the counselor without the counselee's approval. To disclose the counselee's private concern is unethical and may ruin a marriage or a life (Ibid 35).

It must also be pointed out that **the purpose of this manual is not to prepare or qualify pastors to be sex therapists**. The purpose is to equip pastors with sound theological and scientific concepts of human sexuality which will eventually result in the enrichment of male and female sexual relationships. Therefore, pastors **must not** hesitate to refer those with sexual problems who are seeking pastor's help to qualified sex thereapists. Any attempt on the part of the pastor who is not a qualified sex therapist, to deal with problems of sexual dysfunctions may result in greater problems.



The ethical Pastor refrains from offering services for which he is neither trained nor qualified.

# CHAPTER ONE

## INTRODUCTION AND BACKGROUND OF THE PROBLEM

Many married couples today experience dissatisfaction in their sexual relationships. The statistics affirm that at least fifty percent (50%) of marriages suffer from sexual problems (Penney 1984:138). More recent statistics affirm that between 40-50% of couples presenting to sex therapy are diagnosed with hypoactive sexual desire disorder (Kaplan et. al. Vol. 19, No. 2, 1993:125). With almost 70% of these cases being diagnosed in women (Ibid, 41). Why this trend?

Throughout the centuries, different periods in history have had its negative impact upon the precious and wonderful gift of sexuality that God has given to husband and wife for their enjoyment and happiness.

In the early Christian church, an important concept became prevalent which had far reaching effects on sexual behaviour. This concept succeeded in separating spiritual things from things of the flesh. As a result, expressions of body pleasures, including sexual expressions, were thought to be unholy.

"Adam's expulsion from the garden of Eden, was viewed by many Religious leaders as a sexual sin, Eve being the temptress" (Mazat, 1981). This is what Tertullian, an early church father had to say about women. "You are the devil's gateway. You are the unsealer of the forbidden tree. You are the first deserter of the Divine Law. As a dangerous seducer of men, let woman seclude herself, dress in sobre garments, veil her face, and walk humbly in the earth" (Ibid). Some early church theologians postulated that "the Holy Spirit left the chambers while married couples carried on sexual intercourse" (Ibid). As a result, wives were coached to discourage their husbands sexual interests, even kissing should be limited to its minimum.

The Victorian age has also had its negative impact upon the God-given gift of sexuality. During this period decent women were never to admit that sexuality was enjoyable and pleasurable. A wife should avail herself to the sex act only for procreational reasons. However, during intercourse with her husband, a wife was to restrict herself as much as possible from enjoying the activity. Queen Victoria in a letter to her daughter, referred to sexual intercourse as "something that we poor women go through" (Ibid).

The belief that sexuality as a nonsanctioned experience was so extreme, that even the regular washing of genitals was discouraged for

fear that regular washing might inspire impure thoughts that might eventually lead to impure acts.

The period known as the Renaissance brought with it the new concept of individualism, as a result, the influence of religion declined rapidly. God's moral laws were questioned, reinterpreted and considered less relevant to modern man and woman who saw themselves as coming of age and capable of making their own moral decisions. This attitude gave birth to a new era, the era of "sexual freedom".

The advent of the 1960's was marked by the "sexual revolution". The "move from the sexual famine of Victorianism to the feast of eroticism of the Sexual Revolution" (Ibid), further eroded the concept of human sexuality. Television, movies, radios, books, magazines, newspapers and music constantly bombarded the minds of men and women with their new concepts of sexuality. Most of these new concepts were erroneous. Since then, ideas about sexuality have catapulted from the extreme of sexual repression to laxity and promiscuity, both extremes are wrong.

A 1984 Gallup poll revealed this interesting paradox. "Religion is growing in importance among Americans, but morality is losing ground" (Ibid). No wonder, studies indicate that over fifty percent of ruined marriages result from sexual problems. The reason is that people have turned their backs on the Architect, Engineer, and Builder of human sexuality. They have denied His authority and have discarded His

directions and like "rebellious children, stalked out to do sexuality their own way" (Ibid). The sexual revolution has affected the lives of Christians so badly that many Christian wives are now treated as sexual objects rather than sexual subjects. More and more couples are suffering under the burden of sexual expectations and pressures to perform as prescribed by the media. Their manhood or womanhood is judged according to standards set by statistics. Spontaneous expressions of other-oriented mutual love is quickly becoming a thing of the past for the majority. Sexuality has now become a self-oriented, goal-oriented obsession.

Therefore in this closing period of the twentieth century, Seventh-day Adventist ministers ought to accept the challenge to be repairers of the breach, and restorers of paths to dwell in by restoring the true Biblical concept of human sexuality. In this way the restored Biblical concept of sexuality will discard the perverted sexual thinking that lies at the base of perverted sexual behaviour among Christians. While the beauty of sexuality as God intends it must be emphasized, the ugliness of abusing this God-given gift must also be pointed out.

The Seventh-day Adventist minister should be especially knowledgeable in the area of sex education so that he can be of great help not only to members of his congregation, but to all who would come to him for help.

This is the conviction that has motivated the development of such a manual. Its contents have been specially designed to provide ministers with a guideline that would be of help in restoring correct concepts of human sexuality. And to give honest practical Biblical answers to the very sensitive issues regarding male and female sexuality that confront them ever so often.

Finally it is the project writer's prayer that the contents of this manual will communicate practical advice which would bring about changes in lives, marriages, homes and families. By so doing the level of morality among Christians in a general way will be elevated.

### **DECLARATION OF PROBLEM**

Erroneous and antibiblical concepts of human sexuality as promoted by the media and some societies set the foundation for many sexual problems that exist among married couples. The escalating problem of premarital sex among young people today is also heavily influenced by some of these concepts. As a church Seventh-day Adventist members are not immune to these influences, they are looking to their pastors for sound theological and scientific answers in order to combat these concepts. Many pastors can seldom respond adequately

because of lack of training in this sensitive area. It has therefore become crucially important to investigate:

What exactly is the Biblical concept of human sexuality?

What is God's expectation regarding male and female relationships?

What is a healthy sexual conduct before marriage?

What are the psychological factors that may contribute to healthy sexual functioning?

How do the physiological differences in male and female contribute to sexual enrichment?

How should a groom relate to his bride on their honeymoon night?

What exactly are sexual dysfunctions, and how can they be helped?

What exactly are sexual myths?

### **PURPOSE OF INVESTIGATION**

This investigation purposes to explore very sensitive areas of human sexuality, and to synthesize its findings into developing a resource manual to be used as a guide in assisting Seventh-day Adventist pastors to respond intelligently with sound theological and scientific answers to the sensitive sexual issues that confront them.

## **IMPORTANCE OF THE INVESTIGATION**

This investigation is of paramount importance in today's world when primarily through the media, erroneous, antibiblical and sometimes non scientific concepts of human sexuality are constantly bombarding the minds of Christians. The facts revealed in the manual will help prepare Seventh-day Adventist pastors to be of assistance not only to members of the Seventh-day Adventist Church, but to all who would come to them for help. The manual will also serve to equip the pastor to better embrace his role as the twenty first century Elijah, calling the minds of the people back to God by restoring the pure Biblical concepts of human holiness.

## **OBJECTIVES**

- a) To prepare a manual to be used as a guide for Seventh-day Adventist pastors to teach Biblical and scientific concepts of human sexuality.
- b) To impart knowledge that can enhance sexual relationships between husband and wife.
- c) To teach about sexual dysfunctions and how to relate to such problems.
- d) To ensure that individuals are aware of the psychological and physiological differences that exist in male and female.



- e) To convey information that can enhance the honeymoon experience of newly weds.

### **LIMITATIONS**

This documental study has the following limitations:

- a) The sources of data in this study are limited to Montemorelos University Library, Brooklyn Public Library, New York, and personal libraries of teachers.
- b) The unavailability of a wider variety of sources regarding the study, limited data collection to books and journals.
- c) Efforts made to obtain articles from a wider variety of journals and periodicals were fruitless.
- e) Depleted financial resources created a problem in obtaining the needed data outside of Mexico.

### **DELIMITATIONS**

The following are the delimitations of this study:

- a) The data collected focused on specific areas of human sexuality.
- b) The study was conducted from a Christian perspective.
- c) The main target of the finished product is Christians.

- d) The finished product is to be used by pastors, and not by sex experts, or laymen.

## **METHODOLOGY**

An intensive documental investigation was conducted at the Montemorelos University Library, including the Ellen G. White Center. Research was also conducted at personal libraries of two professors and at Brooklyn Public Library.

The data collected were placed according to subheadings on four and one half by six and one half inch cards. The quantity of cards amounted to two hundred and sixty. By the process of elimination some data were discarded. Others were logically arranged and developed into a manual.

## **DEFINITION OF TERMS**

- Clitoris** "The small sensitive erectile organ in the female, located at the front of the opening of the urethra. It is sometimes called the trigger of female desire" (Calderon and Johnson, 1990:224).
- Coitus** (Sexual intercourse) An activity in which the penis of the husband is inserted into the vagina of his wife.

- Coitus Interruptus** A method of contraception in which the husband withdraws his penis from his wife's vagina just before ejaculation.
- Ejaculation** The act in which semen from the penis is ejected when the male climaxes.
- Erection** The stiffening and enlargement of the limp penis.
- Erogenous Zones** "Areas of the body which are especially sensitive to sexual arousal" (Mazat, 1981:51).
- French Kiss** A kiss involving the tongue of one within the other's mouth to give erotic pleasure.
- Hymen** "A thin layer of tissue which partially covers the entrance of the vagina" (Wheat, 1993:51).
- Lubricant** Substances that cause slipperiness and reduce friction for enjoyable and satisfying sexual intercourse.
- Multiple Orgasm** When a female or male is able to experience several orgasms in a single sexual relationship before total satisfaction.
- Newlywed Cystitis** "A bladder infection that is characterized by pain in the bladder, blood in the urine and severe burning when urine passes" (Ibid, 57).
- Orgasm** The peak or climax of excitement during sexual activity.

- Petting** "Sexual activity that includes caressing the most sensitive parts of the body, such as breasts or genitals, deep kissing, and other love making activities that prepare a couple for coitus" (Calderon and Johnson, 1990:247).
- Refractory Period** "A period shortly after orgasm in most men and some women in which further sexual response is not possible" (Ibid, 252).
- Squeeze Technique** "A method used for curing premature ejaculation. The training involves exercise and practice by husband and wife" (Ibid, 258).
- Stop Start Technique** A method used to cure premature ejaculation, this method does not need much training but rather control on behalf of the male.
- Sexual Dysfunction** "A problem that interferes with, or prevents a satisfying sexual life" (Ibid, 226).
- Vaginismus** "A condition in which the muscles surrounding the vagina go into such powerful uncontrollable contractions that it is difficult or impossible for the penis to penetrate during sexual intercourse" (Ibid, 264).

## **ORGANIZATION OF THE PROJECT**

This project is divided into four chapters.

Chapter one presents the rationale of the study. It includes the introduction and background to the problem, declaration of the problem, purpose of the study, the importance of the study, objectives of the study, definition of terms, limitations, delimitations, methodology and the organization of the study.

Chapter two develops the data of the study into an Instructor's Manual. It covers six different perspectives of human sexuality and consists of teaching material which includes, group dynamics, written exercises, statistical information, sociological findings, psychological facts regarding male and female behavior, physiological differences, poems, instructions and suggestions and copies of transparencies to be used.

Chapter three presents the participants manual. It consists of summaries of chapter two, discussion for group dynamics, work sheets, and activities to be done by couples, quizzes, and poems.

Chapter four presents the conclusion and recommendation.

## CHAPTER TWO

### INSTRUCTOR'S MANUAL

Consists of the following sections:

- I Sexuality: A Theological Perspective.**
- II Sexuality: A Psychological Perspective.**
- III Sexuality: A Physiological Perspective.**
- IV Sexuality: A Premarital Perspective.**
- V Sexuality: A Honeymoon Perspective.**
- VI Sexuality: A Dysfunctional Perspective.**

## SECTION I SEXUALITY: A THEOLOGICAL PERSPECTIVE

### SUGGESTED TIME AND ACTIVITIES

☞ Welcome and Introduction	5 minutes
☞ God, Creator of Sexuality	20 minutes
☞ Dynamic No. 1	10 minutes
☞ Biblical Concept of "One flesh"	25 minutes
☞ Dynamic No. 2	10 minutes
☞ Prayer Session	5 minutes
☞ Recess	10 minutes
☞ Function of Sexuality	25 minutes
☞ Dynamic No. 3	10 minutes
☞ Sexual Abstinence	20 minutes
☞ Dynamic No. 4	10 minutes
☞ The Bible and Porneia	15 minutes
☞ Dynamic No. 5	10 minutes
☞ Closing Remarks	5 minutes

## **General Objectives**

- ◆ Comprehend a Biblical view of human sexuality.
- ◆ Understand God's plan for sexual enjoyment.
- ◆ Know that sexual intercourse outside of marriage is sinful.

## **Specific Objectives**

Participants will be able to:

- ◆ Identify God as the Creator of Sexuality.
- ◆ Explain the concept of "One flesh".
- ◆ List six functions of sexuality.
- ◆ Analyse Biblical reasons for sexual abstinence.
- ◆ Discriminate between fornication and adultery.
- ◆ Conclude why fornication and adultery are sinful.



## **Advance Preparation**

- Prepare transparencies to be used.
- Secure overhead projector and screen.
- Prepare manuals for participants.
- Have extra pencils.
- Plan time and activities carefully.
- Select music to create a musical atmosphere.

## **Strategy**

- ⇒ Group dynamics.
- ⇒ Complete agree/disagree work sheet.
- ⇒ Prayer session.
- ⇒ Transparencences.

## **Audience Type**

- ♦ Married couples.
- ♦ Couples preparing for marriage.

Be grateful for your own fountain,  
 And have pleasure with the wife of your youth!  
 A lovable doe! A sweet little mountain goat!  
 May her breasts always intoxicate you!  
 May you ever find rapture in loving her!  
 (Proverbs 5:18-19 Anchor Bible)

## **GOD, CREATOR OF SEXUALITY**

From the beginning human sexuality has been God's great idea.

The Bible clearly states that God Created us as sexual beings.

"So God Created Man in his own image, ....Male and female He Created them" (Genesis 1:27 NIV).

Sexual intercourse was also introduced by God, who is Holy, and

Righteous. The Good News Bible Says,

"God blessed them and said, have many children" (Genesis 1:28).

This divine command required the sexual merge. Again God said.

"For this reason a man will leave his father and mother and be united to his wife, and they will become "one flesh"" (Genesis 2:24 NIV).

All these pronouncements were made before the advent of sin.

Sexual intercourse therefore, is not a consequence of sin or an accommodation to man's sinful nature. It is a carefully planned facet of humanity, Created for man's good and God's glory.

Randy Alcorn says,

"Any one who questions whether sex is good questions whether God is good. The rightness and legitimacy of sexuality stand or fall with the morally pure character of the one who Created it" (1985:176).

Since God is the Creator of human sexuality, instructions found in the word of God - The Bible, have the final authority on the subject.

It is true that human sinfulness have resulted in the perversion, misuse, and abuse of sex; however, that does not diminish its original purpose. It is part of what God declared "Very good" (Genesis 1:31).

**DYNAMIC No. 1**      God gave sexual intercourse as a gift to be performed in marriage.

### OBJECTIVE

- ⇒ To break the ice.
- ⇒ To stimulate discussion.

### INSTRUCTIONS

- ♦ Form groups of eight, (four couples in each group).
- ♦ Select one person to report to entire group at the end of discussion.
- ♦ Discussion time eight minutes.
- ♦ Reporting time two minutes - total ten minutes.

### DISCUSSION

Discuss (1 Thessalonians 4:1-8) Make a list of what Paul says regarding sex and marriage.

(1 Thessalonians 4:1-8 RSV)

Finally, brethren, we beseech and exhort you in the Lord Jesus,... how you ought to live and to please God... For this is the will of God, your sanctification: that you abstain from immorality; that each one of you know how to take a wife for himself in holiness and honor, not in the passion of lust like heathen who do not know God,.... For God has not called us for uncleanness, but in holiness. Therefore whoever disregards this, disregards not man but God.

The following points regarding sex in marriage are evident in this passage (use transparency p. 37):

- ◆ God instituted marriage and the sexual nature of marriage.
- ◆ Each man is to select his own wife and each woman her own husband.
- ◆ The motive of the selection must be characterized by: Personal purity, concern for a total relationship, holiness, honor.
- ◆ To allow sexual passion alone to guide one in selecting a partner is a violation of the will of God.
- ◆ By entering marriage the right way one performs the will of God.
- ◆ Personal holiness is inseparable from one's sexual conduct.

## **ONE FLESH: A BIBLICAL CONCEPT**

"Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be "one flesh"" (Genesis 2:24 KJV).

This divine pronouncement "one flesh" is enveloped in the unique nature of marriage. The concept involves a total relationship of the whole person of the husband to the total person of his wife, and the whole person of the wife to the total person of her husband (Miles 1978:165). "One flesh" therefore affects the entire person of both husband and wife. The two become one, yet they remain two separate individuals. Every act of sexual intercourse continues, maintains, and renews the one flesh unity. The Bible does not recommend that two men or two women are to become one flesh. Only male and female are to experience this divine arrangement which must only be performed through marriage.

This sanctity of sexual intercourse is further emphasized in (Hebrews 13:4)

"Let marriage be held in honor among all, and let the marriage bed be undefiled..." (RSV).

The Greek term used in translating the "Marriage bed" in this verse is the word *koite*, which is a derivative of the latin word *coito* which gives existence to the English word *Coitus* - Sexual intercourse (Hillerstrom 1984:126). *Koite* is used of sexual intercourse and denotes conceptions (Vine, Unger and White 1984:98). Therefore the text may be read, sexual intercourse in marriage is honorable in all and undefiled.

The scripture places sexual intercourse in the context of the deepest commitment that one person can ever make to another. This is indicated

by the use of the Hebrew term *Yada* "to know" (Vine, Unger and White 1984:213). *Yada* is used in (Genesis 4:1). King James version says,

"And Adam knew Eve his wife and she conceived and bare Cain...".

The Good News Bible puts it this way. "Then Adam had intercourse with his wife and she became pregnant".

*Yada* speaks of an intimacy wherein two people see each other as they really are. It always involve entering into active personal relations with the person known (Ibid).

Amazingly, *Yada* is the same term that is used regarding a believer's relationship with his God (Genesis 18:19 KJV) says,

"For I know him (Abraham) that he will command his children and his household after him".

It is also the same term used to speak of God's betrothal to Israel (Amos 3:2) (Ibid).

The imagery of marriage which in scripture always implies sexual union, (Flowers, September 2, 1993:8) also enriches the New Testament understanding of Christ as the bridegroom and the Church as His cherished bride.

Paul takes the beauty of "one flesh" a step farther. He makes a direct comparison between a husband's love for his wife and Christ's love for His bride, the Church. The New International Version expresses Paul's counsel this way.

"Husbands love your wives, just as Christ loved the Church and gave Himself for her to make her "holy",

cleansing her by the washing with water through the word, and to present her to Himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In the same way husbands ought to love their wives..." (Ephesians 5:25-28).

In this passage Paul illustrates the intimate union of Christ and His Church (bride) with the marital sexual union of husband and wife. As Christ gave Himself for his Church in a way that makes her "holy" "radiant" "without stain and blameless", husbands are commanded to do the very same for their wives (verse 28).

Alcorn says, the husband is responsible to cultivate and maintain his wife's purity sexually and in every way. To enjoy sexual intercourse with her is to express his love and further engender her (1985:183).

Paul reemphasizes the point in verses 31-32 of Ephesians 5. He shows that marriage is a prototype foreshadowing the relationships between Christ and his Church. The Revised Standard Version says,

"For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one. This is a great mystery, and I take it to mean Christ and the Church".

Therefore as God's plan is followed a Church and also a marriage will flourish. As a husband and wife obey and draw closer to God the thrill and fulfillment of sexual satisfaction will be heightened.

## DYNAMIC No. 2

### INSTRUCTIONS

- ♦ Form groups of six, (three couples in each group).
- ♦ Be prepared to share answers with entire group.
- ♦ Discussion time seven minutes.
- ♦ Reporting time three minutes - total time 10 minutes.

### DISCUSSION

How can sexual intercourse within marriage become displeasing to God.

Charles Wittschiebe Sums it up beautifully, he says,

"If a man forces his wife to engage in sexual intercourse against her will, he may be considered guilty of a form of rape. If she only accedes to his wishes in order to keep her meal ticket or to gain particular ends some one could charge her with prostituting herself. Certainly, both rape and prostitution qualify as violating the spirit of the seventh commandment. Sex loses its meaning when an individual employs it either as a weapon or as a bribe thus revealing the absence of the love God intended the ten commandments to express (1974:212).

### PRAYER SESSION

#### INSTRUCTIONS

- ♦ Each couple choose a spot.
- ♦ If there is any feeling of guilt, discuss it, then pray about it.



- ♦ Thank God for each other and for the gift of sex.
- ♦ Prayer time 5 minutes.

**AFTER PRAYER - 10 MINUTES RECESS.**

## **FUNCTIONS OF SEXUAL INTERCOUSE**

The gift of sexuality has been given by God to fulfill several functions, what are some of these functions.

### **DYNAMIC No. 3**

#### **OBJECTIVE**

- ⇒ To stimulate thinking and generate discussion.

#### **INSTRUCTIONS**

- ♦ Form groups of ten (not necessarily couples).
- ♦ Prepare to share answers with entire group.
- ♦ Seven minutes for discussion, three minutes for reporting, total time 10 minutes.

#### **DISCUSSION**

List the functions of sexual intercourse in marriage.

In this manual we shall discuss six functions of sexual intercourse.

## 1. PLEASURE (use transparency p. 38)

God Created us as sexual beings to enjoy and find pleasure in each other as husband and wife. Bible writers use beautiful poetic language to describe the sexual organs, desires, and drives. Symbols such as water fountain, streams, cisterns, springs, wells, and gardens are used to represent sexual organs and intercourse. A classic passage is found in Proverbs 5:18-19, it says,

"Let your fountain be blessed, and rejoice in the wife of your youth, a lovely hind, a graceful doe. Let her affection fill you at all times with delight, be infatuated with her love" (KJV).

The Amplified Bible captures the thought in the expression, "always be transported with delight in her love".

The New English Bible says, "you will at all times be bathe in her love, and her love will continually wrap you around".

Being transported, bathed and wrapped around by the love of one's spouse is nothing short of sexual pleasure. Smedes says, marriage is not just for the control of sex, it is for the liberation and fulfillment of sex, to deny our selves of sensuous pleasure is to spurn God's splendid Creation (1992:167).

Says Wittschiebe,

"For the Lord to place the nerves and muscles in the sex organs the way He has, with their tremendous capacity for sensations and expression to give man and wife exquisite pleasure and unique delight, and then to expect us to use them only a minute fraction of the time spent in marriage is cruel...".

Therefore to reduce sexual intercourse to nothing more than a means to the end of child bearing is to miss the point of marital oneness that is implicit in the one flesh relationship (Alcorn, 1985:179).

Sexual intercourse was not made pleasurable to push people towards sin. God made sex pleasurable to pull husbands and wives toward fulfillment. God wants sex to be enjoyed so much in marriage that there will be no compulsion to have sex outside of marriage (Ibid:182).

Ellen White recognizes the beauty, pleasure and excitement a satisfactory sexual relationship can bring to the marriage, she says (see transparency p. 39),

"Husbands and wives may share happiness in this union that Angels of God commend" (AH 102).

Again she says,

"Angels of God will be guests in the home, and their vigils will hallow the marriage chamber" (AH 94).

The Bible and the Writings of Ellen White make no attempt to hide, or deny the fact that husband and wife experience much sensual pleasure through sexual intercourse.

## **2. PROCREATION** (Genesis 1:28 GNB)

God said,

"Have many children so that your descendants will live all over the earth and bring it under their control".

The Bible clearly portrays sexual intercourse as the vehicle God has designed for babies to come into the world. It was the way He planned the human race to reproduce itself from the beginning. The text seems to indicate also, that artificial insemination had no place in God's plan. Therefore since God's word is the final authority on sexuality, Christians should avoid as far as possible the method of artificial insemination.

If because of infertility, it becomes necessary for a Christian couple to resort to artificial insemination, the couple should first seek God's direction by prayer and fasting. The couple should also seek counsel from a Christian sex therapist and gynaecologist before deciding. However the final decision must be the couple's decision.

## **3. COMMUNICATION** (Genesis 4:1 KJV)

"And Adam knew his wife and she conceived and bare Cain".

The words sexual intercourse suggest and interpersonal communicative experience with one to whom we are exclusively and unconditionally committed (Alcorn 1985:178).

In God's plan, sexual intercourse was designed to provide a means of expressing the deep unity a husband and wife feel toward each other.

Reinhold Bietz says, "Sexual intercourse was to open up to husband and wife a form of communication far beyond that of the spoken word" (1977:153).

Smedes describes sexual intercourse as,

"The human drive towards intimate communication, beyond the granular impulse, the human sexual urge is always towards his or her spouse. He or she wants to experience each other, trust each other... and to enter each others life by entering into the vital embrace of each other's body (1992:32-33).

Collins describes sexual intercourse as a celebration of love (1989:266).

#### **4. COMPLEMENTATION** (Genesis 2:18 GNB)

"Then the Lord said, it is not good for the man to live alone, I will make a suitable help for him".

It is interesting to note that the words help and meet in the King James Version translate two Hebrew Words, *ezer* and *neged*. The word *ezer* "help" is never used in the Bible to refer to a subordinate helper. The word *neged* is most accurately translated "corresponding to". The idea is that Eve was an appropriate, fitting partner for Adam (Grunlan 1984:146). Therefore for man there is no substitute, no alternative plan, no better companion than his wife. Wittschiebe says,

"God designed both bodies male and female so that together they might enjoy the maximum functioning

of all the sensory and motor nerves involved in the art of sexual intercourse. He endowed man and woman with complementary sex drives and these are gratified in the sexual relationship in which a couple most fully express their love for each other" (1974:155, 157).

God's intent was that Adam and Eve were to complement, fulfill, and complete each other physically, emotionally and spiritually.

Eve was like Adam, yet unlike him, same humanity, different gender. Man and woman were equal but not the same. Their oneness was not a uniformity stemming from sameness, but a unity transcending differentness. God never intended a unisex humanity (Alcorn 1985:177). Thus homosexuality and lesbianism are a violation of the will of God and must not be practiced.

## **5. RELEASE**

The physical nature of the sex drives, tension and energies is very real and the scriptures recognize this. 1 Corinthians 7:3-5 clearly illustrates that marriage is one of the ways God has provided as an outlet for sexual release. The text also affirms sexual intercourse as basic in maintaining the sexual purity of a marriage. When performed consistently, it serves to protect the moral fibre of the marriage relationship. Clifford and Joyce Penner say, sex is to marriage what oil is to the combustion engine, without sex one's marriage engine will eventually break down (1990:38).

Studies show that marriage happiness has been found to be associated with a high percentage of sexual activity leading to female orgasm, and sexual activity that terminates in orgasm may have reinforcement value leading to more sexual activity (Kaplan et. al. Vol. 19, No. 2).

#### **6. PRAISE** (Psalm 139:14)

"I will praise thee; for I am fearfully and wonderfully made: Marvelous are thy works; and that my soul knoweth right well".

The body including its sex organs, sex drives, the sensory and motor nerves which provide so many intense, wonderful physical sensations for husband and wife to enjoy are worthy to praise God for McGree says,

"A healthy sexual relationship reduces friction and acts like a "shock absorber" in daily stress, this in turn gives strength to the marriage relationship which results in unity of heart and body that lightens the burden of trial" (1975:9).

Certainly the Creator of sexuality deserves the praise of human beings for such wonderful gift.

### **SEXUAL ABSTINENCE AND THE BIBLE**

The Bible in 1 Corinthians 7:3-5 establishes a very important foundation for sexual conduct in marriage. The Revised Standard Version translates the passage this way.

"The husband should give to his wife her conjugal rights, and likewise the wife to her husband. For the wife does not rule over her own body, but the husband does; likewise the husband does not rule over his own body, but the wife does. Do not refuse one another except perhaps by agreement for a season, that you may devote your self to prayer; but then come together again lest Satan tempt you through lack of self control" (RSV).

This passage clearly teaches that sexual intercourse in marriage is not just conceded, permitted or expected. It is explicitly commanded. The married couple has a sexual responsibility to each other. In the sexual context, the man and the woman have equal authority over each other's body.

It is crucial to note here, that while the text teaches that sexual intercourse is commanded in marriage, it also teaches that there are specific conditions under which abstinence is to be permitted. According to Paul these conditions involve (use transparency p. 40):

- a. Mutual consent. The wife or husband is not permitted to use one's body as a weapon or instrument of punishment. One partner must not "shut off" the other as a means to win an argument. This is a serious violation of God's command.
- b. The abstinence be temporary and not permanent. It is to be "for a season". One cannot flee the sexual obligation by deciding on a permanent prayer meeting.



- c. The abstinence be for a specific purpose. The implication of the text is that the purpose must not be trivial.
- d. The couple must recommence sexual intercourse as soon as possible lest they fall into temptation.

According to the Bible therefore, sexual intercourse is a fundamental obligation of marriage which must not be violated or abused if the marriage is to be healthy.

However, the passage does not imply that one has to comply to the advances of his or her spouse even if he or she is tired or not in the best of moods. The passage does imply that when one refuses the sexual advancement of his or her spouse there should always be a reason and an assurance of love so that the partner understands that it is not a personal rejection.

#### **DYNAMIC No. 4**

#### **INSTRUCTIONS**

- ♦ Form groups of eight persons (women to be separated from men).
- ♦ Discussion time 5 minutes.

#### **DISCUSSION**

What are the dangers of rejecting your spouse's sexual initiatives.

(use transparency p. 41)

## **THE BIBLE AND PORNEIA**

The Greek term Porneia is used to translate fornication and immorality (Vine, Unger and White 1984:455). It refers to sexual activity outside the bonds of marriage. It includes fornication, adultery, homosexuality and the whole gamut of sexual perversions.

Both the Old and New Testaments subscribe to the fact that sexual relationships must be confined to marriage. One of God's ten fundamental laws prohibits sexual involvement even mentally, outside one's own marriage. "You shall not covet your neighbor's wife" (Exodus 20:17).

Adultery is an act that manifests itself outwardly, but coveting is internal, something that could exist for a lifetime without resulting in outward behaviour. Interestingly, Jesus shows that he is concerned not only with one's action but also his or her thoughts (Matthew 5:27-28) for lust is not only the source of all sexual sins, but is itself sexual sin in the most basic form.

## **ADULTERY**

According to Harper's Bible Dictionary, adultery may be defined as illicit sexual relations with someone other than one's married partner (1985:13).

## FORNICATION

Scanzon defines fornication as the illicit sexual relation of someone who is not married but who nevertheless finds a sexual partner and engages in copulation (1975:6).

The Bible clearly reveals God's displeasure with premarital sex (fornication) and extramarital sex (adultery). Paul in writing to Christians says,

"Let us behave decently, as in the day time, not in orgies and drunkenness, not in sexual immorality and debauchery" (Romans 13:13 NIV).

The Greek term *koite* used in (Hebrews 13:4) to translate the "marriage bed" is also used in (Romans 13:13) this time in the negative sense to translate "Sexual immorality and debauchery" (Vine, Unger and White 1984:98). The message seem to be that sexual intercourse is promoted in marriage. Any negative reference to this term revolves around fornication or adultery. In this way the "marriage bed" becomes defiled (Hillerstrom 1984:126).

Paul warns Christian to flee fornication (1 Corinthians 6:18; 1 Thessalonians 4:3). He explains in 1 Corinthians 10:8-13 that God dealt severely with sexual immorality in the Old Testament as an example for those who live in these times. In Galatians 5:16-21, he lists illicit sexual intercourse among the deeds that are opposed to the will of God. Verse

21 states clearly that the practice of these acts will keep people from the kingdom of God.

### **EXERCISE No. 1**

Hand out agree/disagree sheet (p. 42).

Sexuality: A Theological Perspective, Perception about sex.

### **INSTRUCTIONS**

- ▶ To be filled individually.
- ▶ Discuss answers with spouse.
- ▶ Confession and forgiveness is important in this exercise.
- ▶ Dynamic time 10 minutes.

### **CLOSING REMARKS AND PRAYER**

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**PROVERBS 5:18-19****(ANCHOR BIBLE)**

BE GREATFUL FOR YOUR OWN FOUNTAIN,  
AND HAVE YOUR PLEASURE WITH THE WIFE OF  
YOUR YOUTH;

A LOVABLE DOE! A SWEET LITTLE MOUNTAIN  
GOAT!

MAY HER BREAST ALWAYS

INTOXICATE YOU!

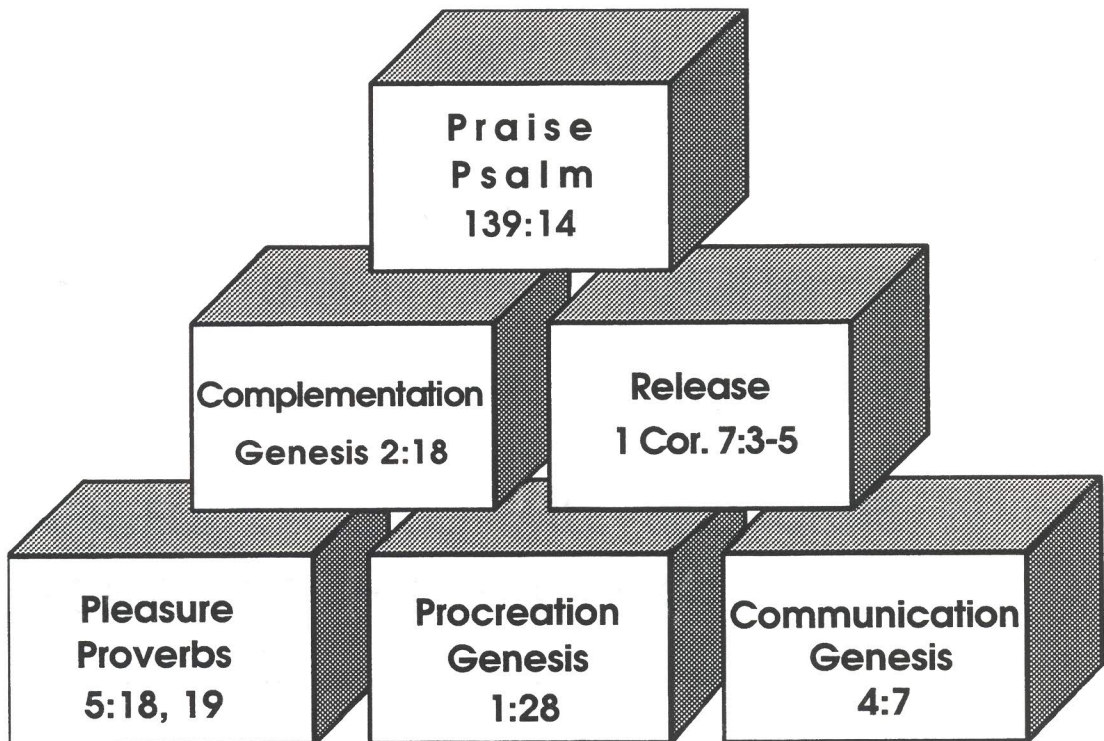
MAY YOU EVER FIND RAPTURE IN LOVING HER!

## 1 THESSALONIANS 4:1-8 RSV

### A SUMMARY

- \* GOD INSTITUTED MARRIAGE AND THE SEXUAL NATURE OF MARRIAGE.
- \* EACH MAN IS TO SELECT HIS OWN WIFE.
- \* THE MOTIVE OF THE SELECTION MUST BE CHARACTERIZED BY PERSONAL PURITY, CONCERN FOR A TOTAL RELATIONSHIP, HOLINESS, AND HONOR.
- \* TO ALLOW SEXUAL PASSION ALONE TO GUIDE ONE IN SELECTING A PARTNER IS A VIOLATION OF THE WILL OF GOD.
- \* BY ENTERING MARRIAGE THE RIGHT WAY ONE PERFORMS THE WILL OF GOD.
- \* PERSONAL HOLINESS IS INSEPARABLE FROM ONE'S SEXUAL CONDUCT.

**Sex is a Gift from God.  
It is Spiritual. It is Sacred.  
It's Functions are Six Fold.**



**ELLEN WHITE RECOGNIZES THE  
BEAUTY, PLEASURE AND EXCITEMENT  
OF SEXUALITY. SHE SAYS,**

- ❖ THERE IS A QUALITY OF LOVE IN THE MARRIAGE RELATION WHICH GOD RECOGNIZES AS HOLY. A.H. 123
- ❖ HUSBANDS AND WIVES MAY SHARE HAPPINESS IN THIS UNION THAT ANGELS OF GOD COMMEND. A.H. 102
- ❖ ANGELS OF GOD WILL BE GUESTS IN THE HOME, AND THEIR HOLY VIGILS WILL HALLOW THE MARRIAGE CHAMBER. A.H. 94
- ❖ HE (JESUS) LOOKS WITH PLEASURE UPON THE FAMILY RELATIONSHIP WHERE SACRED AND UNSELFISH LOVE BEAR SWAY. A.H. 121



## **BIBLICAL REASONS FOR SEXUAL ABSTINENCE**

### **MUTUAL CONSENT**

The wife or husband is not permitted to use one's body as a weapon or instrument of Punishment. One partner cannot "Shut off" the other as a means to win an argument.

### **ABSTINENCE BE TEMPORARY**

#### **NOT PERMANENT**

It is to be "for a season". One cannot flee the sexual obligation by deciding on a permanent pray meeting.

### **ABSTINENCE BE FOR A**

#### **SPECIFIC PURPOSE**

The purpose must not be trivial.

### **RECOMMENCEMENT**

The couple must recommence sexual intercourse as soon as possible lest they fall into temptation.

## **DANGERS OF REJECTING SPOUSE'S SEXUAL INITIATIVES**

- ✱ Relationship with spouse can be damaged or ruined.
- ✱ Will perhaps tempt spouse to adultery through anger or frustration.
- ✱ Relationship with Christ is jeopardised by violating a Scriptural Command.
- ✱ Spouse's relationship with Christ perhaps is Jeopardised thorough transgression of the 7<sup>th</sup> Commandment.
- ✱ Children may be born out of wedlock.
- ✱ Loss of respect in the Community.
- ✱ Sexually transmitted diseases can be contracted which may eventually lead to death of one or both spouses.

## SEXUALITY: A THEOLOGICAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	
_____	_____	1. God designed the sexual relationship mainly for procreational function.
_____	_____	2. God wants sex to be enjoyed so much in marriage that there will be no compulsion to seek sex outside.
_____	_____	3. Abstinence from sex may be as long as the wife wishes.
_____	_____	4. If a couple is engaged to be married sexual intercourse at least once before marriage is no sin.
_____	_____	5. Sexual passion is a good guide in selecting a life partner.
_____	_____	6. Husbands are responsible to cultivate and maintain the sexual purity of their wives.
_____	_____	7. When sex becomes self centered the other partner is deprived.
_____	_____	8. Abstinence from sex could be for any reason.
_____	_____	9. Using sex as a weapon to punish one's spouse is pleasing to God.
_____	_____	10. Praising God after an enjoyable sexual experience is showing disrespect to God.
_____	_____	11. Sexual intercourse to satisfy one's body only is animalistic.
_____	_____	12. The sex drive in male and female is as a result of sin.

## SECTION II SEXUALITY: A PSYCHOLOGICAL PERSPECTIVE

### SUGGESTED TIME AND ACTIVITIES

☞ Welcome and Introduction	5 minutes
☞ Understanding the Basics	10 minutes
☞ Dynamic No. 1	10 minutes
☞ Intimacy and Sexual Satisfaction	20 minutes
☞ Dynamic No. 2	10 minutes
☞ Sexual Intimacy Killers	20 minutes
☞ Communication and Intimacy	20 minutes
☞ Dynamic No. 3	10 minutes
☞ Methods in handling problems and their effect on intimacy	15 minutes
☞ Harmony in Diversity	20 minutes
☞ Recess	10 minutes
☞ Foreplay	20 minutes
☞ Dynamic No. 4	10 minutes
☞ Sexual Positions	10 minutes
☞ Exercise No. 1	10 minutes

☞ Massages	5 minutes
☞ Sexual turn ons and turn offs	10 minutes
☞ Five reasons why sex is important to a man	5 minutes
☞ Five reasons why love making is important to a woman	5 minutes
☞ Exercise No. 2	10 minutes
☞ Closing Exercise	5 minutes

## General Objectives

- ◆ Appreciate psychological differences in male and female.
- ◆ Utilize psychological differences to enhance sexual relations.
- ◆ Create a psychological atmosphere to enrich sexual relations.
- ◆ Know basic sexual positions.

## Specific Objectives

Participants will be able to:

- ◆ Analyse factors that may enhance or inhibit a couple's sexual attitude.
- ◆ Evaluate six dimensions of intimacy.
- ◆ Explain eleven killers of intimacy.
- ◆ Rewrite eight communication skills that may enrich sexual relations.
- ◆ Evaluate five methods of handling problems and how each may inhibit or enhance sexuality.
- ◆ Explain the importance of foreplay in sexual intercourse.
- ◆ Analyse four basic sexual positions.
- ◆ Discuss five reasons why sexual intercourse is important to a man.
- ◆ List five reasons why sexual intercourse is important to a woman.
- ◆ Rewrite sexual turn offs and turn ons.

## **Advance Preparation**

- Prepare transparencies to be used.
- Secure projector and screen.
- Prepare manuals for participants.
- Have extra pencils.
- Plan time and activities carefully.
- Arrange for musical atmosphere.

## **Strategy**

- ⇒ Group dynamics.
- ⇒ Couple's interaction.
- ⇒ Questions and answers (audience participation).
- ⇒ Complete work sheet.
- ⇒ Transparencies.
- ⇒ Quiz.

## **Type of Audience**

- ♦ Married couples.
- ♦ Couples about to be married.

"A gentle answer quiets anger, but a harsh one stirs it up" (Proverbs 15:1 GNB).

## UNDERSTANDING THE BASICS

Males and females were made with Psychological differences. This is the way God in his wisdom chose to do it. Therefore, the sooner men and women learn to understand, accept and appreciate these differences the happier and more fulfilling will be their love relationship.

It is a fact that many people enter marriage before acquiring the knowledge and skills necessary to take care of their mates: to meet their emotional, mental and physical needs.

It is typical for a man to marry without knowing that his wife's emotional makeup requires verbal expressions. Wives need intimate communication. He does not know that things he considers trivial can be extremely important to her - like birthdays, anniversaries, special days. Nor does he realize why such things are special to her, and so he is unable to meet her needs.

Many women enter marriage equally unaware. They do not understand that admiration is to a man what romance is to a woman. They do not know that a man's selfimage is connected deeply with his success as a lover, and that he wants to know that his wife recognizes his masculinity, and that she desires his sexual advances. Many couples enter



marriage taking things for granted, just hoping that the relationship will work.

It is obvious then, that if husband and wife lack this vital knowledge and skill to meet each other's needs, their needs will go unmet, and problems which could have been avoided from the start may threaten not just the sexual relationship but the marriage itself.

There are many factors that may affect the sexual relationship one way or the other, either positively or negatively. The first and maybe most important is, **intimacy**. What is intimacy?

### **DYNAMIC No. 1**

#### **INSTRUCTIONS**

- ♦ Form groups of eight, (men and women separately).
- ♦ Prepare to share answers with entire group.
- ♦ Discussion time seven minutes.
- ♦ Reporting time three minutes - total ten minutes.

#### **DISCUSSION**

for women

Write a definition for intimacy.

What would you say intimacy means to a man?

**DISCUSSION**

for men

Write a definition for intimacy.

What would you say intimacy means to a woman?

**INTIMACY AND SEXUAL SATISFACTION** (use transparency p. 87)

The Word intimacy derives from the Latin Word *intima* meaning the highest degree of withinness (Calderon and Johnson 1990:30). It suggests a strong personal relationship, a very special emotional closeness that includes understanding, and being understood by someone who is special.

An unknown source defines intimacy this way,

"An affectionate bond, the strands of which are composed of mutual caring, responsibility, trust, open communion of feeling and sensations, as well as the nondefended interchange of information about significant emotional events".

H. Norman Wright says, intimacy is taking the risk to be close to someone and allowing that someone to step inside your personal boundaries (1993:152).

As one may observe from the definitions, an understanding of intimacy is extremely crucial to love and romance. When our Creator devised the one flesh relationship, He placed within it the potential for sexual intimacy, says Ed Wheat (1993:131). Therapist and researchers are

discovering that genuine sexual intimacy has a remarkable power to heal, renew, refresh, restore and sustain the marriage relationship.

Real sexual intimacy links marriage partners with strong strands of caring that are deeply emotional, mental, spiritual, and also intensely physical. If intimacy does not exist in a relationship, love and romance will die. Love and romance therefore are proportionate to the level of intimacy that exist in a relationship.

Intimacy may be considered to have six different dimensions each of which is very essential to love and romance. These dimensions are:

### **1. EMOTIONAL INTIMACY**

When a couple is emotionally intimate they "feel" close to each other. Each feels emotionally supported and cared for by his or her mate. There is a sharing of hurts and joys and a sense that each is genuinely interested in the wellbeing of the other. Alternatives and understanding seem to be characteristics of this dimension of intimacy.

### **2. SOCIAL INTIMACY**

When a couple is socially intimate, they have many friends in common, they share common interests and common goals. Having time together with mutual friends, attending social functions together, visiting

places of common interests together is an important part of a couple's shared activities and is very healthy to their sexual relationship.

### **3. SEXUAL INTIMACY**

True sexual intimacy involves much more than genital contact. In genuinely intimate marriages, sexual expression is an essential part of a wider relationship. It is much more than a duty, it is a communication vehicle. If a couple's relationship is sexually intimate each partner will be satisfied with his or her sex life. Each will be concerned with satisfying the other's needs sexually, and will not see their activity as routine. Genuine interest, satisfaction, ability to discuss sexual issues are characteristics of a sexual intimate relationship.

### **4. INTELLECTUAL INTIMACY**

This dimension involves sharing ideas, each partner seeks input from his or her mate regarding important issues. Each spouse values the other's opinion and wants to share his or her own. There is an attitude of mutual respect. No one feels put down, no one feels as though his or her mate is constantly trying to change the other's ideas. Instead, conversations are stimulating and enriching.

## **5. RECREATIONAL INTIMACY**

When a couple is recreationally intimate they enjoy and share in many of the "just for fun" activities. They have many similar interests. They enjoy playing together, in so doing, each feels closer to the other.

## **6. SPIRITUAL INTIMACY**

A couple's spiritual intimacy consists of these criteria:

- a) Each must share a common belief about God.
- b) These beliefs must be important or significant to the life of each partner.
- c) Each must be committed to God.
- d) Each must be committed to church activities.
- e) Each spouse must honestly share with his or her partner where he or she is in his or her spiritual quest.

A person's relationship with God will determine his or her relationship with his or her spouse. The closer the relationship is with God, the sweeter it becomes with each other. God's love in the heart of a spouse is capable of removing resentment and bitterness that may devastate the sexual relationship. The couple who is spiritually intimate will genuinely love each other.

Jack and Judith Balswick, sum it up beautifully by saying, sexual satisfaction is a wonderful byproduct of a total relationship. As a marriage grows in commitment, grace, service and intimacy, the couple will move closer to God's ideal of authentic sexuality (1989:193).

The warning signs indicating the failure to develop rewarding sexual intimacy are: boredom with the marriage, disinterest in sex, and the temptation for one or both to look elsewhere for the intimacy they crave.

## **DYNAMIC No. 2**

### **INSTRUCTIONS**

- ♦ Form groups of six, (wives to be separated from husbands).
- ♦ Be prepared to report to entire group.
- ♦ Discussion time seven minutes.
- ♦ Reporting time three minutes, total ten minutes.

### **DISCUSSION**

List factors that may hinder the development of sexual intimacy in any marriage.

## **SEXUAL INTIMACY KILLERS** (use transparency p. 88)

The following is a list of factors that are considered to be killers of sexual intimacy. Each couple should make an extra special attempt to keep these out of their relationship.

### **1. Nagging and Criticism**

Nagging and criticism rarely provide motivation to change. They usually bring deeper despair which result in diminished desire to please each other. They destroy love and romance (Smalley 1988:182).

### **2. Bottled up Anger and Resentment**

Anger and hostility no matter how veiled or repressed will kill any growth of loving intimacy. Marital boredom, says Ed wheat, is often the sign which hides a world of rage and resentment that is never openly expressed. This happens when a couple fails to resolve issues as they arise (1993:134).

### **3. Predictive Mechanical Sex**

Too often sexual acts become ritualized and unimaginative, which may lead to frustration or complacency (Hoffman 1977:298) when this happens sexual intimacy loses its sting.

#### **4. Failure to Communicate**

Alexandra Penney says, nothing is more frustrating than a spouse who holds back his or her feeling (1982:123). There is no intimacy without communication. Wright says, if intimacy is not present love and romance will not be present either (1993:152).

#### **5. Low Self Esteem**

There is a direct correlation between a negative perception of one's body and inhibited sexual intimacy (Wheat 1993:135). A shy person with deepseated feelings of inferiority will express the same symptom in the sexual life (Van Pelt 1979:139).

#### **6. Employing Sex As A Weapon, Punishment or Bribe**

This attitude can be detrimental to the entire relationship. The husband may become frustrated, bitter, angry and openly hostile. The wife may become cool, distant and withdrawn into silence (Ibid, 37).

#### **7. Unkept Surroundings**

Joseph Dillow says, In many homes, the bedroom becomes the household "garbage dump" Cluttered with perfum bottles, hair spray cans, unfolded laundry, and other debries (1977:34). Such an atmosphere can



encourage a husband to spend long hours away from his home and family that may even undermine the relationship.

### **8. Unfaithfulness to One's Spouse**

This factor is definitely a killer to sexual intimacy and can result in frustration, anger, guilt, violence, sexually transmitted disease, and even death or divorce.

### **9. "Spectatoring" during love making**

Spectatoring may result when one of the spouses (very often the wife) is preoccupied with all sorts of anxieties, fears, or problems. This factor can slowly destroy even the best love relationship (Penney 1982:92). Do not let your mind dwell on the office, or children's problems, or how your stomach or legs look Penney says, Just concentrate totally on what you are doing moment by moment, this is the best way to off set this kind of insidious interference (Ibid).

### **10. Fear**

A husband who is rough in his sexual techniques may easily provoke a feeling of fear in his wife which may result in sexual inhibition. Sexual intimacy may be further inhibited by a spouse's criticism of his or her

partner's sexual performance, or from lack of privacy. Fear of pregnancy can also ruin sexual intimacy. The wife who is prone to miscarriages, or who has problems during pregnancy, or who has more children than she really wanted may be reluctant to her husband's sexual advances.

### **11. Myths** (use transparency p. 97)

Some women during their childhood days have been taught that sex is basically evil, that only "bad girls" enjoy sex while "good girls" endure it (Grunlan 1984:172). Sexual expression was seen as a contaminating process (Mazat 1981:30). Some men have been taught that sex is something you do to a woman instead of with a woman (Grunlan 1984:172).

Much of these ideas still exist today, they are quite destructive and rob the couple of the sexual pleasure and oneness God intended for them to experience. Hence it becomes extremely important to present a Biblical and Scientific view of human sexuality.

### **COMMUNICATION AND INTIMACY** (use transparency p. 89)

For the purpose of highlighting the relation between communication and sexual intimacy, the definition of "communication" is modified by the project's writer to the following:

How to talk so that your spouse will listen.

How to listen so that your spouse will talk.

How to understand so that love will win.

It is obvious then, that if communication in a relationship is not healthy there is little chance that sexual relations will be happy. The reverse is also true, if sexual relation is not happy there is little chance that communication will be healthy. These points may be of help in establishing a sound basis for communication in the marriage relationship.

1. Know when something needs to be said and say it.

▲ Do not **assume** that your spouse knows what you think, feel, want, or need. He or she is not a mind reader.

▲ Communication must be **clear** and **direct**. Do not make assumptions, do not **judge**, do not **critize**, do not **accuse** do not go through other people to convey your message.

2. Be aware of the importance of timing.

(Proverbs 15:23 NEB) "What a joy it is to find just the right word for the right occasion!"

▲ If the atmosphere is conducive the emotions should be shared at the moment it is experienced because delaying may distort the message.

H. Norman Wright says, "when one responds immediately it allows his or her spouse to learn what is felt and what is needed. For example what is important to one in a conversation may not be significant to the other (1993:197).

- ▲ If the atmosphere is not conducive to share the emotion immediately the couple should do so as soon as possible, delaying may result in resentment and anger. (Ephesians 4:26 NEB) "If you are angry, do not let anger lead you into sin; do not let the sunset find you still nursing it; leave no loop-hole for the devil.

### 3. Develop a pleasant tone of voice.

- ▲ It is not always **what you** say, but **how it is** said that matters.

Nancy Van Pelt says, it is soothing to be around someone with a soft voice. If you want your mate to enjoy the sound of your voice make sure your are easy to listen to (1979:66).

### 4. Be positive

- ▲ In many homes 80% of all communication is negative Van Pelt (Ibid, 67). A **negative attitude kills love** and romance.

5. *Be courteous and respectful of your mate's opinion:*

- ▲ Even when a couple disagrees (and this is normal) each should be willing to listen to the other. No more than 50% of your communication should be spent with your talking (Ibid).

6. Be **sensitive** to the needs and feelings of your mate.

- ▲ Develop patience and sensitivity in responding to what your mate says.
- ▲ Tune into the needs and feelings of fear, anger, despair and anxiety of your loved one. If he or she hurts, understand and try to share the feeling. If he or she is happy, enjoy the happiness with him or her (Ibid).

7. Understand male and female differences in communication.

- ▲ Generally men tend to resist expressing themselves directly, they communicate more by dropping hints (Wright 1993:197).
- ▲ Women tend to use more descriptive language. Example: a man might describe an event or an experience as "fine", while his wife might describe it in several sentences (Ibid).

It is important to note, that the scarcity of words, minimal inflections and little or no emotion used by many men tend to lead to sterile conversation. This frustrates many wives (Ibid). Knowing and understanding this difference therefore is an important key to enhancing sexual communication. In such a situation the wife should keep

encouraging her husband to give more descriptions. There is no need to become frustrated.

8. Know exactly what you want to say and use tact.

- ▲ Investigate what you really want and feel and also what you like and dislike (Penney 1982:132).
- ▲ Assess your emotional state: Are you angry, depressed frustrated, etc.
- ▲ Deal with one problem at a time, stick to a specific area so change can be made.
- ▲ State exactly how you feel and why you feel that way.

Examples: I think it is important for us to talk about --- because I feel anxious, or unhappy, or fearful, etc.

I dont feel like having intercourse tonight because I am a bit wornout, how about waking at --- in the morning I will set the alarm.

9. Choose a suitable place to discuss problems.

- ▲ The bed is never a good place to discuss problems. Alexandra Penney says, the bed seems to put many people on the defensive (1982:132).
- ▲ The bed becomes an anchor for remembering problems. (An anchor in Psychology implies, part of an experience that

reminds someone of the entire experience). Therefore when the bed becomes an anchor for discussing problems, very often when one comes to the bed he remembers that there is a problem to be discussed.

- ▲ Never discuss problems just before or after love making this only destroys a beautiful experience.
- ▲ Sitting around the kitchen table is "neutral" yet intimate and comfortable to discuss problems. If another place must be chosen, these two criteria are important, privacy and lack of interruption.

### **DYNAMIC No. 3**

#### **INSTRUCTIONS**

- ♦ Ask each couple to choose a spot.
- ♦ Sit facing each other.
- ♦ Think of a problem that may be affecting your relationship and follow the dynamic discussion.
- ♦ If there is no problem presently, think of one that was dealt with in the past, state how you felt and why you felt that way.

- ♦ **Forgive** each other for the way problems have been dealt with in the past, promise each other to utilize these new ways to deal with future problems.
- ♦ Discussion time ten minutes.

**DISCUSSION**

Practice the use of "I statements". State exactly how you feel and why you feel that way. Then let your spouse do the same.

**METHODS IN HANDLING PROBLEMS, AND HOW THEY AFFECT****INTIMACY** (use transparency p. 90)

We shall now discuss five methods couples use in dealing with problems and how each affect intimate relationships.

**1. Withdrawal**

Many spouses attempt to deal with their problems by withdrawing physically from the room or environment where his or her partner occupies, or withdrawing psychologically by not speaking, by ignoring, or by insulating himself or herself so much that what is said or suggested has no penetrating power (Wright 1993:206-207).

When the Withdrawal method is used as a normal pattern of handling conflict, the relationship suffers and it is difficult to see needs



being fulfilled. This is the least helpful style of handling conflict. The relationship is hindered from growing and developing. This method destroys intimacy.

## **2. Winning**

When one of the spouses self concept is threatened, winning is a counter attack. Regardless of the cost, winning is the goal.

Using this method, the spouse achieves his or her goal but at the same time sacrifices his or her relationship. He or she may win the battle but lose the war. In marriage personal relationship is more important than goal, and winning may be a hollow victory (Ibid).

## **3. Yielding**

Many partners yield in a conflict to protect themselves, they do not want to risk a confrontation, so they give in to get along with their spouse.

Yielding only appears to build a relationship but personal goals and needs are sacrificed in yielding. This method can breed resentment and affect the relationship.

#### 4. Compromising

One spouse is giving a little to get a little. This involves concessions on both sides and sometimes is not genuine.

Compromising is an attempt to work out the relationship and the achievement of some needs. The bargaining involved may mean that some values are compromised. One spouse may find that he or she is not satisfied with the end result. There may be a feeling of uneasiness following the settlement which may affect intimacy.

#### 5. Resolving

Resolving conflict is the ideal method toward which every couple is encouraged to work. The relationship is strengthened when conflicts are resolved and needs are met on both sides. It takes more time and involves **listening**, **forgiveness** and **acceptance** but it is worth it (Ibid).

### **HARMONY IN DIVERSITY** (use transparency p. 94)

God delights in variety, Adam and Eve were Created with psychological differences not by guess. God intended that these differences were to complement each other in such a way that the highest level of enjoyment and satisfaction would be achieved.

Nancy Van Pelt says, men and women are "wired" differently. What turns on a man is not what turns a woman on (1979:140). Generally most men are "visual" that is, they are turned on sexually by what they see. A glimpse of her says Van Pelt in a breezy nightie or a "sexy out fit" may be all it takes to flip his "switch" and his thoughts race with excitement as he imagines what lies ahead (Ibid).

Wittschiebe says, God made women and men as He did, for a purpose. He made a woman with curves, and soft lips, and breasts and lovely hair to delight her husband (1974:58). Many things will trigger the husband's arousal, the erogenous areas of his wife's body, any clothing that enhances her figure (Ibid, 67). Have you ever thought about why God made the opposite sex so attractive, it is because He made man to be visual.

This powerful principle should encourage every wife to do all that is possible as a Christian to improve her physical appearance to attract her husband. Some women go to bed with old unattractive nighties, they say there is no one to see them. Big mistake! your husband is the one to see you, he is visual, old nighties may turn him off instead of turning him on.

Women on the other hand are wired differently. Women are "auditory" they need to hear loving words. They are also "kenesthetic", they are turned on by being touched and caressed gently. Therefore

before a wife can respond in the bedroom she needs to hear those little loving endearing words all day long (Deatrick 1976:143).

King Solomon recognized this powerful principle, on his wedding day he choose his words carefully, he says to his bride Shulammite, "to me, my darling, you are like..." (Song of Songs 1:9 NIV). He calls her "my darling" the Hebrew Word is "*Vagah*" this word has a two fold meaning: a) "to guard, to care for"; b) "to take delight in having sexual intercourse with" (Dillow 1977:21). By calling her his darling Solomon is indicating his desire to make love to her and is at the same time affirming his protective love and care. Protection and love goes hand in hand. A woman needs to feel protected because protection gives her security, and the more secure she feels the greater delight she has in having sex with her husband (Ibid).

Based on this principle Charles Wittschiebe Counsels,

"Occasionally, a husband will pay little attention to his wife during the day and then expect a warm response at bedtime. The whole day should prepare for the love making of the night. Love needs a maturing climate. The little attentions of the day usually lead to the big response of the night. Sex cannot be separated from the total life context" (1974:71).

The problem is says H. Norman Wright, men and women define sex differently. Women view sex as one way of being close. Generally men view sex as the only way to be close. For women tenderness, touching, talking and sex go together. For many men sex is sufficient (1993:149).

Deatrick complements Wright's statements by saying sex for a woman is what goes on all day long. Sex for a man is what goes on in the bedroom (1976:110). Van Pelt says every man needs to realize that the love making atmosphere starts when he jumps out of bed in the morning, not when he jumps in at night (1979:140).

Many have found the message in these two poems to be very effective. It is the writer's pray that it will help you too.

**TELL HER SO**

Amid the cares of married life,  
In spite of toil and business strife,  
If you value your sweet wife,

Tell her so!

There was a time when you thought it bliss  
To get a favor of one kiss;  
A dozen now won't come amiss \_\_

Tell her so!

Don't act as if she'd passed her prime,  
As though to please her was a crime \_\_  
If e'er you loved her, now's the time;

Tell her so!

You are hers, and hers alone  
Well you know she's all your own;  
Don't wait to "Carve it on a Stone"

Tell her so!

Never let her heart grow cold \_\_  
Richer beauties will unfold;  
She is worth her weight in gold

Tell her so!

Author Unknown

**065023**

If with pleasure you are viewing  
Any work a man is doing,  
If you like him or you love him,  
    Tell him now.  
Don't withhold your approbation,  
'Till the preacher makes oration,  
And he lies with snowy lilies on his brow.  
For no matter how you shout it,  
He won't really care about it,  
He won't know how many teardrops  
    Your have shed.  
If you think some praise is due him,  
Now is the time to slip it to him,  
For he cannot read his tombstone  
    When he's dead.

Poet Unknown

## **THE JOY OF FOREPLAY**

Beachtel says, If intercourse is the "entree" foreplay is the "appetizer" which everyone knows is the tastiest part of the meal (1992:128).

Foreplay is an extremely critical aspect of a sexual relationship because it sets the stage for intercourse and influences the level of tension release and gratification that coitus will provide.

Many studies show, that generally husbands do not take sufficient time to properly stimulate and prepare their wives for intercourse. Jorgensen says, women complain that their husbands are overly concerned with their own sexual gratification, and are too much in a hurry during foreplay to satisfy their wives needs (1986:131). Too many men carry a "thirty second" approach into the bedroom and wonder why their wives never seem to be responsive (Dillow 1977:79). Men who are quick lovers usually have unsatisfied wives; making love takes time (La Haye, 1976).

Women, says Deatrick, respond much slower than men sexually (1976:147). The average woman says Van Pelt, reaches her maximum level of responsiveness after some 20 minutes of fore-play. In some cases an experienced wife may require only 10-15 minutes of preparation, an inexperienced bride as much as 30 minutes or more, and a woman with a sexual problem 45 minutes or more (1979:121).

Another study revealed that when 1-10 minutes of foreplay are involved 40% of wives usually reach orgasm. 50% achieve orgasm if foreplay last for 15-20 minutes and up to 60% archieve orgasm if a longer period of foreplay precede coitus (Hoffman 1977:299).



It must be pointed out however, that a wife needs to understand that she is not abnormal because she differs from the quick response of her husband. Because a woman responds much slower than a man, she needs to be approached and wooed patiently, but she is just as capable of enjoying the sexual experience.

In order for sex to be an expression of love, the needs and desires of one's spouse should be more important than his or her own. King Solomon presents a beautiful model for husbands regarding foreplay. His concern was to satisfy his bride not himself; as a result he receives plenty of satisfaction in return. Observe the progression of his love play (2:5 RSV). Shulamith says,

"Sustain me with raisins, refresh me with apples; for I am sick of love".

At this point in their love play, Shulamith is completely overcome with sexual desire. In order to alleviate the "love-sickness" she requests Solomon to sustain her with raisins and apples (symbols of erotic love). In other words says Dillow, she asks him to satisfy her sexually without delay (1977:32). In order to alleviate her love-sickness or sexual passion, Shulamith tells her husband exactly what to do (2:6 RSV).

"Let his left hand be under my head and his right hand sustain me".

The Hebrew Word says, Dillow that translates sustain means "to fondle" (Ibid). Thus Shulamith is asking her husband to fondle and stimulate her.

It is worth noting, that she does not request sexual intercourse until she is well lubricated. It is possible that too many husbands begin intercourse too soon, as a result, the wife is not stimulated properly and when this happens the wife may become frustrated, angry or edgy when she wants to, but cannot experience orgasm. Shulamith is now fully stimulated and ready she says (4:16 RSV):

"Let my beloved come into his garden and eat its choicest fruits".

Shulamith requests her husband to enter her, what a healthy attitude. Tim La Haye says, men who are "quick lovers" usually have unsatisfied wives (1976:128). Some women say they feel like sex machines when they are in bed with their husbands, he puts in a kiss and gets out sexual intercourse (Mazat 1982:70).

Where then does the problem exist? In male and female differences. Wittschiebe says, a man can move from 0-60 in relatively little time, but a woman takes much longer time to reach the same point (1974:68).

Many experts believe that a woman can be satisfied at any of three levels. Level one may be termed the casually intimate level; level two, the deeper intimate level; level three, the ultimate level.

Level one - The casually intimate level. At this level a wife can be highly satisfied by her husband taking her hand and telling her how much

he loves her and how much she means to him. This says Deatricks is sex for a woman (1976:111).

Level two - The deeper intimate level. At this level, all of what took place at level one plus more intense caressing and cuddling including french kissing may take place but no intercourse, and a woman may be satisfied. H. Norman Wright says, for women, sex is only one means of intimacy out of many and not always the best one (1993:150).

Level three - The ultimate level where sexual intercourse takes place.

Man on the contrary is satisfied only at one level - the sexual intercourse level. From the minute he sees his wife in an outfit that shows up her figure, or in some attractive underclothes his mind begins to race and is not satisfied until he experiences orgasm.

Says Wright, men tend to compress the meaning of intimacy into the sex act and when they do not have that outlet, they can become frustrated and upset. Thus a man approaches sex in a mechanical manner. Sex becomes work rather than play. The end result rather than the process becomes important, sex becomes an act rather than a means of being close (1993:150).

## **DIFFERENCES THAT ARE WORTHY OF NOTING ARE:**

- Men put a much higher priority on sex than women do. Women have a different orientation that demands a different approach.
- A man wants physical oneness, a woman desires emotional oneness.
- A man is stimulated by sight, smell and the body. The woman is stimulated by touch, attitudes, actions, words, and the whole person.
- A man needs respect and admiration, to be physically needed, and not to be put down. A woman needs understanding, love, to be emotionally needed, and time to warm up to the sex act.
- Males have what is called a "point of inevitability". Once a man reaches a certain level of sexual stimulation he cannot stop his ejaculation. A woman has no point of inevitability she can get to the point of orgasm and stop.
- During sexual intercourse, a man is single minded, but a woman is easily distracted.
- A man's sexual response is acyclical - any time, any where. A woman's response is cyclical - there are times when she is more interested in sex than other times.

## VARIETY

Variety is very important for a successful and enjoyable sexual relationship. Norman Hoffman says, too often sexual acts ritualized and unimaginative may lead to frustration or complacency (1977:298).

## DYNAMIC No. 4

### INSTRUCTIONS

- ♦ Form groups of eight (four couples in each group).
- ♦ Be prepared to report to entire group.
- ♦ Discussion time 7 minutes.
- ♦ Reporting time 3 minutes, total 10 minutes.

### DISCUSSION

What are the factors that may enhance and preserve a couple's sexual relationship.

To preserve a good sexual relationship, married couples should try to be as creative as possible, plan for sex in different settings and at unprescribed times. Sex should not be the last thing at night, when the wife is all tired and stressed out and there is nothing more to do but to have sex.

Varying positions can create much excitement and enjoyment, but there are two important factors that must be taken into account when considering different positions, they are:

- 1) Sodomy or anal sex is not recommended and should not be practiced. This method is antibiblical and unhealthy and should not even be considered.
- 2) Positions utilized should be agreed upon by both partners involved. It is unbiblical for one partner to force his or her spouse into something that his or her spouse is not comfortable with. Since God respects an individual's choice and He is to be our example, each spouse should respect the choice made by the other. When an individual is robbed of his or her freedom to function spontaneously, he or she functions mechanically or rebels. This attitude may inhibit sexual intimacy and threaten the entire relationship (Mazat class lectures, 1994).

## **SEXUAL POSITIONS**

There are many different positions for sexual intercourse which are perfectly normal once agreed upon. Some people will gain more pleasure from one position than another and these desires should be fully communicated. Using different positions in intercourse can serve to lend

variety and pleasure to a relationship and keep it from becoming stale and mechanical. There are also practical advantages which should be considered when a woman is pregnant, ill, small or frail (Hoffman 1977:300).

**Basically there are four positions namely:**

- 1) **Man-on-top position**, sometimes called the "Missionary position" or the male superior position. This position has a lot going for it. It allows full frontal body contact, which is usually pleasurable. The couple lie facing each other, partners can kiss, talk, watch each other's expression. Their hands are free to caress and fondle each other's body. This position is considered the most effective for increasing the chances of pregnancy. However, sex therapists do not recommend this position for men who have difficulty controlling ejaculation (Greenberg et. al. 1989:158).
- 2) **Woman-on-top position**. This position is also called the female superior position. It permits more clitoral stimulation by either partner than the man-on-top position. Thus a wife who does not receive sufficient clitoral stimulation to achieve orgasm through coitus alone can reach orgasm through manual stimulation in this position while her husband penis is inside her vagina. In this way she can experience the pleasure of orgasm around an erect penis while the

man has the pleasure of feeling her orgasmic contractions on his penis. This is a good position for men who are attempting to control their orgasm. The one disadvantage of this position is that the effort on the man's part necessary for thrusting can be tiring because the woman's weight is bearing down on his pelvis. The wife therefore will have to do more of the movement.

- 3) **The Side by Side position.** In this position neither person is bearing the weight of the other. This is a relaxing position since pelvic thrust do not meet as much resistance as with the woman or man on top position. However, since various arms and legs may be pinned under each other, blood circulation may be temporarily cut off, making periodic switching or adjustment is necessary for comfort. The side by side position also allows for kissing and watching expressions, and it too allows for stroking and caressing. The disadvantage is, it is sometimes difficult to keep the penis inside the vagina in this position and even vigorous thrusting can result in little or no clitoral contact (Ibid).
- 4) **Rear entry position.** This position can be performed in two ways; with both partners lying down side by side facing the same direction with intercourse begun from behind or with partners kneeling facing same direction with penetration from behind. In either case the



husband's hands are free to fondle his wife's breasts and stimulate her clitoris. Ed wheat, a Christian doctor says, this is a very comfortable position for a pregnant wife (1993:198).

The disadvantage of this position includes the lack of face to face contact which is very important. Some people also feel guilty that they are being animal like.

However, from these basic positions dozens of others can be improvised. Couples are encouraged to use creativity as they seek to discover their own favorite position.

## **EXERCISE No. 1**

Sexual Enhancement work sheet (p. 98).

### **INSTRUCTIONS**

- ◆ Exercise must be complete individually.
- ◆ Answers to be shared with married partner only.
- ◆ Forgive each other for mistakes made in the past and renew commitment to each other.
- ◆ Offer a prayer of thanks to God for each other.
- ◆ Exercise time ten minutes.

## MASSAGE

One of the biggest obstacles to greater sex, says Stephen Bechtel, is stress, and sensual massage is one of the most reliable stress reducers in the world (1992:189). Masters and Johnson say massage as a prelude to love and sex has therapeutic importance for couples today (Penny 1984:61).

Many experts consider massage a potent "sex enhancer" because it induces deep relaxation by rapidly dissipating the effects of stress. Many people says Bechtel, tend to have sex as a way of blowing off physical tension but a far better approach is to get into a state of deep relaxation through massage before making love (1992:189).

Penny says, a warm water bath preceding massage will help relax muscles and evaporate tension, and psychologically, it generates a feeling of security and closeness (1984:61).

Studies show that generally people who are involved in public life tend to hold tension in their faces. Women tend to hold tension in their neck and shoulders, while men's tension area is their backs (Bechtel 1992:189).

A wise spouse would concentrate on these areas as he or she prepares his or her spouse for total relaxation which will climax in pleasurable intercourse. The ascent of orgasm which momentarily

... tension is much more dramatic if the spouse or  
... state of deep relaxation (Ibid).

... which may serve to sexually stimulate each other are

**cleanliness.** Each spouse should make sure that he

**brush regularly.** Before beginning love making **teeth**

and if one is aware that he or she has unpleasant

or any **mouth rinse** can solve that problem.

... nce and attractive clothing can work magic in a

Patrick says, a woman who freshens herself and fixes

into something feminine and attractive will have a

reward to coming home quickly (1976:147).

... can be a powerful signal for sexual intercourse or

Utilize the five senses, use soft coloured lights in your

ed candles, clean bed spreads, rearrange the room

... s can work wonders for your relationships.

... turned off by their husbands unshaved faces, some

ers do not. It would be wise therefore, for husbands

are turned off by prickly beards, to shave at nights

and use some good scented cologne, this can go a far way in enhancing their sexual intimacy.

## **FIVE REASONS WHY SEXUAL INTERCOURSE IS SIGNIFICANT TO A MAN** (use transparency p. 95)

### **1) It Satisfies his sex drive**

The reproductive system manufactures a supply of semen and many millions of tiny sperm daily. If unreleased, this can be very frustrating to his mental and physical well-being (La Haye 1976:22).

### **2) It fulfills his manhood**

A man's sex drive seems to be intricately linked to his ego. A sexually satisfied husband will rapidly develop self confidence in other areas of his life.

### **3) It enhances his love for his wife**

Because a man has been endowed by God with an intense sex drive and a conscience, the satisfactory release of that drive without provoking his conscience will enhance his love for his wife who makes that possible.

**4) It reduces friction in the home**

A sexually satisfied man is usually a contented man. Most men unexplained irritations can often be traced to an unsatisfied sex drive (La Haye 1976:28).

**5) It provides life's most exciting experience**

The most beautiful aspect of this is that God created the experience for man to share only with his wife. If he loves and cherishes her the way God commands him, a warm and affectionate relationship will develop to enrich their entire married life (Ibid, 29).

**FIVE REASONS WHY SEXUAL INTERCOURSE IS IMPORTANT TO A WOMAN** (use transparency p. 96)**1) It fulfills her Womanhood**

A wife is more than a mother and a home maker, She is also a sexual partner to her mate. Like the male, if she does not succeed in her bedroom, she fails in other areas (Ibid, 34).

**2) It reassures her of her husband's love**

Women have a tremendous capacity for love, both giving and receiving. Her husband's intimacy tells her that he needs her as a person not as a thing (Dillow 1977:79).

**3) It Satisfies her sex drive**

Each thrilling love making event increases her sex drive, in the same way each frustrating experience stifles it. Such a growing sex drive needs an outlet, and married love is God's ordained plan for its expression (La Haye 1976:42).

**4) It relaxes her nervous system**

The female nervous system is intrinsically tied to the reproductive system (Ibid). God has made it possible for wives to enjoy a relaxing experience on their marriage bed.

**5) It provides her with life's most exciting experience**

When properly consummated to orgasm, Intercourse provides a woman with life's most exciting experience.

## **SEXUAL TURN OFFS AND TURN ON'S** (use transparency p. 91)

The following is a list of what may be considered to be sexual turn offs and turn ons. Each couple should carefully consider these areas and together work on areas that need to be improved. By so doing their relationship will be tremendously blessed and their sexual satisfaction will lack nothing.

May the Alwise God who created sex and ordained it for the liberation and fulfillment in marriage be continually praised for his unspeakable gift.

### **EXERCISE No. 2** Agree/disagree worksheet (p. 99).

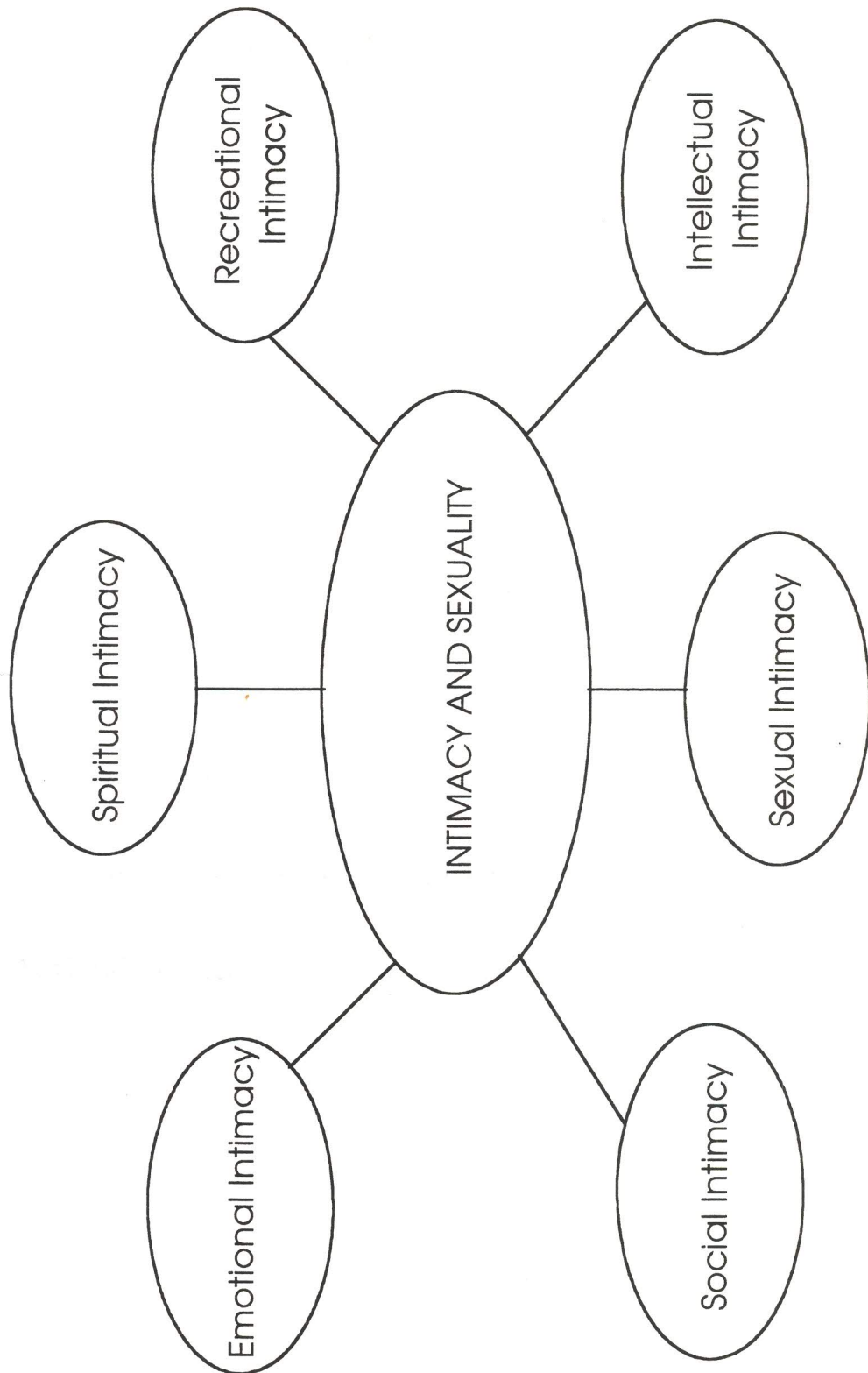
#### **INSTRUCTIONS**

- ▶ To be completed individually.
- ▶ Discuss answers with your spouse.
- ▶ Discussion time ten minutes.

#### **CLOSING REMARKS**

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# INTIMACY AND SEXUALITY





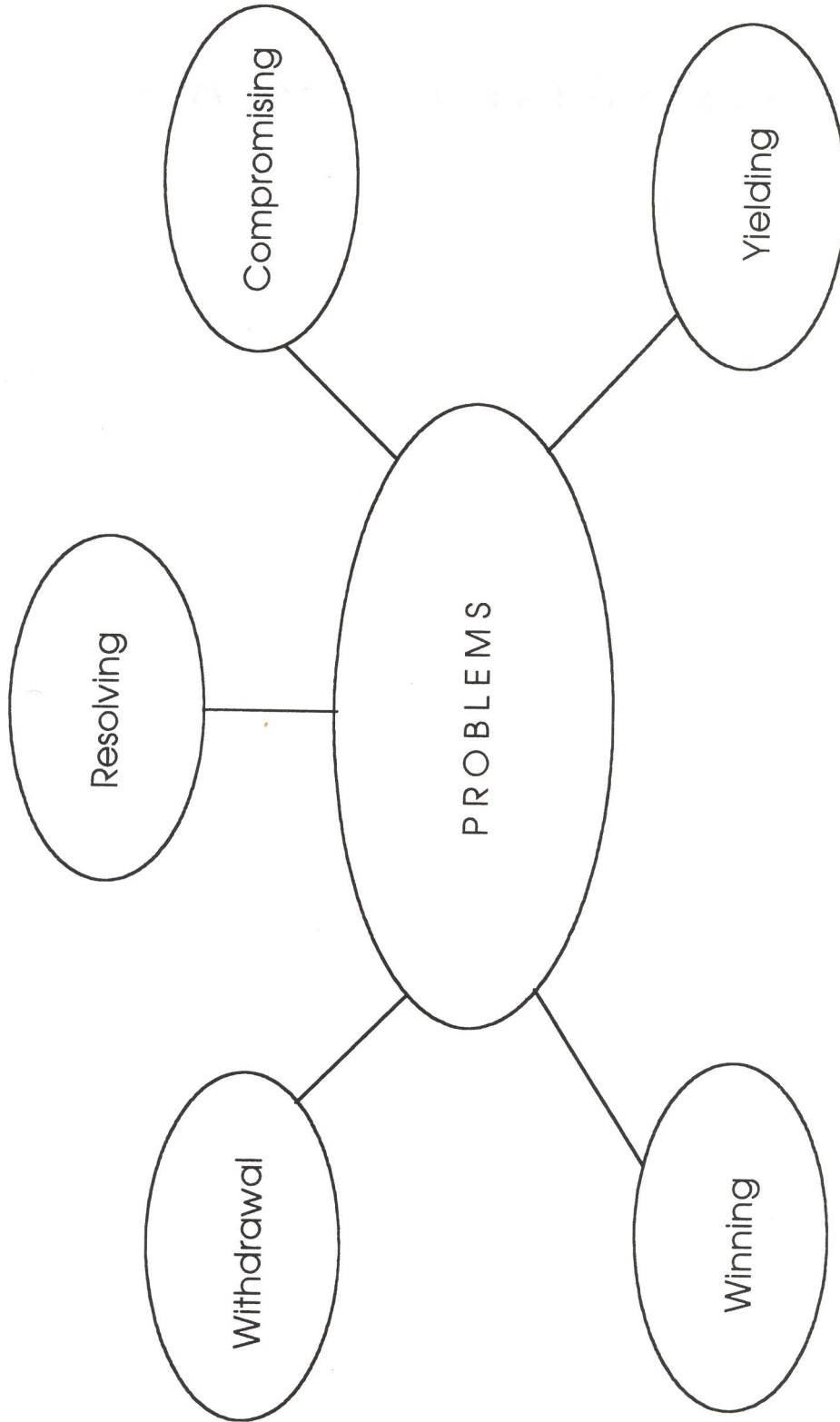
## SEXUAL INTIMACY KILLERS

- Nagging and Criticism.
- Bottled up anger and resentment.
- Predictive mechanical sex.
- Failure to communicate.
- Low self esteem.
- Employing sex as: a weapon, punishment, bribe.
- Unkept surroundings.
- Unfaithfulness to one's spouse.
- Spectatoring.
- Fear.
- Myths.

## COMMUNICATION AND INTIMACY

- \* Know when something needs to be said and say it.
- \* Be aware of the importance of timing.
- \* Develop a pleasant tone of voice.
- \* Be positive.
- \* Be sensitive to the needs and feelings of others.
- \* Understand male and female differences in communication.
- \* Know exactly what you want to say and use tact.
- \* Choose a suitable place to discuss problem.

# HOW METHODS OF HANDLING PROBLEMS CAN EFFECT INTIMACY



## SEXUAL TURN OFFS AND TURN ONs

### TURN OFFS

- 1 Criticism, nagging
- 2 Lack of privacy
- 3 Fear of pregnancy
- 4 Body odor, mouth odor
- 5 Roughness
- 6 Violence
- 7 Sexual bargaining
- 8 Feeling of being used
- 9 Unattractive physical appearance
- 10 Ungroomed hair
- 11 Abruptness, rush
- 12 Wandering thoughts
- 13 Spectatoring
- 14 Untidy surroundings
- 15 Old night gowns or pajamas
- 16 Comparison
- 17 Mechanical stereotype sex
- 18 Lack of communication
- 19 Bad timing
- 20 Scratchy chin

### TURN ONs

- Praise
- Security
- Thoughtfulness
- Good hygiene
- Spontaneity
- Expression of love
- Meeting emotional needs
- Intimacy
- Sensual clothing
- Cologne, perfume
- Generous foreplay
- Touching, kissing
- Role playing
- Change of surroundings
- Soft lights
- Fidelity
- Massages
- Intimate verbal communication
- Romantic music
- Cuddling without sex

**P O E M****TELL HER SO**

Amid the Cares of Married life,  
In spite of toil and business strife,  
If you value your sweet wife,  
Tell her so!

There was a time when you thought it bliss  
To get a favor of one kiss;  
A dozen now won't come amiss \_\_  
Tell her so!

Don't act as if she'd passed her prime,  
As though to please her was a crime \_\_  
If e'er you loved her, now's the time;  
Tell her so!

You are hers, and hers alone \_\_  
Well you know she's all your own;  
Don't wait to "Carve it on a Stone" \_\_  
Tell her so!

Never let her heart grow cold \_\_  
Richer beauties will unfold;  
She is worth her weight in gold!  
Tell her so!

Author Unknown

**P O E M**

If with pleasure you are viewing  
Any work a man is doing,  
If you like him or you love him,  
Tell him now.

Don't withhold your approbation,  
'Till the preacher makes oration,  
And he lies with snowy lilies on his brow.  
For no matter how you shout it,  
He won't really care about it,  
He won't know how many teardrops  
Your have shed.

If you think some praise is due him,  
Now is the time to slip it to him,  
For he cannot read his tombstone  
When he is dead.

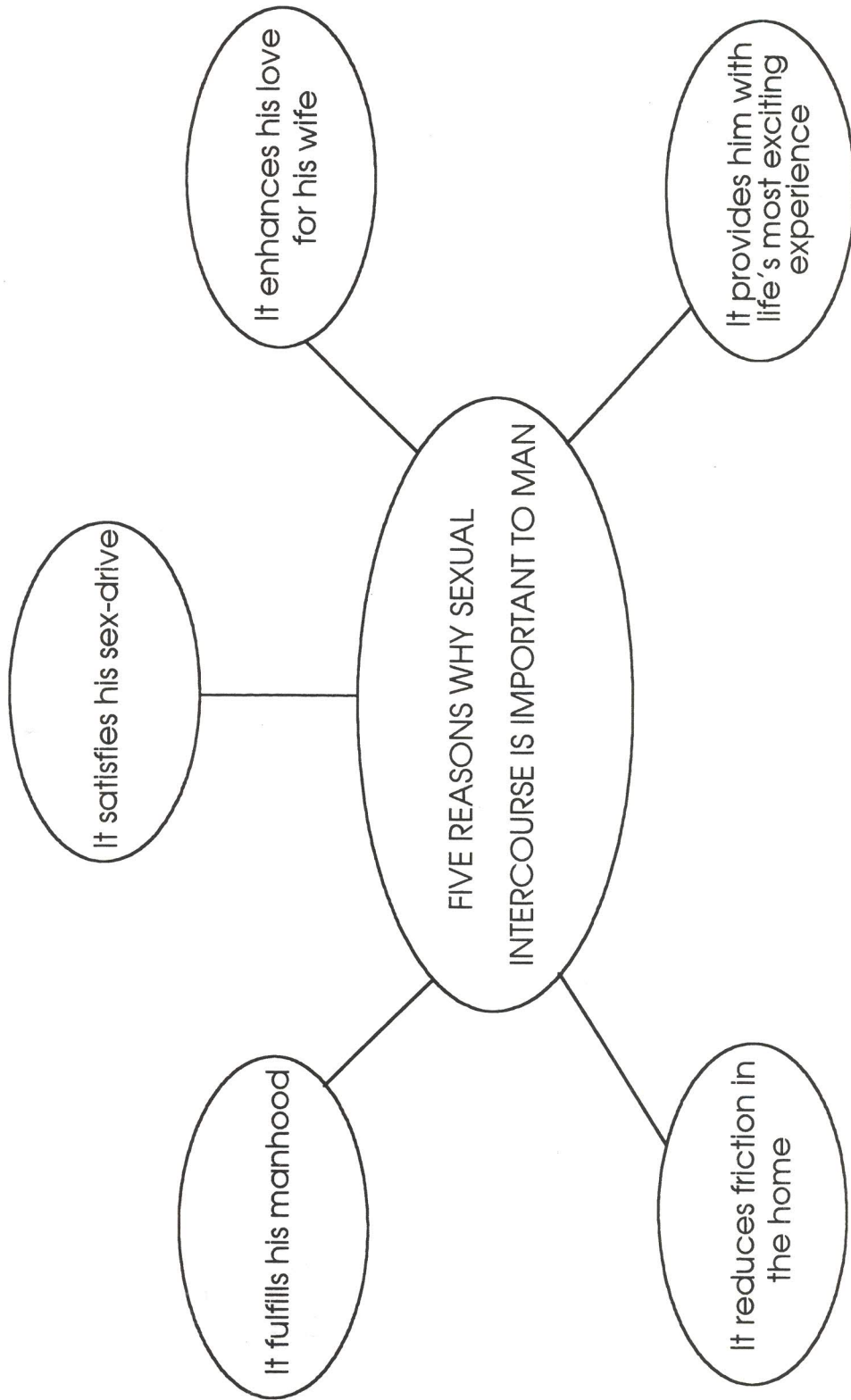
Author Unknown

## DIFFERENCES IN SEXUALITY

	MEN	WOMEN
<b>ORIENTATION</b>	Physical Physical oneness Variety Sex is high priority	Relational Emotional oneness Security Other Priorities Might be higher
<b>STIMULATION</b>	Sight Smell Body centered	Touch Attitude Actions Words Person centred
<b>NEEDS</b>	Respect Admiration Physically needed Not to be put down	Understanding Love Emotionally needed Time
<b>SEXUAL RESPONSE</b>	Acyclical Quick excitement Initiates (usually) Difficult to distract	Cyclical Slow excitement Responder (usually) Easily distracted
<b>ORGASM</b>	Shorter more intense Single orgasm Orgasm needed for satisfaction Body returns to normal abruptly Point of inevitability	Longer more depth Multiple orgasm Satisfaction possible without orgasm Body enters another Phase - after glow Can reach at edge of orgasm and stop

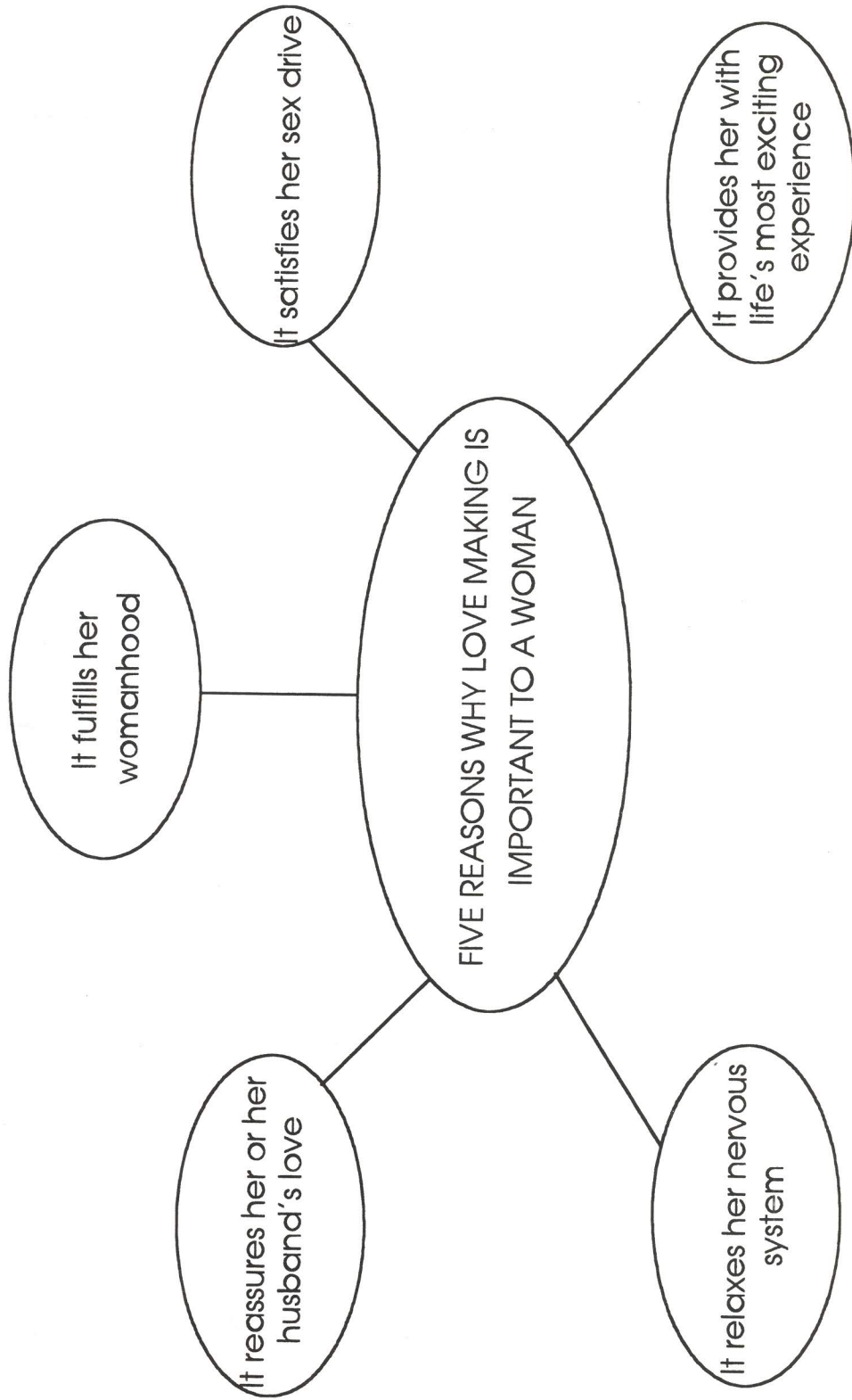
(Mainly adapted from book Questions Women Ask in Private p. 146).

# FIVE REASONS WHY SEXUAL INTERCOURSE IS IMPORTANT TO A MAN





# FIVE REASONS WHY SEXUAL INTERCOURSE IS IMPORTANT TO A WOMAN



## COMMON MYTHS ABOUT SEXUALITY

- ❖ The larger the penis the greater the satisfaction.
- ❖ Sex is a man's pleasure but a woman's duty.
- ❖ Sex is something you do to a woman, not with a woman.
- ❖ "Bad girls" enjoy sex while "good girls" endure it.
- ❖ Simultaneous orgasms are more satisfactory than those experienced separately by the husband and his wife.
- ❖ Nocturnal emissions are indications of sexual disorders.
- ❖ The best health is enjoyed by those who abstain from sex.
- ❖ Sex is evil, it originates from the devil.
- ❖ Parents should avoid mentioning sex to their children, as this causes them to experiment with sex.
- ❖ Coitus should be avoided during pregnancy.

**WORK SHEET - SEXUAL ENHANCEMENT**  
**TO BE COMPLETED INDIVIDUALLY**

1. The thing I most appreciate about our sexual relationships is? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. For me the most helpful change in our sexual relationship would be?  
\_\_\_\_\_  
\_\_\_\_\_
3. Some things I can do to facilitate these changes are \_\_\_\_\_  
\_\_\_\_\_
4. Some things I think you could do to facilitate these changes are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. The things that I don't appreciate about our sexual relationship are\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. How would you describe your sexual performance? \_\_\_\_\_  
\_\_\_\_\_
7. How would you describe your spouse sexual performance? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Do you have unresolved guilt about sexual matters? \_\_\_\_\_  
\_\_\_\_\_
9. Do you have fears about sex? \_\_\_\_\_  
\_\_\_\_\_

## SEXUALITY: A PSYCHOLOGICAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	
_____	_____	1. Having sex with my partner is wonderful and exciting.
_____	_____	2. Women need more time to be ready for an orgasm than men.
_____	_____	3. Emotionally secure spouses do not have problems with sexual dysfunction.
_____	_____	4. A major contributor to unfaithfulness is sex boredom.
_____	_____	5. Pleasing my partner is sexually exciting.
_____	_____	6. A variety of sexual positions will enhance the sexual relation.
_____	_____	7. Communication during sex may heighten sensuous feeling.
_____	_____	8. Wives should not initiate sexual advances.
_____	_____	9. There is a lack of emotional closeness in our relationship.
_____	_____	10. A Person's relationship with God will determine his or her relationship with his or her spouse.
_____	_____	11. A woman's emotional makeup requires verbal expressions from her husband.
_____	_____	12. There is a lack of emotional foreplay in our relationship.
_____	_____	13. Unresolved conflicts inhibit my sexual response.

## A PSYCHOLOGICAL PERSPECTIVE

### Quiz

Write True or False

1. Woman are turned on by sight \_\_\_\_\_
2. Admiration is to a man what romance is to a woman \_\_\_\_\_
3. Intimacy is the most important factor in a relationship \_\_\_\_\_
4. There are six dimensions of intimacy \_\_\_\_\_
5. Nagging and criticism can destroy a relationship \_\_\_\_\_
6. Variety in sexual intercourse is sinful \_\_\_\_\_
7. The rougher a husband performs during sexual intercourse the greater the satisfaction \_\_\_\_\_
8. Fear can inhibit a sexual relationship \_\_\_\_\_
9. Good communication is important to a sexual relationship \_\_\_\_\_
10. The best method of handling problems is compromising \_\_\_\_\_

## SECTION III SEXUALITY: A PHYSIOLOGICAL PERSPECTIVE

### SUGGESTED TIME AND ACTIVITIES

☞ Welcome and Introduction	3 minutes
☞ Overview of Seminar	5 minutes
☞ Dynamic No. 1	5 minutes
☞ Male and Female Physiological differences	10 minutes
☞ Dynamic No. 2	5 minutes
☞ Male and Female external sex organs	15 minutes
☞ The Endocrine System and Sexuality	15 minutes
☞ Dynamic No. 3	7 minutes
☞ Nature of orgasm	15 minutes
☞ Dynamic No. 4	7 minutes
☞ Recess	10 minutes
☞ Maintaining effective sexual capacity	10 minutes
☞ Quiz	6 minutes

☞ Coitus and frequency	10 minutes
☞ Masturbation	15 minutes
☞ Questions from audience	7 minutes
☞ Agree disagree work sheet to be completed	5 minutes
☞ Closing exercise	5 minutes

## General Objectives

- ◆ Comprehend physiological differences in male and female.
- ◆ Understand how the Endocrine System influences sexual arousal.
- ◆ Know four phases of the sexual response cycle.
- ◆ Recognize the adverse effects of masturbation.
- ◆ Determine frequency of coitus.

## Specific Objectives

Participants will be able to:

- ◆ Analyse male and female physiological differences and how these affect sexuality.
- ◆ List male and female external sex organs.
- ◆ Discuss intelligently the penis, vagina, and clitoris.
- ◆ Explain intelligently the endocrine system and how it relates to sexual arousal.
- ◆ Analyse the four phases of the sexual response cycle.
- ◆ Rewrite how each phase differ in male and female.
- ◆ Explain the importance of foreplay.
- ◆ Evaluate factors responsible for frequency in coitus.
- ◆ Determine why regular use of sexual organs is important.



- ◆ Explain why masturbation is harmful to one's health and sinful.
- ◆ Identify seven steps that can help some one to break habit of masturbation.

## **Advance Preparation**

- Prepare transparencies to be used.
- Secure projector and screen.
- Prepare manual for participants.
- Have extra pencils.
- Plan time and activities carefully.

## **Strategy**

- ⇒ Group dynamics.
- ⇒ Questions from audience.
- ⇒ Written exercises.
- ⇒ Quiz.
- ⇒ Transparencies.

## **Type of Audience**

- ♦ Married Couples.
- ♦ Couples about to be married.

"So God created man in his own image, in the image of God He created him; male and female He created them" (Genesis 1:27 RSV).

## OVERVIEW OF SECTION

Man and woman are different physiologically, this is the way God made them. They differ in every cell of their bodies. This difference in the chromosome combination is the basic cause of development into male and female at conception. Therefore it is crucially important that men and women understand these differences and how they may be used to enhance a couple's relationship. The Bible encourages, "Get wisdom and insight do not forget or ignore what I say. Do not abandon wisdom, and she will protect you; love her and she will keep you safe" (Proverbs 4:5-6 A N B).

Any helpful counsel concerning the physical relationship between husband and wife must include an explanation of the basic facts of human anatomy. A clear understanding of the sexual organs with their intricate functions should inspire a sense of wonder at the perfect design God has built into the bodies of male and female so that they might experience the deepest pleasure in love making.

## **DYNAMIC No. 1**

### **INSTRUCTIONS**

- ♦ Form groups of ten persons.
- ♦ Be prepared to report to entire group.
- ♦ Discussion time 5 minutes.

### **DISCUSSION**

List the physiological differences that are present in male and female. List as many as possible

## **MALE AND FEMALE PHYSIOLOGICAL DIFFERENCES**

(use transparency p. 120)

To begin with, women differ in Skeletal Structure. They have a shorter head, broader face, less protruding chin, shorter legs, and longer trunk (Smalley 1984:195).

Women have a larger stomach, kidneys, liver and appendix but smaller lungs than men.

In bodily functions, women have important functions that are absent in men, menstruation, pregnancy, lactation. Women's hormones are different and more numerous than men's. These hormonal differences influence behavior and feeling (Ibid).

The thyroid gland behaves differently in the two sexes. Women's thyroid is larger and more active. Consequently, it enlarges during pregnancy, and during menstruation; it makes her more prone to goiter, provides resistance to cold, is associated with the smooth skin, and relatively hairless body (Ibid).

Women's blood contains more water than men's (20 percent fewer red cells). Since the red cells supply oxygen to the body cells, women tire more easily and are more prone to faint. Women's hearts beat more rapidly (80 beats per minute as against 72 for men). Their blood pressure is ten points lower than men, and withstand high temperatures better than men because their metabolism slows down less (Ibid).

Women's sexual drive tends to be related to their menstrual cycles while men's drive is fairly constant. The hormone testosterone is a major factor in stimulating men's sexual desires (Greenberg et. al. 1987:171).

During coitus women have the capacity to experience multiple orgasm while men go through a refractory period (during this time they are unable to reach an erection of the penis) (Jorgensen 1986:134).

Having experienced orgasm women experience another phase referred to as the afterglow in which they feel a strong need for their husbands to hug and kiss and embrace them. Men on the contrary return to their normal phase abruptly and generally are not interested in reengaging in another episode of sexual intercourse (Van Pelt 1979:131).

**DYNAMIC No. 2**

- ♦ Audience participation - Questions and Comments.
- ♦ Time 5 minutes.

**THE MALE AND FEMALE EXTERNAL SEX ORGANS****THE PENIS**

The penis and scrotum are the external reproductive organs of the male. The penis is said to be the "locus" of sexual excitement. It is composed of three columns of spongy tissues known as erectile tissues which contain an extensive network of blood vessels and sensitive nerves. The average penis is three to four inches when fully relaxed and, more than six inches long when erect (Schulz and Rodgers 1985:140). Penises, however, can be considerably smaller or larger than average. Dr. John F. Knight says, It has been found that many penises that are relatively small when flaccid increase to extremely large dimensions under sexual stimulation. Conversely, large penises tend to increase very little upon stimulation (1979:61). The end of the penis contains the glans, an extremely sensitive area, the glans constitute the center of sexual excitement for the male.

Studies have shown that the length of the penis bears little relationship to its physiological capacity to stimulate the female in sexual

arousal. However, some experts believe that a wide penis does seem to be more stimulating than a narrow one (Schulz and Rodgers 1985:140). It is important to note also that the size of the penis is not significantly related to body size (Ibid).

## **THE VAGINA**

The vagina is the most important organ for sexual functioning in the female. It is an organ of accommodation that can accommodate any size of human penis. The vagina has a clean passage way when it is free from infection or disease, and maintains its own pH or acid-base balance to fight infection (Penner and Penner 1990:50).

Near the external opening of the vagina, there is a concentration of sensory nerves that play a significant role in sexual arousal and excitement (Wheat 1993:51).

Many men believe that great length of penis is necessary to provide satisfaction for a woman. This is a myth that must be given up. What is important is that the penis has a firm enough erection to penetrate the vagina.

## **THE CLITORIS**

The clitoris is that small sensitive erectile organ in the female, located at the front of the opening of the urethra. Wittschiebe calls it the trigger of female orgasm (1974:54). Bechtel says it is the centerpiece of sexual delight in the female (1992:63).

The clitoris becomes engorged with blood during, arousal in the same way the penis does, swelling in diameter and length but retracts beneath its veil of skin at the height of sexual arousal. The more the clitoris is stimulated says Dr. Knight, the more sexually responsive the wife will become (1979:72). The clitoris is the only organ in the female's body devoted purely to sexual delight (Eichel and Mobile 1992:18).

## **THE ENDOCRINE SYSTEM AND SEXUAL AROUSAL** (use transparency p. 127)

Human Sexual arousal is controlled by both the endocrine system and the nervous system (Schulz and Rodgers 1985:144). It begins with the hypothalamus, a structure in the brain that, either through direct nerve pathways, or through chemicals called "releasing factors", can instruct various body parts to function. The hypothalamus therefore functions as a bridge between external stimuli and physiological responses.



When a husband perceives an external stimulus as sexually exciting, e.g. when a husband sees his wife in an outfit that shows up her figure, or in some attractive under clothes, the hypothalamus through the secretion of a specific hormone, signals the pituitary gland to secrete its hormone. The pituitary, a pea shaped gland located at the base of the brain, is known as the master gland because of its controlling effects on all other endocrine glands (Wagman 1987:72). The hormone secreted by the pituitary signals the adrenal gland to secrete its hormone, and the testes and ovaries receive the same signal to secrete their hormones also (Greenberg et. al. 1987:170). These secretions affect the flow of blood, producing vasocongestion which results in clitoral and penile erection, and vaginal lubrication. The thyroid secretes a hormone that travels to the heart and increases the heart rate which results in increased breathing rate (Ibid).

The front part of the pituitary secretes three sexual hormones called gonadotropins, which act or stimulate the gonads (testes and ovaries) (Wagman 1987:74). The gonads which are also endocrine glands produce their own hormones. The three gonadotropins are, follicle stimulating hormone (F.S.H.) luteinizing hormone (L.H.) often called interstitial-cell stimulating hormone (ICSH) in males; and prolactin (produced only during pregnancy). Once stimulated by these gonadotropic hormones, the gonads produce their own hormones;

estrogen, progesterones, and androgens. The adrenal gland also secretes androgen directly (Greenberg et. al., 171).

In women, estrogens and progesterones regulate the menstrual cycle, with estrogens important in producing vaginal lubrication. Too much estrogen can lower a man's interest in sexual activity and may result in enlargement of the breasts. Androgens affect the sex drive of both male and female. When the androgen level is too high, the sexual appetite is excessive; when the level is low, the sexual interest drops (Ibid).

It is important to note, that inspite of the fact that estrogens and progesterones are considered female hormones and androgens male hormones, both male and female produce all three. However, the amount of these hormones differ by gender, males produce more androgens (e.g. testosterone) than do females, and females produce more estrogens than do males (Ibid).

In general, the sexual control center receives two types of impulses: information about the environment, and the interpretation of this information in terms of an individual's past experience. The sense organs provide much of the former information while the cerebral cortex of the brain provides the later (Schulz and Rodgers 1985:146). It is possible for the sensory input to act directly on the hypothalamus without cerebral interference. For example, a male may experience a build up of secretions in his prostate gland, these sensations of fulness could then be

transmitted as stimulating messages to the sexual control center. In the case of the female, retention of water in the cells of the genitals before menstruation may similarly stimulate the sexual control center (Ibid). Hence many experts believe that a woman's sexual drive tends to be related to her menstrual cycles (Smalley 1988:195).

### **DINAMIC No. 3**

#### **INSTRUCTIONS**

- ♦ Form groups of six (men must be separated from women).
- ♦ Be prepared to report to entire group.
- ♦ Discussion time 5 minutes.
- ♦ Reporting time 2 minutes total 7 minutes.

#### **DISCUSSION**

What problems arise as a result of male/female physiological differences in attitudes regarding sex.

### **THE NATURE OF ORGASM**

Orgasm is not the product of two professionals using the latest and greatest techniques, but of two persons in love. It does not come by

doing something to each other, it comes from an intimate interaction with each other.

Gina Ogden describes orgasm this way, "An activity in which all the energy flows together in a deep and endless river called pleasure" you begin at zero then whip up into a frenzy of excitement until you explode in orgasm and then collapse into a heap. The French call it "La Petite mort" - the little death (1994:72).

It should be noted that when a woman wants orgasm badly and it never comes, this can contribute to edginess, irritability, self pity, tears, and sometimes irrational conduct (Wittschiebe 1974:105). This can affect the love relationship seriously. On the contrary, the importance placed on the orgasmic experience by the media can cause couples to over emphasize this aspect at the expense of others. The result can also be disappointment and frustration in the sexual relationship.

According to Masters and Johnson, the sexual response cycle goes through four stages or phases, these phases are:

### **1. The Excitement Phase**

The excitement phase in the female is characterized by nipple erection, sex flush (a darkening of the skin of the neck, face, forehead or chest during sexual stimulation). Some muscle tension (myotonia) and a slight increase of blood pressure and pulse rate. The clitoris shaft increases

in diameter and length, and the vagina begins to lubricate. The vaginal canal also increases in length and width and the labia becomes engorged with blood and tend to flare out to permit entry (Hoffman 1977:302; Wood 1984:5).

In the male, heart rate and blood pressure increase. There is rapid erection of the penis, which may be partially lost and regained during this phase. Tensing and thickening of the scrotal skin occur with elevation of the scrotal sac. Both testes are partially elevated as the spermatic cords shorten (Ibid).

## **2. The Plateau Phase**

During the plateau phase the clitoris retracts underneath the clitoral hood. There is also further increase of the depth and width of the vaginal canal. The uterus becomes fully elevated. The labia major undergoes a vivid color change from bright red to a deep wine color as it eagerly anticipates orgasm.

In the male there is nipple erection and sex flush. There is also an increase in penile circumference at the coronal ridge. The testes increase in size by 50% over their nonstimulated state and elevate to a position closer to the perineum as they anticipate ejaculation (Ibid).

### 3. The Orgasmic Phase

During the orgasmic phase the clitoris and major and minor lips do not change their structure. Contractions in the vagina occur at about 0.8 second intervals. After the first three to six contractions the interval between contractions increases, and the intensity diminishes (Schulz and Rodgers 1985:152). The breasts do not undergo any noticeable change. The sex flush parallels the orgasmic experience in about 75% of females. There is a momentary loss of voluntary control of muscle groups, and involuntary contractions are experienced (*Ibid*).

As involuntary contractions of the orgasmic platform takes place in the vagina, there are also involuntary contractions of the anal sphincter. Blood pressure and heart rate reach their peak during this phase and the number of breaths per minute may double (Hoffman 1977:302).

In the male there are expulsive contractions of the entire length of the penile urethra. They begin at 0.8 second intervals, as in the female. Again the frequency of contraction is reduced after the first three or four contractions. The expulsive force for ejaculation is also reduced in the male after the initial forceful contractions. During orgasm there is also contractions of secondary organs. At the onset of ejaculation the internal bladder sphincter closes or remains sealed, preventing retrograde ejaculation into the bladder (Wood 1984:9).

#### 4. Resolution

Unlike the male, the female does not have a physiologically determined refractory period. She is capable of experiencing another orgasm almost immediately if stimulation is resumed. If stimulation does not resume, the clitoris returns to its normal size and position within 5 to 10 seconds. The relaxation of the vagina wall may take as long as 10 to 15 minutes. The cervical orifice remains open for 20 to 30 minutes. The uterus returns to its unstimulated position. There is rapid diminution of the areolae and an involution of the nipples. The sex flush disappears, muscle tension ceases, and perspiration is noticeable (Schulz and Rodgers 1985:152). Van Pelt says, orgasm for women does not signal the end of love making but merely an entry into another phase - the afterglow (1979:131)

In the male there is initially a rapid loss of vasocongestion. The penis undergoes an immediate loss of erection to about 50% larger than its normal flaccid size, and may remain in the same state for some time (Hoffman 1977:305). There is rapid loss of the congested appearance of the scrotum, with the reappearance of skin folds. The testes descend into the relaxed scrotum and return to their normal size. Rapid involution of nipple erection and reversal of the sex flush occur. An involuntary sweating reaction of the palms of the hands and the soles of the feet may appear. During resolution, males undergo a refractory period. Which

varies among males from a few minutes to hours depending on the age and health condition of the male (Jorgensen 1986:134).

Orgasms should be allowed to occur in an unhurried and relaxed fashion, so as not to place pressure on the couple involved. With more emphasis on loving, caressing, and caring, there will be an accompanying release of inhibitions, which will enable a person to experience orgasm more easily and naturally.

#### **DYNAMIC No. 4**

##### **INSTRUCTIONS**

- ♦ Form groups of eight persons (not necessarily couples).
- ♦ Be prepared to report to entire group.
- ♦ Discussion time 5 minutes.
- ♦ Reporting time 2 minutes, total 7 minutes.

##### **DISCUSSION**

What are the advantages and disadvantages of simultaneous orgasm in intercourse.

It should be pointed out that many books and manuals teach that in order to gain real satisfaction simultaneous orgasms should be the



ultimate goal. This is a **fallacy**, and can destroy a couple's sexual relationship. If the couple does not achieve this highly sought-after mutual orgasm, they may think that they are sexual failures, which can lead to frustration, depression and many other problems. One of the greatest pleasures is to observe and feel one's partner actually experiencing an orgasm. With simultaneous orgasms this wonderful experience is lost.

Herbert Miles says, Orgasms together is not as important as it is for both to experience orgasms. The best procedure he says is for the couple to plan for the wife to have her orgasm first and allow the husband to follow shortly after (1975:107:108). The steps Miles suggests for achieving orgasm close together are:

- ▲ Spend more time during foreplay.
- ▲ See that the wife is highly aroused before starting intercourse.
- ▲ Shift quickly from arousal position to intercourse.

## **MAINTAINING EFFECTIVE SEXUAL CAPACITY**

Masters and Johnson, together with other leading sexologists agree that regular sexual intercourse is important in maintaining effective sexual capacity for both male and female. Studies show that the aged woman who maintained regular intercourse once or twice a week throughout married life had little or no difficulty despite the thinning of the vagina wall

and the shrinking of the major labia (Brecher 1966:257). Women who had intercourse once a month or less, had difficulty in accommodating the penis during their rare exposure of coitus (Ibid 259). Regularity to sexual expression is the key to sexual responsiveness for the aging male according to Masters and Johnson (Ibid). La Haye sums it up by saying, in order for sexual organs to function at their best they must be used regularly (1976:243).

Intrestingly, recent studies show that happiness in marriage has been found to be associated with a high percentage of sexual activity leading to orgasm, and sexuality that terminates in orgasm may have reinforcement values leading couples to more and more sexual activity (Kaplan Vol. 19, No. 2, 1993:155).

### **EXERCISE No. 1 - QUIZ (p. 131)**

#### **INSTRUCTIONS**

- ♦ Write true for the statements that are true and false for the statements that are false.
- ♦ Time to complete Quiz - 5 minutes.

## COITUS AND FREQUENCY

Frequency of sexual intercourse depends on a number of factors. Such as age, health, social and business pressures, emotional condition, the ability to communicate about sex and a number of other variables. However, surveys show that frequency is not as important as satisfaction. La Haye says, it is much more important to bring sexual satisfaction to one's spouse with almost every love making exercise than it is to run a "bedroom marathon" (1976:215). Couples should not be confused by what the media say about frequency, neither should they be pressured into a every night activity to satisfy the requirements of the media. The best frequency pattern is that which is determined by the couple themselves. The frequency which they feel comfortable with, and can bring happiness and pleasure to each other without any kind of pressure.

Because of his physiological design, males generally have a great urge for sexual release. As the small sac which acts as a reservoir for semen fills, the man feels a need for sexual relief. When the reservoir is emptied the pressure is then relieved. Van Pelt quotes Dr. David Reuben, "Most men operate on a 48 hours cycle - they need sex that often to keep them on an even keel" (1979:119).

Other experts believe that a normal and healthy man has a semen build - up every 42-78 hours that produces a pressure that needs to be

released (La Haye 1976:22). However a variety of conditions will determine the frequency of that pressure. For example, if a man is caught up in the task of paying bills the cerebral cortex sends fewer messages to the sexual control center (Schulz and Rodgers 1985:146). If psychological work or family problems weigh upon his mind, he will not be as conscious of that pressure as when he is relaxed (La Haye 1976:23).

## **MASTURBATION**

Masturbation may be defined as the deliberate and conscious self-stimulation so as to produce sexual excitement with the goal of orgasm (Grunlan 1984:120).

It is important to state here that the Scriptures do not address the problem of masturbation directly. There are two passages in the scriptures, Genesis 38:8-11 and 1 Corinthians 6:9-10 that are usually referred to by many, regarding masturbation. However closer observation of the texts will reveal that they do not address the issue. In Genesis 38:8-11 Ona's sin was not masturbation but disobeying God's command to raise up seed for his dead brother. The passage in 1 Corinthians 6:9-10 does not refer to masturbation either, but homosexuality and is so translated in many versions (i.e. T.E.V, NIV, NASB).

However, Ellen White does address the issue. This is what she says,

"The practice of self-abuse (masturbation) surely destroys the vital forces of the system, the brain is so severely taxed that there is deficiency and great exhaustion which leaves the system exposed to diseases of various kinds" (White 1954:444).

Again she says,

Various diseases such as affection to the liver and lungs, neuralgia, rheumatism, affection of the spine, diseased kidneys, and cancerous humors can result from this secret vice (White 1989:121).

Doctor David Horrobin says the amount of zinc in semen is such that repeated ejaculation may lead to zinc deficiency with various problems developing including impotency. He concluded, given the importance of zinc for the brain, nineteenth century moralists were correct when they said that repeated masturbation could make one mad "zinc" (Vitabooks: St. Albans, Vermont, 1981) p. 8. It would seem that masturbation has serious adverse effects on the human body. Writing on adolescent development and adjustment, Lester C. and Alice Crow concluded that the effects of this sex perversion is not yet fully known (Mc. Graw-Hill Book Company, 1965) (See **Testimonies on Sexual Behavior, Adultery and Divorce**. Appendix A, p. 270).

Many Christian counselors believe that the practice of masturbation must be avoided by Christians. Rediger says, without providing limits and sexual alternatives, masturbation can move from an issue of sexuality to become a problem of malfeasance. Combined with fantasy and the use

of pornography, it can lead to sexually inappropriate or abusive behavior (1990:81).

Based on scientific facts and counsels from the Bible and the Spirit of Prophecy, masturbation should be avoided for these reasons.

- First there is no biological necessity for masturbation. Females have no need for biological release, and in mature males, God has provided a mechanism for release through nocturnal emission.
- Secondly, masturbation is a solo act; God gave sexuality as a gift to man and woman, each must complement the other in coitus. Sexuality was meant to be a coupling mechanism rather than to an act performed in isolation.
- Thirdly, the thought that accompanies the act. (Matthew 5:28) "Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart". (Exodus 20:17) "Thou shalt not covet thy neighbor's wife". Masturbation involves more than an act it also involves thoughts therefore according to the Bible it is sin.

For the person who desires freedom from the shackles of masturbation these points may be of great help (use transparency p. 128).

- Avoid the time and place where masturbation has been practiced.
- Get involved in a physical fitness program.
- Replace the thought of masturbation with another thought (e.g. a hobby or a favourite text).

- ▶ Avoid friends that may encourage you in the act.
- ▶ Abstain from viewing movies, reading literature or listening to music that is sexually stimulating.
- ▶ Commit the matter to God in prayer, request that members pray for you (don't disclose problem).
- ▶ Spend time studying God's word. "Look" for passages that inspire hope and victory.
- ▶ Believe that God will free you and behave as though you are freed.

**EXERCISE No. 2** Complete agree/disagree work sheet (p. 130).

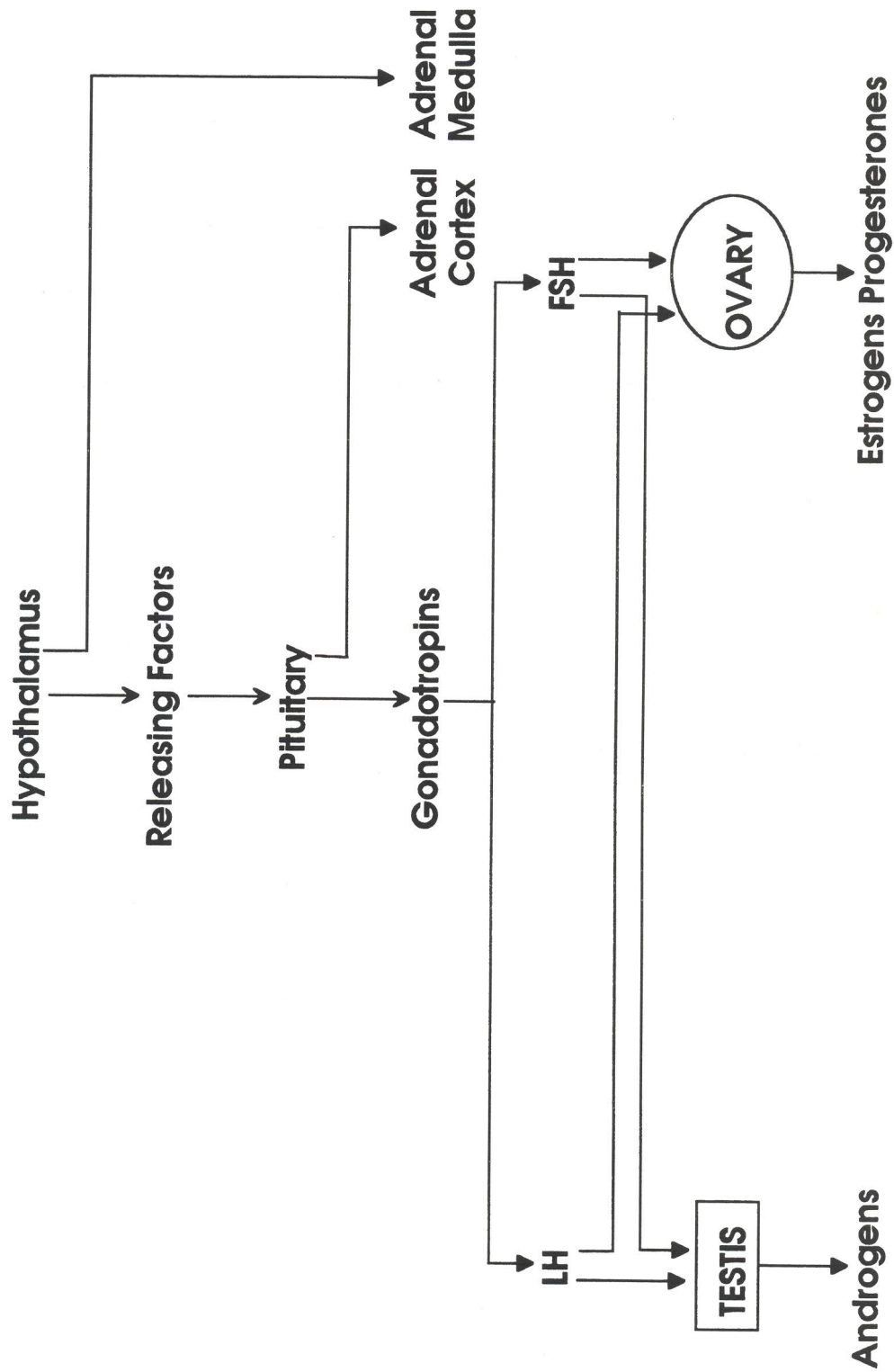
### **INSTRUCTIONS**

- ♦ Sheets must be completed individually, answers to be discussed by married couples at home.
- ♦ Time to complete sheet - 5 minutes.

### **CLOSING EXERCISES**

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# THE ENDOCRINE SYSTEM AND SEXUAL AROUSAL



(Adapted from book, Sexuality: Insights and Issues p. 171)



## HOW TO BREAK THE HABIT OF MASTURBATION

- ❖ Avoid time and place where masturbation is practiced.
- ❖ Get involved in a physical fitness program.
- ❖ Avoid any and all types of sexual stimuli.
- ❖ Replace thought of masturbation with other thoughts.
- ❖ Avoid friends that may encourage you in the act.
- ❖ Abstain from movies, literature or music that is sexually stimulating.
- ❖ Commit the matter to God in prayer, request members prayer.
- ❖ Spend time studying God's word.
- ❖ Believe that God will free you and behave as though you are already freed.

## MALE AND FEMALE PHYSIOLOGICAL DIFFERENCES

- ✱ Women's blood contains more water than men's (20% fewer red cells). Since red cells supply oxygen to the body cells, women tire more easily.
  - ◆ Loss of iron through the menstrual cycle.
  - ◆ Pregnancy.
  - ◆ Lactation - all these factors affect sexual performance of women.
  
- ✱ Women have the capacity to experience multiple orgasms in quick succession. Men do not have this capacity but experiences a refractory period.
  
- ✱ Women can reach the edge of orgasm and stop. Men have a point of inevitability, whenever this point is crossed nothing stops them from ejaculating.
  
- ✱ Women enter a phase called the afterglow after orgasm. Men return to normal level immediately after orgasm.
  
- ✱ Estrogens and progesterones regulate a woman's menstrual's cycle; with estrogens important in producing vaginal lubrication.  
Too much estrogens can lower a man's interest in coitus.
  
- ✱ Estrogens and progesterones are considered female hormones.  
Androgens - Male hormones.

## SEXUALITY: A PHYSIOLOGICAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	
_____	_____	1. Frequency of intercourse is governed by age, health condition, social and business pressures and other factors.
_____	_____	2. God designed the male and female bodies differently to enhance their enjoyment in sexual intercourse.
_____	_____	3. A woman's blood contains more water than a man's.
_____	_____	4. A woman experiences a phase referred to as the afterglow a man does not.
_____	_____	5. A woman's sexual drive tends to be related to her menstrual cycle.
_____	_____	6. The length of a man's penis does not determine the amount of satisfaction in sexual intercourse.
_____	_____	7. The function of the clitoris is only to provide sexual pleasure.
_____	_____	8. Sexual arousal is controlled by the endocrine and nervous system.
_____	_____	9. When a woman desires orgasm and it does not happen she can become edgy, irritable and sometimes irrational.
_____	_____	10. It is best for the wife to experience orgasm first and the husband follow soon after.
_____	_____	11. God is to be praised continually for the way He designed our bodies.

## A PHYSIOLOGICAL PERSPECTIVE

### Quiz

Write T for True or F for False.

1. Some women have some important bodily function that are absent in men \_\_\_\_\_
2. The longer the penis the greater the satisfaction \_\_\_\_\_
3. During coitus women can experience multiple orgasm \_\_\_\_\_
4. Frequency of intercourse is important for maintaining good sexual capacity \_\_\_\_\_
5. Simultaneous orgasm is compulsory in any successful sexual relationship \_\_\_\_\_
6. Once a man reaches a certain level of sexual stimulation at the end of the plateau phase he cannot stop his ejaculation from occurring \_\_\_\_\_
7. The clitoris has many different functions \_\_\_\_\_
8. Female produce estrogen and progesterone, male produces androgens \_\_\_\_\_
9. Too much estrogen can lower a man's interest in sexual activity \_\_\_\_\_
10. Frequency of intercourse is determined by many factors like, age, health condition, etc. \_\_\_\_\_

## SECTION IV SEXUALITY: A PREMARITAL PERSPECTIVE

### SUGGESTED TIME AND ACTIVITIES

☞ Welcome and Introduction	3 minutes
☞ Presentation of Statistics	3 minutes
☞ Dynamic No. 1	10 minutes
☞ What is dating	5 minutes
☞ Objective of dating	7 minutes
☞ How long should courtship continue	5 minutes
☞ Dynamic No. 2	10 minutes
☞ Necking and Petting	15 minutes
☞ Exercise No. 1	10 minutes
☞ Premarital relationship and marital problems	15 minutes
☞ Dynamic No. 3	10 minutes
☞ Recess	10 minutes
☞ Dynamic No. 4	5 minutes
☞ Differentiating Love and Lust	15 minutes
☞ Exercise No. 2	7 minutes
☞ Scriptural Warning	10 minutes

- ☞ Dynamic No. 5 5 minutes
- ☞ Questions from audience 10 minutes
- ☞ Closing Exercise 5 minutes

## **General Objectives**

- ◆ Recognize steps in a healthy relationship.
- ◆ Understand the relationship between premarital relations and marital problems.
- ◆ Understand how to avoid premarital sexual relations.
- ◆ Differentiate between love and lust.
- ◆ Comprehend Biblical warning against premarital sexual relations.

## **Specific Objectives**

Participants will be able to:

- ◆ Explain the difference between dating and courting.
- ◆ Evaluate three basic objectives of dating.
- ◆ Explain the two major perils of a long courtship.
- ◆ Describe intelligently what is petting.
- ◆ Differentiate the three subcategories of petting.
- ◆ Evaluate five levels of a healthy relationship.
- ◆ Relate premarital sexual relations to marital problems.
- ◆ Analyse eight practical suggestions in avoiding premarital sexual relation.
- ◆ Compare the difference between love and lust.
- ◆ List pointers of love and of lust.

- ◆ Identify scriptural warning against premarital sexual relations.

### **Advance Preparation**

- Prepare participants manual.
- Prepare transparencies.
- Have projector and screen.
- Have extra pencils.
- Plan time and activities carefully.
- Arrange for musical atmosphere.

### **Strategy**

- ⇒ Group dynamics.
- ⇒ Quiz.
- ⇒ Questions from audience.
- ⇒ Written exercises.
- ⇒ Transparencies.

### **Type of Audience**

- ◆ Couples who are dating.
- ◆ Couples who are courting.
- ◆ Couples who are engaged.



"So remember your Creator when you are still young, before the dismal days and years come, when you will say, "I don't enjoy life" (Ecclesiastic 12:1 GNB).

## **PRESENTATION OF STATISTICS**

The conclusions are alarming, statistics affirm that 70% of all American adolescents have had premarital relations by age 18 (Durfield and Durfield, 1991). Further statistical affirmation indicate that between 11 and 12 million adolescents in the United States are sexually active. Of the 19 million adolescents between the ages of 15-19, approximately 10 million are sexually active, and of the 16.5 million, ages 10-14, 1.4 million are sexually active (Reisman and Eichel, 1992). Statistics affirm also that in 1992, 23,000 adolescents under 14 years of age became pregnant (Ibid).

In Mexico in 1990, statistics affirm that of the 23,893,078 youths, 1,867,779 were cohabitating (Inegi, 1990). In the state of Chihuahua, of the 758,675 youths between the ages of 15-29, 63,678 were cohabitating (Ibid). We live in an age when few people arrive at marriage as virgins, and where there is even embarrassment to admit that one is still a virgin (Lawson 1988:70). How is it with Seventh-day Adventist youth, are our youth still living according to the standards of the Bible?, are they becoming absorbed by the influence of immorality? One study shows that Adventists reporting sexual activity prior marriage ranged from 33-59% across Divisions. The Inter American Division was 34%. During the last three

years 28% of single Adventist youths have participated in sexual activity (unpublished material, Ada Marenko).

## **DYNAMIC No. 1**

### **INSTRUCTIONS**

- ♦ Form groups of eight (mixed groups).
- ♦ Be prepared to report to entire group.
- ♦ Discussion time 8 minutes.
- ♦ Reporting time 2 minutes - total 10 minutes.

### **DISCUSSION**

1. What is Dating?
2. What is Courtship?
3. Why is dating important to a happy courtship and successful marriage.

## **WHAT IS DATING?**

Dating may be considered as the process of meeting and interacting with persons of the opposite sex.

Courtship may be considered as the process of selecting a specific partner of the opposite sex and progressing toward marriage.

Some sociologists divide dating into two types, recreational dating, and attachment oriented dating (Golanty and Harris 1982:115).

Recreational dating involves a relationship that revolves around the event. There is no commitment beyond the date. Recreational dating allows young people to be involved with a number of persons of the opposite sex without becoming serious with them (Grunlan 1984:56).

Attachment oriented dating involves some level of commitment. The couple becomes attached to each other, and dating revolves around their relationship rather than the event. In this type of dating many couples "Go steady" - they date each other exclusively. Attachment oriented dating takes the couple into courtship. Once the couple begins to think in terms of marriage the line between dating and courtship has been crossed (Ibid).

## **OBJECTIVES OF DATING**

Dating engagements are very crucial to a successful courtship and a happy marriage. It is important to stress here, that the couple may use these occasions to explore each other's **mind, character** and **personality** and **not** each other's **body**.

Dating should never be aimless, neither should it be practiced in lonely questionable places. Small says, it is an educational process that is planned and purposeful (1971:116). According to Dillow, dating has three basic functions:

- ▲ It is a time of getting to know each other in ways other than sexual.
- ▲ It is a time of coming to grips with the potential problem areas of a couple's relationship and establishing problem solving procedures.
- ▲ It is to be a time of seriously counting the cost of being married to this person (1976:43). Thus dating occasions that have met these criteria can be considered wholesome and productive.

## **HOW LONG SHOULD COURTSHIP CONTINUE**

The length of courtship varies from couple to couple. Most authors agree that a courtship period of two to three years is among the factors predictive of a happy marriage. Studies also indicate that short courtships are more likely to be followed by poor adjustment in marriage (McDonald 1978:151). Young people are better prepared for a happy marriage if the courtship period is at least a year or more (Ibid).

There are two major perils that can befall a relationship that is going through an excessively long courtship. The first is the possibility that the long waiting period may cause the relationship to "stagnate" - the partners may lose interest in each other. This loss of interest may be mutual, but most often one partner grows weary of waiting, and breaks the relationship.

The second danger is the possibility of becoming too intimate physically. The normal God-given biological desires that find their fulfillment in marriage increase during this time (Ibid). If the period extends beyond two to three years, the couple faces the possibility of transgressing their standards in the matter of necking and petting (Ibid).

## **DYNAMIC No. 2**

### **INSTRUCTIONS**

- ♦ Form groups of four (mixed groups).
- ♦ Be prepared to report to the entire group.
- ♦ Discussion time 7 minutes.
- ♦ Reporting time 3 minutes, total 10 minutes.

### **DISCUSSION**

What is the difference between necking and petting?

At what stage of a couple's relationship should they get involved in necking and petting?

## **NECKING AND PETTING**

Intimacies that may lead up to sexual arousal and intercourse are called necking or petting. According to the Social Scientists necking and

petting may be treated as synonymous terms and may be defined as intimacies that lead up to intercourse. Hillerstrom says, it is mutual sexual stimulation without sexual intercourse as its goal. It involves building sexual tension through fondling another person's sexually excitable areas without relieving that tension through intercourse (1989:52). Petting may or may not involve orgasm.

Some Social Scientists have divided petting into subcategories, these are:

- ▲ Light petting - hand holding, arms around hips, kissing on cheeks, lip kissing.
- ▲ Medium petting - french kissing, caressing of the breasts.
- ▲ Heavy petting - manually caressing the genitals.

In creating and composing us, God designed our bodies to respond in a progressive sequence to sexual stimulation. It was God who created necking. He interrelated the sensual receptors, the nerve endings, with emotions so that when two people of the opposite sex press their lips together there is a pleasurable feeling within them.

God also created petting, so that two married people of the opposite sex derive pleasure from touching each other's bodies. A woman especially responds to touch, and a man derives tremendous pleasure from touching a woman's body.

God created necking and petting so that a married couple can prepare each other's body for a very holy expression of their love for each other through coitus. The Bible clearly states that these activities must be confined to husband and wife. God has given a very strict warning to unmarried couples, (1 Corinthians 7:1 KJV) "It is not good for a man to touch a woman". The greek word *hapto* that translates touch literally mean "to set on fire" "Kindle light" (Vine, Unger and White, 1984).

Thus the text is actually saying to unmarried couples do not set on fire a woman sexually. The text may also be inferred as saying, do not set on fire sexually, each other, by necking and petting.

It must be kept in mind, that because young ladies are not so easily aroused sexually as young men, many problems can result. What seems to a young lady to be relatively safe petting may lead the young man beyond his point of self control. This may cause him to force the young lady into coitus. Therefore it is wise for unmarried couples to abstain from all physical activities that propell their bodies and emotions toward sexual climax, for once set in motion sexual desires escalates.

To engage in these activities in a dating relationship can result in great emotional frustration and physical suffering. Reinhold Bietz says, love is hurt when it is not protected by divine will (1977:153). Necking, petting, and coitus can hurt love, therefore, God protects love by confining necking petting and coitus to marriage.

During sexual excitement says Miles, maturity, intelligence, and moral and religious considerations are often temporarily over powered, suspended, or rendered ineffective (1975:64). The devil has twisted the understanding of sexuality to suit his own reprehensible purpose. In order to avoid getting trapped by this evil enemy, young people need to follow the guide lines found in the word of God.

### **HOW FAR IS SAFE ENOUGH** (use transparencies p. 156)

Normally a love relationship passes through five levels. These are: friendship, dating, courtship, engagement and marriage. However, there are some relationships in which there is no engagement but an extended courtship which is understood by both lovers in the relationship. These suggested levels of intimate activities may be of some help to you.

- ♦ Friendship - Talking to each other and looking at each other, no physical contact.
- ♦ Dating - Hold hands, kiss on the cheeks.
- ♦ Courtship - Kiss on cheeks, kiss on lips.
- ♦ Engagement - Arms around hips, kiss on lips.
- ♦ Marriage - French kiss, fondling of breasts, sexual organs, coitus.



Ellen G. White says, Satan displays his wisdom in various devices to entrap souls to their ruin. He watches every step that is taken and makes many suggestions, and often these suggestions are followed rather than the counsel of God's word. This finely woven dangerous net is skillfully prepared to entangle the young and unwary (1930:448).

### **EXERCISE No. 1 (p. 159)**

#### **INSTRUCTIONS**

- ▶ Answer "yes" or "no" to each of the questions, if you are not sure, put a question mark in the space provided.
- ▶ Sheets must be completed individually, answers may be compared and discussed with companion when you both are finished.
- ▶ Time to complete entire exercise 10 minutes.

### **PREMARITAL RELATIONS AND MARITAL PROBLEMS**

(use transparency p. 157)

Young people should be taught from very early that sexuality is a beautiful gift from God, and that God has set it aside, only to be shared with one's spouse. They should be taught that male and female virginity is a precious gift to be given to the future spouse. When a young lady

surrenders her virginity, she is defrauding her future mate and surrendering a part of her that is priceless, says Ziglar (1985:171).

Studies show, that women who have had premarital relations are more than two times as likely to commit adultery after marriage. And that marital adjustment of those who enter marriage with no premarital sexual experience tend to be higher and less likely to undergo divorce later (Mazat 1981:114).

Sexual encounters outside of marriage, whether or not they include intercourse, gives an illusion of intimacy that can be mistaken for lasting commitment. Too many young people end up getting married because of their sexual involvement. Young ladies lose their objectivity about a young man because they have gone too far with him sexually. They cannot cope with the thought of being promiscuous and end up pushing for a marriage built on a faulty foundation.

Alberta Mazat says, that once young people get into sexual encounters they quit talking to each other about areas that may later result in conflicts. She says, many people declare that, had they not been involved sexually they would have terminated their relationship because they knew they were not compatible, but once they got into sex it was too late to break up (1981:114).

**DYNAMIC No. 3****INSTRUCTIONS**

- ♦ Form groups of six (ladies and men separately).
- ♦ Be prepared to share answers with entire group.
- ♦ Discussion time 8 minutes.
- ♦ Reporting time 2 minutes - total 10 minutes.

**DISCUSSION**

What are some reasons that might lead a Christian couple to terminate their relationship.

Dr. Mary Calderone says, every time you have intercourse with another person you reduce the significance and the quality of the act as a bond linking you exclusively with one person (Ibid).

Many people carry an enormous burden of guilt into their marriages that is related to unresolved feeling of guilt that go back to premarital days. A woman may experience guilt and then feel resentment toward her husband, unconsciously punishing him by withholding herself from complete involvement during intercourse, or she may have difficulty in giving herself to the man who once offended her. Mazat says, many women feel manipulated when they think of the reasons their boy friends gave them for having sex before marriage (Ibid). Sexologists agree that

problems of premature ejaculation are occasionally established from premarital sexual experience (Wheat 1993:91).

If the young man or the young woman had been involved in different types of love making before marriage, he or she may unconsciously make comparison with the love making of his or her spouse; particularly if his or her spouse is relatively conservative or unimaginative in the loveplay. This can lead to dissatisfaction, frustration, and may even threaten the entire relationship.

Ellen White says, the world is full of misery and sin today in consequence of ill assorted marriages. In many cases it takes only a few months for husband and wife to realize that their dispositions can never blend (1930:453).

## **PRACTICAL SUGGESTIONS IN AVOIDING PREMARITAL SEXUAL RELATIONS**

- ▲ Focus more on conversation.
- ▲ Avoid intimate physical contact as far as possible.
- ▲ Determine at what point one's body begins to prepare for intercourse and avoid physical contact that may arouse the desire to that point or beyond.
- ▲ Avoid places and occasions like:

- ◆ The sitting room, with date, while every one else is in bed.
  - ◆ Being in each other's bedroom.
  - ◆ Large gaps of unplanned time.
  - ◆ Being out late at nights.
  - ◆ A parked car in a lonely park or on a lonely road.
- 
- ▲ Write down principles that you want to live by, sign your name to them and diligently adhere to them.
  - ▲ Remember that youthfulness involve strong sexual desires, and once set in motion, maturity, intelligence, and moral and religious considerations are often overpowered.
  - ▲ Become accountable to a pastor or someone who you respect and trust, share your standards with that person and ask them to ask you from time to time how you are managing your desires.
  - ▲ Do much praying for wisdom to make the right decisions in your relationship and for power to overcome temptation.
  - ▲ Remember if you think it is hard to set standards and keep them, it is much harder once the line is crossed to back up and start all over.

## DIFFERENTIATING LOVE AND LUST

### DYNAMIC No. 4

#### INSTRUCTIONS

- ♦ Form groups of six (mixed).
- ♦ Be prepared to share answer with entire group.
- ♦ Discussion time 3 minutes.
- ♦ Reporting time 2 minutes, total 5 minutes.

#### DISCUSSION

How can you tell the difference between lust and love?

According to Oxford Advanced Dictionary of Current English (1974), Lust is defined as a violent desire to possess; a strong sexual desire. Lust is an overwhelming desire or craving, - a desire that becomes so powerful and consuming it begins to control the individual. It becomes a driving force, strong enough to compel a person to do things against his or her conscience (Stone and Palmer 1990:29).

The person who is controlled by lust is not really interested in his or her companion but only in satisfying his or her lustful selfish appetite. There is no sincere concern about the other persons future or feelings, or family. Therefore, lust is obsessive, it is a desire that is preoccupied with that which

God has not intended for it (Alcorn 1985:202). And since there is no contentment apart from God, there is no contentment in lust.

When someone who is controlled by lust becomes physically intimate with another of the opposite sex, he or she is not only stirring up and increasing his or her own sexual appetite, but is also defrauding the other persons. To defraud means to cheat or swindle. Therefore the one who is controlled by lust is cheating or swindling his or her partner by stirring up his or her appetite sexually and implying that he or she is acting out of love. Lust is only interested in physical involvement but has no concern for the emotional and spiritual, so that while the physical urge for sex might be satisfied through intercourse there is an emotional and spiritual hunger that remain.

Furthermore lust is not concerned with commitment therefore once it has plundered and exploited its partner sexually it is ready to move to another to exploit and plunder.

But God wants intercourse to take place within a very special relationship between married couples. If it is experienced with more than one person, it is no longer special. It loses some of its uniqueness, and then often, especially for a woman, sex can become a drudgery (Stone and Palmer 1990:33).

Dwight H. Small says, love is a true process of growth and development, like the ripening of fruits and the erection of a building it is

subjected to laws of growth and principles of development and there is nothing automatic about it. It is calm and steady and intensifies slowly but surely, with the passing of time and experiences shared together (1971:116).

Ellen White gives the following description of love. True love is not a strong, fiery, impetuous passion but calm and deep in its nature. It looks beyond mere externals and is attracted by qualities alone. It is wise and discriminating and its devotion is real and abiding (A.H. 51).

These pointers may be helpful in determining the nature of a relationship, whether it is founded on love or lust.

## **LOVE**

- ♥ Love is based on putting the other person's needs first.
- ♥ Love operates with selfcontrol.
- ♥ Love cares about the social, mental, emotional and spiritual areas of a persons life as well as the physical.
- ♥ Love is patient.
- ♥ Love is kind to everyone.
- ♥ Love takes time to grow.
- ♥ Love communicates freely.
- ♥ Love is a commitment that comes as a result of the Holy Spirit's working in one's life.
- ♥ Love keeps hanging in there over the long haul.
- ♥ Love says I love you.

## **LUST**

- ⌘ Lust is based on selfishness - I want what I want when I want it.
- ⌘ Lust gives in to hormones - Physical desires.



- ✘ Lust wants only physical satisfaction.
- ✘ Lust gets irritated if it does not get satisfaction.
- ✘ Lust is jealous of any competition.
- ✘ Lust goes for instant gratification.
- ✘ Lust does not require partners to share openly.
- ✘ Lust is an instinct.
- ✘ Lust walks away after it is satisfied.
- ✘ Lust says I love it (Insight November 13, 1993:15).

The question to you is - What do you want to build your relationship on! LOVE or LUST?

If love, you will know how to build a healthy relationship now and a healthy and happy marriage later.

If lust, you will never know how to have a healthy relationship with the opposite sex.

## **EXERCISE No. 2** Quiz (p. 158)

### **INSTRUCTIONS**

- ▶ Fill in the blanks in the space provided.
- ▶ Sheets must be completed individually.
- ▶ Time to complete quiz 7 minutes.

### **SCRIPTURAL WARNING**

After warning his son not to lust after an immoral woman, Solomon asked two rhetorical questions.

"Can a man scoop fire into his lap without his clothes being burned?"

Can a man walk on hot coals without his feet being scorched?" (Proverbs 6:27-28 NIV).

The obvious answer is no - Consequences are inescapable.

Solomon confirms that, he says,

"So is he who sleeps with another man's wife; no one who touches her will go unpunished" (Proverbs 6:29 NIV).

There is no disparity between the Testaments. The New sounds the same warning as the Old. "God will judge the adulterer" (Colossians 3:5-6).

## **DYNAMIC No. 5**

### **INSTRUCTIONS**

- ♦ Form groups of six (three couples).
- ♦ Be prepared to share answer with entire group.
- ♦ Discussion time 7 minutes.
- ♦ Reporting time 3 minutes, total 10 minutes.

### **DISCUSSION**

List consequences of sexual sins, physical consequences, mental and emotional consequences, and spiritual consequences.

David was a Godly man, yet the Bible (2 Samuel 11) documents that lust brought him catastrophe. He tried covering up his sin of adultery

but in doing so his sin of adultery expanded to murder of a righteous man and the death of David's infant son.

David's model of immorality was not lost in his family. His son Amnon lusted after his half sister and eventually raped her. This prompted Absalom's murder of Amnon, followed by David's banishment of Absalom. This in turn led to the bitterness that divided the nation of Israel.

The final blow was the death of Absalom, Amnon, Tamar raped, and David's family name disgraced.

Finally Amnon thought he was deeply in love with Tamar, yet what he thought was love turned to bitter hatred and disgust after he raped her (2 Samuel 13:15). Lust, disguising itself as love, often reflects disdain, not commitment, once it is gratified (Alcorn 1985:232). Many young ladies who have sexually surrendered to their "sweethearts" have learned the "Amnon effect" the hard way. Promises of life-long love and commitment flow freely in the heat of passion but often turn to indifference and even contempt (Ibid). The Bible counsels, submit your self to God, resist the devil and he will flee from you (James 4:7 KJV).

Always remember young people, that Jesus is aware of your sexual struggles and temptations. He understands, He was faced with similar temptations but He resisted. Now He is offering young people His resources so that they too can overcome (Herbrews 4:15) (use transparency p. 155).

## **HEBREWS 4:15 (GNB)**

Our High Priest is not one who

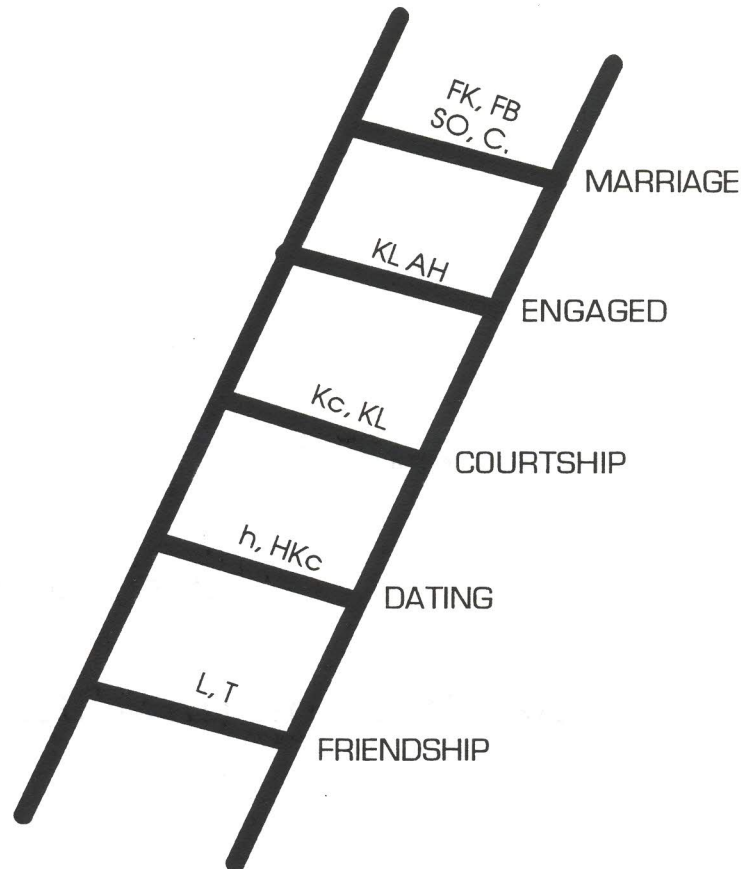
Cannot feel sympathy for our weakness.

On the contrary, we have a high

Priest who was tempted in every way

that we are, but did not sin.

## SUGGESTED LEVELS OF INTIMATE ACTIVITES



- L Look
- T TALK
- h Hold hand sometimes
- H Constantly hold hand
- Kc Kiss on cheeks
- KL Kiss on lips
- AH Arms around hips
- fk French kiss
- FB Fondling of breasts
- SO Sexual organs
- C Coitus

## WHY ABSTAIN FROM PREMARITAL SEX?

- ❖ It obscures one's objectivity in making the correct choice of a life partner.
- ❖ It gives an illusion of intimacy that can be mistaken for lasting.
- ❖ It reduces the significance and quality of intercourse as a bond linking a spouse exclusively to his or her partner.
- ❖ It creates guilt that affects one's sexual response.
- ❖ It contributes to sexual problems.
- ❖ It may influence spouse to make comparison between his or her partner and former partners.
- ❖ It brings frustration and suffering.
- ❖ It may ruin your marriage.
- ❖ It is SIN - Ex. 20:14.

## SEXUALITY: A PREMARITAL PERSPECTIVE

### Quiz

#### FILL IN THE BLANKS

1. Dating occasions may be used to explore each other's \_\_\_\_\_  
\_ and \_\_\_\_\_
2. Dating has \_\_\_\_\_ basic functions.
3. A relationship that is going through a long courtship may be faced  
by \_\_\_\_\_ major perils.
4. A long waiting period may cause a relationship to \_\_\_\_\_
5. Physical intimacies that may lead to coitus are called \_\_\_\_\_ and \_  
\_\_\_\_\_
6. The five levels that a relationship passes through are \_\_\_\_\_  
\_\_\_\_\_
7. Once young people get into \_\_\_\_\_ encounters they quit \_\_\_\_\_ to  
each other.
8. A person who is controlled by \_\_\_\_\_ is not really interested in his or  
her partner.
9. God wants \_\_\_\_\_ to take place within marriage.
10. Love operates with \_\_\_\_\_
11. Lust is based on \_\_\_\_\_
12. Lust \_\_\_\_\_ away when it is satisfied.
13. Love is a commitment that comes as a result of the \_\_\_\_\_  
working in one's life.

## PERCEPTION ABOUT YOUR RELATIONSHIP

Answer "yes" or "no" or "?" to each question, there are no wrong answers.

1. Do you feel relaxed and comfortable with each other? \_\_\_\_\_
2. Is your companion's spiritual level as attractive to you as his or her sexual charm? \_\_\_\_\_
3. Have you been able to resolve a disagreement to the complete satisfaction of both? \_\_\_\_\_
4. Do you enjoy the same kind of activity? \_\_\_\_\_
5. Do you trust your companion? \_\_\_\_\_
6. Do you feel uneasy or uncertain about your relationship? \_\_\_\_\_
7. Are you united in your thinking regarding the purpose of life? \_\_\_\_\_
8. Do you look forward to sharing your new experiences or ideas with each other? \_\_\_\_\_
9. Is your companion a source of intellectual stimulation and inspiration to you? \_\_\_\_\_
10. Do you enjoy discussing the Bible together? \_\_\_\_\_
11. Do you have similar systems of value? \_\_\_\_\_
12. Do you feel intimate without having to touch each other? \_\_\_\_\_
13. Can you list specific personality characteristics about your companion that you like? \_\_\_\_\_
14. Do you find it difficult to talk about sexuality? \_\_\_\_\_
15. Do you have any negative feeling about sex? \_\_\_\_\_



## SECTION V SEXUALITY: A HONEYMOON PERSPECTIVE

### SUGGESTED TIME AND ACTIVITIES

☞ Welcome and Introduction	5 minutes
☞ Dynamic No. 1	8 minutes
☞ Sociological Influence on Sexuality	8 minutes
☞ Dynamic No. 2	10 minutes
☞ Preparing for First Intercourse	8 minutes
☞ Planning the Honeymoon	6 minutes
☞ Procedure on the Wedding night	10 minutes
☞ Exercise No. 1	10 minutes
☞ Newly Wed Cystitis	5 minutes
☞ Dynamic No. 3	5 minutes
☞ Methods of Contraception	20 minutes
☞ Dynamic No. 4	7 minutes
☞ How to Choose a Contraceptive	7 minutes
☞ Exercise No. 2	7 minutes
☞ Closing Exercise	4 minutes

## General Objectives

- ◆ Understand how cultural influence may affect sexuality.
- ◆ Comprehend the importance of the honeymoon.
- ◆ Determin proper procedure for initial intercourse.
- ◆ Describe different methods of contraception.

## Specific Objectives

At the end of this seminar participants will be able to:

- ◆ Conclude how cultural difference affect sexuality.
- ◆ Explain the importance of the honeymoon.
- ◆ Plan properly for an enjoyable honeymoon.
- ◆ Determin ways in which a groom and his bride may proceed to initial intercourse.
- ◆ Describe what is Newlywed Cystitis.
- ◆ Analyse four different categories of contraceptions.
- ◆ Evaluate the advantages and disadvantages of each type of contraceptive.
- ◆ Decide how to choose a contraceptive.

## **Advance Preparation**

- Prepare participants manual.
- Have projector and screen.
- Prepare transparencies.
- Have extra pencils.
- Arrange for musical atmosphere.

## **Strategy**

- ⇒ Group dynamics.
- ⇒ Written exercises.
- ⇒ Questions.
- ⇒ Couples interaction.
- ⇒ Transparencies.

## **Type of Audience**

- ♦ Couples engaged to be married.

If a man has recently married.... For one year he is to be free to stay at home and bring happiness to the wife he has married (Deuteronomy 24:5 NIV)

## **INTRODUCTION**

The honeymoon period is a very critical stage to a newly wedded couple. It is critical because this is the stage in which a groom and his bride orient themselves in their new role as husband and wife. A great amount of self revelation also takes place at this time, and there are many facets of personality that can only be discovered in the intimacy of marriage itself.

Prior to marriage, every couple should be encouraged to attend premarital counseling sessions. Couples may choose a Pastor or a Christian doctor who is well respected, knowledgeable and experienced. These counseling sessions should outline Biblical, Sociological, Psychological, and Physiological principles that will help to ensure a smooth honeymoon and a happy marriage.

## **DYNAMIC No. 1**

### **INSTRUCTIONS**

- ♦ Form groups of eight (couples).
- ♦ Be prepared to share answers with entire group.
- ♦ Discussion time 5 minutes.

- ♦ Reporting time 3 minutes - total 8 minutes.

**DISCUSSION**

What are some of the cultural beliefs that may frustrate a young groom or bride during their honeymoon.

**SOCIOLOGICAL INFLUENCE ON SEXUALITY**

The society in which one lives often molds his or her sexual attitudes and behavior. The experts believe that a common cultural background is crucial to a successful Christian marriage. It is axiomatic says Cleveland Mc.Donald, that the fewer the differences in backgrounds, the fewer the adjustments in the marriage. Conversely, the greater the differences, the more numerous the adjustments that will need to be made (1975:45).

In some cultures many people consider sex to be dirty or nasty says Gary R. Collins (1989:267). Women have been taught directly or indirectly that sex is something evil (Miles 1975:71). Only "bad girls" enjoy sex while "good girls" endure it (Grunlan 1984:172). A woman therefore, whose culture taught her that sex is nasty, dirty or sinful, and who does not want to be considered a "bad girl" would definitely have a problem in her sex life. Some cultures teach that intercourse should be for procreational reasons only and if one is not desirous of having a child the sexual advances of the spouse should not be encouraged. Many men have

been led to believe that a "real" man should be always ready to perform and should be able to satisfy a woman every time (Ibid). This cultural belief can begin to destroy a young groom from the wedding night. According to Miles, studies show that most grooms ejaculate before they so desire on the wedding night (1976:56). When this happens, the young groom may feel defeated, he may be led to believe that something is wrong with him sexually, this belief may later lead to some type of sexual dysfunction in the groom.

A groom who cannot satisfy his bride all the time during the honeymoon, based on what his culture says may be in serious trouble. Statistics affirm that 71% of wives fail to experience orgasm the first night of the honeymoon, and 79% of wives had one or more orgasm by the end of the honeymoon (Miles, 1975). This kind of indoctrination may contribute to misunderstanding and sexual frustration. These false and unchristian ideas should be spotted during premarital counseling sessions and should be replaced by sound theological and scientific concepts about sex, otherwise the honeymoon and marriage will be in trouble.

## **DYNAMIC No. 2**

### **INSTRUCTIONS**

- ♦ Form groups of two (couples).

- ♦ Discussion time 7 minutes.
- ♦ Prayer time 3 minutes, total 10 minutes.

**DISCUSSION**

1. What areas in your background are potential sources of incompatibility?
2. What adjustments are you making in these areas?

**PREPARING FOR FIRST INTERCOURSE**

Medical specialists strongly advise that every young bride should be encouraged to have a pelvic examination at least six weeks before marriage. In some cases says Dr. Ed Wheat, the hymen of a young bride can be extremely tough and resistant (1993:53). This can create much discomfort and pain during first intercourse.

Generally says Dr. Wheat, the opening of the hymen of a virgin is usually about one inch in diameter. However, for comfortable intercourse, a diameter of about one and one half inches is needed. Thus, statistically, at the time of their first intercourse, 50% of brides experience some pain, 30% experience severe pain, and 20% say they have no pain at all (Ibid). Wheat believes that a thoughtful well respected Christian physician may be of much help in giving the bride specific instructions which will eradicate much of her fears of physical pain due to intercourse.

## PLANNING FOR THE HONEYMOON

The location where the honeymoon is to be spent should be a place that is acceptable to both partners. It is important to add here that all love making should take place where the couple can be guaranteed absolute privacy. Most couples like to keep the location secret to avoid practical jokes and molestation of any nature. However some trusted person should be informed so that they can locate the couple in case of an emergency.

The length of the honeymoon and the place to be chosen will depend on factors such as the amount of time off from employment and the budget limitations. Many experts in the field of family life believe that an ideal period might be one week with an absolute minimum of three days (Mc.Donald 1978:161). The experts also believe that the couple should not plan to spend much of their time traveling on their wedding night as this could be very tiring and may rob them of the joy and excitement that are so meaningful on their first night together. Their recommendation is that the couple may plan to rest well the first night and do the rest of the journey the following day (Ibid).



## PROCEDURE ON THE WEDDING NIGHT

Occasionally a young bride is quite bashful about undressing in front of the groom on the honeymoon night. The young groom needs to understand this and should not pressure his wife to do what she does not feel comfortable doing. He should remember that sexual adjustment takes time. It will be wise therefore, to permit her to do so wherever she chooses. Also, on the first night the bride may be very shy to get into bed with her husband. Here again the groom should show commendable sensitivity, this will help his wife to feel much more at ease. Says Wittschiebe, the groom who shows tenderness and willingness to wait for his bride to adjust has nothing to lose but much to gain (Wittschiebe, 1974).

Miles says, for the bride who do not see this as a problem, it can be an exciting approach to the first sexual experience for a couple to begin by simply undressing each other. It is wise to get contraceptives and KY Jelly completely ready first. When this is done the couple should then have a love play period (1967:94).

Many Christian writers today support Miles view on what should precede first intercourse. Miles recommends that before the couple attempts sexual relations, that they open their Bibles and each read by turn to the other a specific passage that each would have selected in

advance. After reading these two passages, both should kneel and audibly thank God for each other and the beautiful occasion that He has blessed them with to enjoy and become a part of each other (Ibid).

The young groom should be counseled carefully, that on his wedding night his goal should not be to bring his bride to sexual release during intercourse, but to develop emotional intimacy through physical closeness (Wheat 1993:54). He needs to concentrate simply on pleasuring his wife with tenderness, romantic words, warmth and cuddling. This must be done in a meaningful way that shows her husband's desire of her as a desired woman. She must be aroused emotionally. By bringing pleasure to his wife he receives pleasure himself.

The Bible speaks to young husbands on how this initial love play should be conducted. "Let his left hand be under my head and his right hand embrace me" (Songs of Solomon 2:6). Dillow says, the Hebrew word for embrace means "to fondle" (1977:32). She desires him to fondle and stimulate her by touching all the erotic zones of her body. This includes kissing her lips and breasts, and exploring her total body including the opening of her vagina and her clitoris (Miles 1976:95).

Tim La Haye says, many young grooms misunderstand a very important signal from their brides. When a groom's fingers are caressing the vaginal area and he finds it well lubricated, he may consider that to be the signal that she is ready for intercourse. This is not true! until her labia

minora are heavily swollen by the influx of an ample supply of blood the sensitive areas of her vagina will not even be included in their love making. If he proceeds before that, he will probably reach orgasm just as the swelling takes place, and his bride will be left unfulfilled (1976:67).

The husband should keep in mind that the most pain occurs from entering too quickly, not allowing enough time for the muscles around the vagina to relax. The groom's tender care for his bride at this crucial time will do much to establish an attitude of trust within her, so that in the weeks to come, she will be able to totally relax and let herself go in the enjoyment of his love making.

Because of the position in which the hymen lies, Dr. Wheat recommends that for the initial intercourse the bride lies on her back with her legs flat on the bed. This position facilitates easy penetration with less pain as the hymen is less in the way.

If the groom has difficulty in accomplishing initial entrance, a special position may be helpful. The bride lies on her back with two pillows under her hips, with her legs down flat as possible. The husband faces her and approaches her directly from above, so that the penis is in an almost vertical position at first contact. With generous amounts of KY Jelly around the vaginal opening and on the head of the penis, he places the tip of the penis near the front of the vagina opening and slides it almost straight down in an attempt to slip past the elastic hymen. If the penis slips into the

vagina, the husband should no longer force the penis in, but allow his wife to thrust her pelvis upward and forward against the partially inserted penis which should still be in an almost vertically straight - down position (Ibid).

At this point, the bride should turn her mind and emotions loose and concentrate on ideas like, "This is my honeymoon" "I've looked forward to this for a long time" " God has wonderfully planned this to be part of my life" "I'm glad I kept myself for my husband" (Ibid).

### **EXERCISE No. 1 (p. 189)**

#### **INSTRUCTIONS**

- ▶ Write your answers in the space provided.
- ▶ Exercise must be completed individually.
- ▶ Feel free to compare and discuss answers with your partner.
- ▶ Time ten minutes.

### **NEWLYWED CYSTITIS**

Newlywed, or honeymoon cystitis is a discomfort that is created when the urethra - a little tubelike outlet for the urine from the bladder is bruised. Very often in the first few days after marriage unless plenty of lubrication is provided for the penis in the vagina the urethra will be bruised. This bruising is characterized by pain in the bladder areas, by

blood in the urine, and rather severe burning when the urine passes. This is an indication that the injury to the urethra has allowed bacteria to grow (Ibid, 57). The bacteria may ascend to produce a severe bladder infection called cystitis. Dr. Wheat believes that the infection and pain will be healed quickly if the bride increases her intake of fluids and uses medication prescribed by her physician (Ibid).

Medical experts suggest that in order to help fight cystitis, brides should wash after every bowel movement and always clean from front to back. If frequent episodes of cystitis continue, the bride will need to see her physician who will prescribe antibiotics to take immediately after every intercourse (Ibid).

### **DYNAMIC No. 3**

Questions from audience

#### **INSTRUCTIONS**

- ♦ Audience participation.
- ♦ Time 5 minutes.

### **METHODS OF CONTRACEPTION**

One of the most frustrating things for some newly wedded couples is for the wife to conceive shortly after marriage. The statistics affirm that during a year of unprotected intercourse 80% of couples of childbearing

age will conceive (Ibid, 159). Therefore family planning is a private matter for which each couple must take full responsibility.

"Planned parenthood" involves methods of contraceptives which allow the couple to start their family when they feel ready, and to space children as they would like. It allows couples to have babies when they want them and to avoid pregnancy when they do not want. Dr. John F. Knight says, In today's era of economic difficulties, planned parenthood allows a family's financial resources to be spent more wisely (1979:121).

Ellen White has given some very wise counsel that each couple should seriously consider, she says, parents should consider what provision can be made for their children. They have no right to bring children into the world to be a burden to others. They commit a crime in bringing children into the world to suffer for want of proper care, food and clothing (1952:65). This is a grievous wrong, not only to the mother but to the children and society (Ibid, 162).

Methods of birth control may be divided into four major categories: (1) Natural Methods, (2) Mechanical Methods, (3) Chemical Methods, (4) Surgical Methods.

## **NATURAL METHODS**

These Methods are so called because they center around natural processes rather than utilizing some form of interference as do the methods in other categories. The three natural methods that shall be discussed are the rhythm method, coitus interruptus and abstinence.

### **Rhythm method**

According to Dr. Ed Wheat, there are three commonly known biological facts that provide the scientific basis for the rhythm method, these are:

- ▲ A woman normally produces only one ovum during each menstrual cycle.
- ▲ The ovum has an active life of only about twenty-four hours, and it is only during this twenty-four hours that it can be fertilized by the male sperm.
- ▲ The male sperm is capable of living for only about forty eight hours after it is released into the vagina. It is only during this two-days interval that it can fertilize the female ovum (1993:178).

The conclusion from these three facts according to Dr. Wheat, is that there are really only three days each month when intercourse can lead to pregnancy - the two days before the ovum is released and the full

day afterwards. If a woman could avoid having intercourse during this time, then theoretically, she would be in no danger of becoming pregnant (Ibid).

What makes this simple idea so difficult to put into practice, however, and what limits the effectiveness of this method, is that no "fail-safe" way has yet been found to determine just which days are safe for intercourse (Ibid).

One way of determining when ovulation occurs is to rely on past menstrual cycles. Keeping a record of the length of each menstrual cycle, for a least six months (Grunlan 1984:234), will allow the woman to calculate her unsafe days by employing the following method. First take the length of the shortest menstrual cycle and subtract eighteen days from that. This will provide the first day of the cycle on which the woman is likely to be fertile. For example, if the shortest cycle was twenty five days long the first fertile day will be day seven ( $25 - 18 = 7$ ). Then take the length of the longest menstrual cycle and subtract eleven days. This will provide the last day of the cycle on which the woman is likely to be fertile. Example, if the longest cycle was thirty two days long the last fertile day will be day twenty one,  $32 - 11 = 21$ . Using the rhythm, the couple cited in this example would abstain from sexual intercourse during day seven through twenty one of the woman's menstrual cycle (Greenberg et. al. 1989:256).



The difficulty with the rhythm method, lies in determining when ovulation occurs, since the precise time can vary greatly, not only from woman to woman but from cycle to cycle. Illness, anxiety frustration depression and many other circumstances may also confound one's attempt to determine the exact time of ovulation (Ibid). Studies show that the rhythm method of birth control has resulted in pregnancy for 14 to 40 women out of every 100 practicing it for one year (Ibid).

### **Advantages**

- ▼ There is no cost involved, no medical side effects.

### **Disadvantages**

- ▲ It restricts sex to certain periods of time and forbids sex during a time when many women experience heightened sexual desire (Grunlan 1984:235).
- ▲ It requires much discipline keeping track of dates.
- ▲ Only about 60% of women have menstrual cycles that are regular enough for this method to work successfully (Ibid).

## **Coitus Interruptus**

This method which is also called the withdrawal method requires the male partner to withdraw his penis from the vagina just before ejaculation.

### **Advantages**

- ▼ There is no monetary cost involved.
- ▼ There are no medical side effects.

### **Disadvantages**

- ▲ It requires significant discipline on the part of the male partner.
- ▲ It takes away from the sexual enjoyment. The natural tendency for the male is to thrust at the time of ejaculation.
- ▲ The couple is not able to abandon themselves to the act but must be monitoring their reactions.
- ▲ It is not fool proof, the pre-ejaculatory fluid may contain sperm and so can be responsible for fertilizing the egg even when withdrawal is practiced. Its effectiveness is between 75-80% (Greenberg et. al. 1989:257) of course a single failure can result in pregnancy.

## **Abstinence**

Abstaining from sexual intercourse prevents pregnancy. With a variety of birth control methods readily available, abstinence is not very attractive. However, in primitive societies, the post-partum sex taboo is a rule prohibiting a woman to have sexual intercourse for a specified period of time following child birth (Grunlan 1984:236).

## **Advantages**

- ▼ Prevents pregnancy.
- ▼ Space children as couple would like.

## **Disadvantages**

- ▲ Frustration.
- ▲ Couple is robbed of sexual pleasure.
- ▲ May lead to unfaithfulness.

## **MECHANICAL METHODS**

Methods in this category are so called because they either place a mechanical barrier between the sperm and the egg or they mechanically prevent the fertilized egg from implanting in the uterine wall. Methods to be discussed are; condom, the diaphragm and the intrauterine device.

## Condom

The condom is a thin sheath made of latex rubber. It is fitted over the erect penis to receive the semen so that it is not deposited in the vagina during intercourse.

### Advantages

- ▼ It is 95% effective (Ibid).
- ▼ Relatively inexpensive and easy to obtain.
- ▼ Provide protection from sexually transmitted diseases and infections.
- ▼ Have none of the unhealthful side effects associated with some of the other methods.
- ▼ Takes some of the burden of birth control off women.

### Disadvantages

- ▲ The male often experience less sensation.
- ▲ This disadvantage may be of help to males experiencing premature ejaculation.
- ▲ Applying the condom during foreplay, affects sexual arousal.
- ▲ To some couples removing the penis from the vagina following ejaculation is also seen as a disadvantage, some partners enjoy lying together coupled following coitus.

## The Diaphragm

The diaphragm is a shallow synthetic rubber dome surrounding a flexible metal ring that covers the cervix. Its purpose is to prevent sperm from entering the uterus. If the diaphragm does not fit right, a chance exists that sperm can bypass this barrier. The diaphragm may be inserted up to four hours before intercourse and must be left in at least six hours following intercourse.

### Advantages

- ▼ It has a very high level of effectiveness, over 98% when it is used with spermicide (Grunlan 1984:238).
- ▼ It lacks harmful side effects.
- ▼ It is a relatively low cost method compared to surgical.

### Disadvantages

- ▲ The services of a physician are needed.
- ▲ A Prescription is necessary.
- ▲ The diaphragm must be cleaned and cared for since it is reusable.
- ▲ Limits sexual spontaneity, since its use require the couple to plan ahead.

## **Intrauterine Device (IUD)**

The IUD is made of plastic, copper, or stainless steel and is basically an object placed in the uterus by a physician or other health professional. Most IUD's have short nylon threads attached to them that hang down into the vagina. The purpose of the threads is for the woman to perform self examination to ensure the device is in place.

The IUD is not really a contraceptive since it does not prevent conception. It is a contraimplantation device because it prevents the implantation of the fertilized ovum (zygote) in the uterine wall (Ibid). The IUD causes irritation to the uterine wall so that the fertilized ovum is rejected and discharged causing abortions (Ibid). For this reason many Christians are opposed to the use of IUD's.

### **Advantages**

- ▼ Has the highest level of effectiveness up to 95% (Greenberg et. al. 1989:247).
- ▼ Relatively low in cost.

### **Disadvantages**

- ▲ The need to see a doctor or a health professional to have the IUD installed.

▲ Has serious medical side effects such as:

Pelvic inflammatory disease

Pregnancy complications

Infertility

Increase menstrual flow

Irregular flow

Abdominal cramps

Perforated uteruses

Causes abortion (Greenberg et. al. 1989:246; Jorgensen 1986:154).

## **Chemical Methods**

These Methods involve the use of chemical reactions to prevent conception. The two basic methods in this category are the birth control pills and the spermicides.

### **Birth-Control Pills**

There are basically two types of birth control pills, combination pill, which contains estrogen and progestin (Synthetic progesterone) and the progestin - only pill, which contains no estrogen.

Experts believe that oral contraceptives are the most effective means of preventing pregnancy. The combination pill's estrogen signals

the brain hypothalamus to prevent the pituitary gland from producing FSH; the progesterone inhibits LH production. In either case ovulation is prevented (Greenberg et. al. 1989:243).

### **Advantages**

- ▼ Highest level of effectiveness - over 95%.
- ▼ Low cost.
- ▼ Does not interfere with sexual activity.

### **Disadvantages**

- ▲ A physician and prescription are needed.
- ▲ Requires discipline to take the pill daily.
- ▲ The combination pill has been associated with the risk of heart attack, and increase in blood pressure which can damage blood vessels (Ibid).

### **Spermicides**

Vaginal spermicides are sperm killing preparations. They are available in the form of jellies, creams, aerosol, foams. The spermicide should be inserted or applied just before intercourse for maximum effectiveness.



## Advantages

- ▼ Very effective about 97% and up to 99% if used in conjunction with the condom (Grunlan 1984:243).
- ▼ Cost is low.
- ▼ The services of a physician or prescription is not needed.

## Disadvantages

- ▲ It interferes with sexual arousal since it must be inserted just before intercourse.
- ▲ Applying spermicides is messier than other methods.

## Surgical Methods

These are methods that involve surgical procedures by a physician. The basic method to be discussed is sterilization.

## Sterilization

The most widely used procedure for the sterilization of women is **tubal ligation**, which involves the cutting and tying of the fallopian tubes. This prevents the egg and the sperm from meeting. A tubal ligation does not affect a woman's hormone production, menstrual cycle, or sexual desire. A tubal ligation should be considered **permanent**. Although it is

possible to surgically reconnect the fallopian tubes, this does not ensure fertility, since scar tissue in the tubes may prevent conception (Ibid).

The sterilization procedure for a man is called **vasectomy**. It involves the cutting and tying of the two vas deferens. A vasectomy does not affect a man's hormone production, his ability to have an erection, or intercourse. It has no effect on the production of seminal fluid, ejaculation or orgasm. As with tubal ligation, a vasectomy is surgically reversible. However this method should be considered **permanent**. Since reconnection of the vas deferens does not guarantee the ability to produce children.

### **Advantages**

- ▼ It is almost 100% effective.
- ▼ Allows sexual freedom between husband and wife.
- ▼ Has no medical side effects.

### **Disadvantages**

- ▲ It involves the services of a physician.
- ▲ It is costly.
- ▲ It must be considered irreversible.

## DYNAMIC No. 4

### INSTRUCTIONS

- ♦ Form groups of six (mixed).
- ♦ Be prepared to report to entire group.
- ♦ Discussion time 5 minutes.
- ♦ Reporting time 2 minutes, total 7 minutes.

### DISCUSSION

What are the considerations necessary for a Christian couple in choosing a contraceptive?

### HOW TO CHOOSE A CONTRACEPTIVE (use transparency p. 188)

Several important considerations go into choosing a contraceptive.

These considerations are as follows.

- ▼ MORALITY. Any method chosen should be consistent with the couple's view of morality (For example one may believe that life begins at conception. In this case, the couple may not want to use a method of contraception that interferes with implantation - the IUD).
- ▼ EFFECTIVENESS. The reason for using contraceptives is to prevent conception, if it is not good at that, it is probably not the right choice.

- ▼ SAFETY. If there are too many serious potential negative side effects, choose another.
- ▼ CONVENIENCE. Contraceptive methods that are convenient to use, that do not interrupt sex and that are readily available are more likely to be used than are less convenient ones.
- ▼ COST. Do not give up too many effectiveness and safety concerns to get a cheap contraceptive. Pregnancy will be more costly.
- ▼ NOT MESSY. Choose a method that is not irksome to use and that is not perceived as messy so you will be more likely to actually use it.

## **EXERCISE No. 2** Quiz (p. 190).

### **INSTRUCTIONS**

- ▶ Write T for True or F for False in the space provided.
- ▶ Quiz must be done individually.
- ▶ Time to complete Quiz 7 minutes.

### **CLOSING EXERCISES**

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## CHOOSING A CONTRACEPTIVE

Several Considerations go into choosing a Contraceptive. These Considerations are as follows:

- ❖ MORALITY
- ❖ EFFECTIVENESS
- ❖ SAFETY
- ❖ CONVENIENCE
- ❖ COST
- ❖ NOT MESSY

## SEXUALITY: A HONEYMOON PERSPECTIVE

FILL IN YOUR ANSWERS IN THE SPACE PROVIDED

1. How long have you been in love \_\_\_\_\_
2. Are you able to communicate freely on all subjects, or are there areas that you feel embarrassed or shy discussing? \_\_\_\_\_  
\_\_\_\_\_
3. Do you consider your knowledge of sex adequate for marriage? \_\_\_\_\_  
\_\_\_\_\_
4. Do you have any negative attitude toward sex? \_\_\_\_\_
5. List factors in your background that will contribute to compatibility in your marriage \_\_\_\_\_  
\_\_\_\_\_
6. What belief about human sexuality did you have before coming to this seminar \_\_\_\_\_  
\_\_\_\_\_
7. What is your understanding of the Bible's teaching on the husband and wife relationship \_\_\_\_\_  
\_\_\_\_\_
8. How do you relieve your sexual frustration? Do you need to make any improvements in this area \_\_\_\_\_  
\_\_\_\_\_
9. Have you learned to daily yield you life to the control of the Holy Spirit \_\_\_\_\_
10. When was the last time you spent some quiet time with God? \_\_\_\_\_  
\_\_\_\_\_
11. As a Couple heading towards marriage have you Committed your relationship and your future into the hands of God? \_\_\_\_\_ If not, why not, do it now?

## TEST YOUR KNOWLEDGE

Write True or False

1. Ellen White believed in planned parenthood \_\_\_\_\_
2. Coitus interruptus is very safe up to 90% effective \_\_\_\_\_
3. There are three biological facts that provide the scientific basis for the rhythm method \_\_\_\_\_
4. Abstinence is a mechanical method \_\_\_\_\_
5. Condoms are about 75% effective \_\_\_\_\_
6. The IUD is not really a contraceptive \_\_\_\_\_
7. Sterilization procedure for men is called tubal ligation \_\_\_\_\_
8. Morality must always be considered when choosing a method of contraceptive \_\_\_\_\_
9. The male sperm is capable of living for only about forty eight hours after it is released \_\_\_\_\_
10. An estimated 60% of women have irregular menstrual cycle \_\_\_\_\_
11. Many Christians oppose the IUD method \_\_\_\_\_
12. Surgical methods must be considered permanent \_\_\_\_\_
13. Methods of birth control may be divided into four major categories \_\_\_\_\_
14. All methods of contraceptives have advantages and disadvantages \_\_\_\_\_
15. Statistics affirm that during one year of unprotected intercourse 80% of couples will conceive \_\_\_\_\_

**SECTION VI SEXUALITY: A DYSFUNCTIONAL PERSPECTIVE****SUGGESTED TIME AND ACTIVITIES**

☞ Welcome and Introduction	5 minutes
☞ Introducing the Subject	3 minutes
☞ Dynamic No. 1	7 minutes
☞ Male Sexual Dysfunctions	30 minutes
☞ Exercise No. 1	5 minutes
☞ Female Sexual Dysfunctions	30 minutes
☞ Dynamic No. 2	10 minutes
☞ Recess	5 minutes
☞ Exercise No. 2	10 minutes
☞ Treating Premature Ejaculation	30 minutes
☞ Exercise No. 3	5 minutes
☞ Questions and Answer Period	8 minutes
☞ Closing Exercise	2 minutes



## General Objectives

- ◆ Understand the causes of sexual dysfunctions in males and females.
- ◆ Know different types of sexual problems that exist in males and females.
- ◆ Describe methods used in helping males and females overcome sexual problems.

## Specific Objectives

Participants will be able to:

- ◆ Explain physical factors that may cause sexual dysfunctions in males and females.
- ◆ Analyse psychological factors that may cause sexual dysfunction in males and females.
- ◆ Explain intelligently the difference between primary and secondary sexual dysfunction.
- ◆ The four main types of sexual problems in men.
- ◆ Describe the four main types of sexual problems in women.
- ◆ Evaluate three methods therapists use in helping male and female overcome sexual problems.

## **Advance Preparation**

- Prepare participants manual.
- Prepare transparencies.
- Have projector and screen.
- Have additional pencils.
- Plan time and activities wisely.

## **Strategy**

- ⇒ Group dynamics.
- ⇒ Couples interaction.
- ⇒ Quizes.
- ⇒ Other written exercises.
- ⇒ Questions from audience.
- ⇒ Transparencies.

## **Type of Audience**

- ♦ Married couples.

Get all the advice you can and you will succeed;  
without it you will fail (Proverbs 15:22 GNB).

Sexual dysfunction refers to a chronic, or consistent long term inability to give or receive sexual satisfaction (Grunlan 1984:169; Greenberg et. al. 1989:201).

Masters and Johnson estimate that one out of every two married couples in the United States is sexually unfulfilled (Mazat 1981:80). Specialists in human behavior such as psychiatrists, social workers and psychologists report that about 75% of their clients have sexual problems that may or may not be chronic (Greenberg et. al. 1989:201). Why is sexual dysfunction so prevalent?

## **DYNAMIC No. 1**

### **INSTRUCTIONS**

- ♦ Form groups of six.
- ♦ Be prepared to share answer with entire group.
- ♦ Discussion time 5 minutes.
- ♦ Reporting time 2 minutes - total 7 minutes.

### **DISCUSSION**

List factors that may contribute to sexual dysfunction.

Sexual dysfunction may either be caused by physical or psychological factors, but most experts agree that psychological causes broadly defined, are much more prevalent and may be responsible for up to 90% of sexual dysfunctions (Ibid). Sex researcher William Masters has concluded, that the greatest cause of sexual problems is misinformation, misconception and taboo (Collins 1989:266).

Sex Therapists have recognized two types of sexual dysfunctions in both male and female, namely:

- ▲ Primary dysfunction. This type includes people who have **never** had satisfactory sexual relations.
- ▲ Secondary dysfunction. Which includes people who have had successful sexual relations at some time but are now having chronic difficulty (Jorgensen 1986:143; Greenberg et. al. 1989:201).

### **MALE SEXUAL DYSFUNCTIONS** (use transparencies pp. 220, 221).

According to the experts, men experience four main types of sexual dysfunctions: erectile dysfunction, premature ejaculation, ejaculatory incompetence and dyspareunia (Greenberg et. al. 1989:201).

## **Erectile Dysfunction**

Erectile dysfunction popularly known as impotence, is a man's inability to attain an erection or maintain it long enough to have sexual intercourse.

Impotence derives its meaning from the Latin word which means "without power" therefore the term is used to connote that a man has lost power and is no longer "manly", when he cannot achieve or maintain an erection. Furthermore the term impotence connotes that he has lost power as a lover by losing his reproductive capacity (Ibid, 204). However, many experts in the field of sexology believe that the term impotence is untrue and unfair and favor erectile dysfunction as a more professional and accurate term.

Erectile dysfunction may be classified as primary and secondary.

- ▼ Primary erectile dysfunction, is a state in which the man has never been able to achieve or maintain an erection sufficient to engage in intercourse.

Studies indicate that the most common causes of primary erectile dysfunction are strict religious beliefs, which crippled the individual's psychosocial development; homosexual involvement; or perverse family influence (Hoffman 1977:306).

- ▼ Secondary erectile dysfunction refers to men who have previously been able to maintain an erection long enough to have intercourse but subsequently developed an erection problem.

Studies show that secondary erectile dysfunction may occur as a result of disgust, anger or hostility toward a woman and may be viewed as an unconscious desire to punish her. Severe religious upbringing, the teaching that sex is immoral, destructive, degrading and harmful to one's health may also contribute to failure to achieve erection. Guilt and shame resulting from an inadequate sex education at earlier ages can contribute immensely to problems of this nature by instilling fear into the individual (Ibid). Stress, fatigue, illness and some medicines can also result in secondary erectile dysfunctions.

### **Premature Ejaculation**

Premature or rapid ejaculation is the most common sexual dysfunction in men. Helen Singer Kaplan (1974) defined premature ejaculation as the man being unable to voluntarily control his ejaculate. A condition in which the man cannot maintain vaginal insertion long enough without ejaculating (Greenberg et. al. 1989:206). Premature ejaculation is estimated to affect between 15-20% of all men at least moderately (Masters, Johnson and Kolodny, 1985).

Studies indicate that the problem of premature ejaculation is occasionally established from premarital sexual experiences. Heavy petting with stimulation to ejaculation can form a hurried pattern of love making. Premarital intercourse instills guilt about the sex act itself, and there is a constant pressure to "get it over with" before discovery. This pattern of hurried ejaculation usually continues after marriage (Wheat 1993:91).

Premature ejaculation is also encouraged by too much muscular tension, as a result repeated practice of masturbation may also set the stage for future problems of premature ejaculation (Mazat 1981:9).

Poor learning experience at the beginning of marriage can also result in problems of this nature. Hurried penetration of the vagina can cause the penis to experience too much friction if the vagina is insufficiently lubricated, causing increased sensitivity and rapid ejaculation (Steege, 1981).

Infrequent intercourse has also been charged with encouraging prematurity. If intercourse is not engaged in with some regularity, a husband may become less sensitive to the approaching inevitability signals and lose a sense of control. In other cases, the build up of sexual arousal due to infrequency can cause control to be too difficult (Mazat 1981:90-91).

The main difficulty with premature ejaculation is that it does not give full sexual satisfaction to the wife. When this problem persists, the wife may feel that she is being used, that her husband is only concerned with his own pleasure and has no real appreciation for her sexual needs. She may feel deprived of physical release, this may result in resentment towards her husband for being used sexually rather than loved sexually. As the husband becomes more preoccupied with his failure to satisfy his wife, he may even lose his ability to maintain an erection (Wheat 1993:91).

Several methods and techniques for overcoming premature ejaculation have been proposed, among them are:

- ▲ The Condom. The use of the condoms seems to help since the glans penis is not stimulated directly. The thin latex rubber sheath extracts some of the sensitivity and helps prevent rapid ejaculation (Greenberg et. al. 1989:106).
- ▲ The Stop Start technique. Relaxing or switching positions to decrease muscle tensions and delay ejaculation is another recommended technique.
- ▲ The Squeeze technique designed by Masters and Johnson. This technique is discussed later.



## **Ejaculatory Incompetence**

This condition is popularly referred to as retarded ejaculation and may be classified as primary and secondary ejaculatory incompetence condition.

**Primary ejaculatory incompetence.** This condition involves the situation in which the husband has never ejaculated in the vagina and is incapable of doing so, even with sufficient stimulation and long period of thrusting (Mazat 1981:92).

**Secondary ejaculatory incompetence.** The husband has previously been able to ejaculate in the vagina but can no longer do so. The husband may still be able to maintain an erection and or stay sexually aroused but he cannot ejaculate in the vagina. In some cases he may be able to be stimulated to orgasm outside the vagina (Mazat 1981:92; Greenberg et. al. 1989:207).

Another type of retarded ejaculation is **partial ejaculatory incompetence** this condition results in a "half" orgasm - that is, a seepage of semen without true orgasmic sensations. Kaplan (1974) writes of men who when fatigued or in conflict "come without realizing they have".

Many Psychologists believe that ejaculatory incompetence condition is emotionally triggered almost entirely. Anger at a spouse can consciously or unconsciously suppress ejaculation. It may also be

"punishment" for a perceived infidelity on the wife's part (Mazat 1981:92) perhaps unconscious fear of impregnating his wife can be involved.

## **Dyspareunia**

Painful sexual intercourse is called dyspareunia. A man may feel pain in his penis, or testes during coitus. Among the condition which could be responsible are:

- ▼ A tight foreskin. When an erection develops, a foreskin that is too tight may create pain for the man.
- ▼ Irritation of the glans due to chemical contraceptives or an allergic reaction to soaps or other toiletries.
- ▼ Lack of proper hygiene leading to irritation or infection.
- ▼ An injury resulting in bruising or muscle fracture of the penis.
- ▼ Several diseases also result in conditions which can result in painful intercourse for the husband. For this reason a Physician should examine the first manifestation of unusual discomfort to determine its cause.

### **EXERCISE No. 1**    Quiz (p. 225)

#### **INSTRUCTIONS**

- ◆ Sheet must be completed individually.

- ▶ Write answer in space provided.
- ▶ Exercise time 5 minutes.

## **FEMALE SEXUAL DYSFUNCTION** (use transparencies pp. 222, 223).

### **Sexual - Unresponsiveness**

The term frigid has been widely used to label sexually unresponsive woman, who do not seem to have a sex drive (Hoffman 1977:309). It connotes a cold feeling; an unemotional woman locked in a state of nonresponse (Sproul 1975:94). Because of its negative connotations and accusative or judgemental nature, the term frigid is not clinically accepted (Grunlan 1984:170) and is replaced by a more accurate term, sexual unresponsiveness (Williams, 1977).

The physiological manifestations of sexual unresponsiveness include lack of vaginal lubrication, lack of vasocongestion, and no change in the size of the vagina during sexual stimulation (Greenberg et. al. 1989:209).

Sexual unresponsiveness can be caused by low estrogen levels, or by shame, fear, guilt, or embarrassment about sexual activity or one's body (Sproul, 1975; Greenberg et. al., 1989).

## **Preorgasmia and Nonorgasmia**

Not all women can experience orgasm (Greenberg et. al. 1989;210). Some women who are able to become sexually aroused and experience vasocongestion and lubrication, never achieve orgasm (Grunlan 1984:171). (Mazat, 1981) refers to such woman as preorgasmia, she says this term has positive optimistic implications. It infers that to this point in time the woman may not have had the experience of orgasm, but the potential is there.

The group represented by the term "nonorgasmia" can be divided into:

- ▲ Primary orgasmic dysfunction. Those who have never been able to experience orgasm.
- ▲ Secondary orgasmic dysfunction. Those who have previously experienced orgasm but no longer do.
- ▲ Situational orgasmic dysfunction. Women in this condition only experience orgasm on "festive occasions" such as vacations, anniversaries or very special days (Mazat 1981:84; Greenberg et. al. 1989:210).

According to (Masters, Johnson and Kolodny, 1985) only about 5% of the cases of orgasmic dysfunctions are the result of hormone deficiencies, or pelvic infection. The other 95% are the result of psychogenic factors such as, shame and guilt associated with sexual

activity, fear of intercourse or pregnancy (Greenberg et. al., 1989). Anxiety about meeting partners expectations (Penner and Penner 1990:91) culturally inspired negative sexual messages, a poor self image, a negative first sexual experience (Mazat, 1981).

### **Dyspareunia**

Some women experience pain during sexual intercourse, this condition is known as dyspareunia. Often the pain manifest itself as a burning or cramping and may occur in the vagina or elsewhere in the pelvis. It is estimated that 1-2% of all women experience dyspareunia regularly (Masters, Johnson and Kolodng, 1985) and has as its basis, anxiety, tension, and fear (Ibid).

Physical conditions, however, may contribute to dyspareunia, these can involve vaginal infections, some contraceptive foams, creams, gels, or some diaphragm may irritate the vagina. Infection or irritation of the uterus, fallopian tube, ovaries, bladder. Senile changes in the vagina can cause fragility and thinness. All these conditions can result in painful intercourse (Mazat 1981:81; Greenberg et. al. 1989:212).

As Soon as a woman experiences dyspareunia she should consult her physician. The medical condition can be treated for relief of pain in most cases. One of the concerns regarding dyspareunia is its potential to lead to other dysfunctions. If a woman anticipates pain during coitus, she

may tense her vaginal muscles resulting in vaginismus; or if she anticipates pain, she may not be sexually responsive; the pain may also prevent her from being orgasmic (Ibid).

### **Vaginismus**

Vaginismus is the name given to another painful condition experienced by women. It is characterized by an involuntary spasmodic contraction of the muscles around the vaginal opening to prevent penetration of the penis. It is not a plight that a woman brings about consciously (Mazat 1981:82).

In severe cases of vaginismus, spasm occur when penetration is attempted with any object. In less severe cases, spasm occur only when coitus is attempted. In even less severe cases, coitus is possible but accompanied by discomfort (Greenberg et. al. 1989:211).

A woman may experience vaginismus as a result of a traumatic experience or rape, the vagina may be conditioned to respond with spasm to protect itself from painful entry. Women who believe that they are physically "too small inside" for penile entry are often victims of vaginismus (Mazat 1981:82). If a woman perceives sex as a nasty disgusting ordeal, if her religious and moral training has ingrained in her the idea that the sex act is something shameful, or if she has been exposed to the theory that "all men are brutes" and "all they want from a woman is

sex" then she may find herself afflicted with vaginismus (Ibid). Experts estimate that 2-3% of all post-adolescent women experience vaginismus (Masters, Johnson and Kolodny, 1985).

## **DYNAMIC No. 2**

### **INSTRUCTIONS**

- ♦ Form groups of six.
- ♦ Groups must not be mixed, men groups and women groups.
- ♦ Be prepared to report to entire group.
- ♦ Discussion time 7 minutes.
- ♦ Reporting time 3 minutes, total 10 minutes.

### **DISCUSSION**

What can you do as a spouse to help your partner overcome problems of guilt, fear, lack of trust, and other factors that affect him or her psychologically.

## **EXERCISE No. 2**

Perception about sex (p. 226)

### **INSTRUCTIONS**

- ▶ Sheet must be completed individually.
- ▶ Each couple upon completion, choose a spot to compare and discuss answers.

- ▶ Encourage each other and if there is any inhibitions in your sexual relationship pray for help to overcome.
- ▶ Time 10 minutes.

## **TREATING PREMATURE EJACULATION**

Two techniques exist to help men control premature ejaculation. The **Semans stop start** method named after the developer James Semans. And the **squeeze technique**, developed by Masters and Johnson.

### **The Semans Stop Start Method**

This is a very simple method, the man lies on his back and concentrates on his feelings and sensations while his wife stimulates his penis manually. When he feels ejaculation approaching, he signals his partner to stop stimulating him. The couple repeats the procedure until the husband learns ejaculatory control (Greenberg et. al., 1989).

### **The Squeeze Technique**

It must be pointed out that when there is the problem of premature ejaculation within marriage, it is a couple's problem, not just a man's problem. Both spouses are affected by it, therefore therapists



recommend that both husband and wife be actively involved in the treatment.

### **Premature Ejaculation Control Exercises**

The process of the control exercises may seem to be rather tedious, but couples who recognize that premature ejaculation affect maximum sexual fulfillment will find that a few weeks of mutual effort and discipline will lead to far greater sexual pleasure possibly for the rest of their lives. The experts believe that few men possess the ability to delay their ejaculation as long as they would like (Wheat 1993:99). These ejaculation control exercises using the squeeze - technique procedure can result in heightened pleasure for couples desiring better sexual relationship. Wheat says, that during these sessions the wife may also discover that she is beginning to experience some new and pleasurable feelings. She begins to feel more sexually aroused, and may now be able to experience multiple orgasm (Ibid).

### **Phase I**

**Objective** To improve physical communication and learn to appreciate physical closeness with your spouse.

- ✧ Learn to give and receive pleasure. Spend time touching and fondling each other.
- ✧ Do those things which physically please your spouse. Explore the erogenous zones of your spouse's body, such as stroking the back or neck, the eye brows, the back of the ears etc.
- ✧ Avoid directly stimulating genital areas.
- ✧ Do not have intercourse, but focus on improving physical communication with your mate.
- ✧ Learn to appreciate and enjoy physical closeness.
- ✧ Follow this procedure for at least the first two sessions.

## **Phase II**

**Objective** For the husband to learn to recognize the physical sensations that comes just before ejaculation, so that he is able to communicate to his wife the best time to apply the squeeze.

During this session it is vitally important that the husband concentrate completely on his own sensations. He is to block out all other thoughts, so that he will become keenly aware of the feeling that comes just prior to ejaculation. It may help if he closes his eyes during concentration.

- ✧ The wife sits with her back against the head board of the bed, with her legs spread comfortably apart.
- ✧ The husband is to lie on his back, with his head toward the foot of the bed.
- ✧ The husband positions his pelvis between his wife's legs, with his genitals close to hers. With knees bent, his feet are to be placed outside her thighs (near her buttocks).
- ✧ The wife lovingly and gently caresses the husband's genitals, giving special attention to the underside of the shaft or the head of the penis to encourage an erection.
- ✧ As soon as the husband achieves full erection, the wife will begin the squeeze technique. She places her thumb on the underside of the penis, about one-half inch below the slit opening just where the shaft ends and the head begins. She then places the first two fingers of the same hand on the opposite side of the penis with one finger above the ridge and the other below the ridge which distinguishes the head from the shaft.
- ✧ She then squeeze her thumb and two fingers together. The squeeze should be firm but not too hard and should be held for about ten seconds before releasing the pressure.
- ✧ After fifteen to thirty seconds, the wife manipulates the husband to full erection again and repeats the squeeze. The squeeze works

best when it is applied long before reaching the point of no return (Penner and Penner 1990:231).

- ✧ Repeat this procedure every four or five minutes for the entire twenty minute session (Wheat 1993:95).
- ✧ Use a lubricant such as K-Y Jelly on the penis in order to heighten sensations during stimulation.
- ✧ Do not have intercourse or insert the penis into the vagina.
- ✧ At the end of the exercise, stimulation should be continued to ejaculation (Ibid).
- ✧ The husband must also use manual stimulation of his wife's clitoris to give her sexual release after each practice session (Ibid).

### **Phase III**

**Objective** For the erect penis to remain almost motionless in the vagina for fifteen to twenty minutes before ejaculation.

- ✧ The husband lies on his back, and the wife stimulates him to an erection.
- ✧ The husband is to signal his wife when he is approaching the point of ejaculation. She is to respond very quickly using the squeeze technique.

- ✧ The wife is to repeat the stimulation almost to the point of ejaculation and then squeeze the penis. This should be repeated several times.
- ✧ The wife then straddles the husband in a sitting position. Leaning forward at about a 45° angle, she then slowly and gently inserts the erect penis into the well-lubricated vagina, then moves backward comfortably unto the shaft, not just sitting down on it.
- ✧ She remains motionless, giving her husband a chance to achieve control. If the husband loses his erection while the penis is in the vagina, the wife should raise her body and manually stimulate him back to an erection.
- ✧ If the husband senses that he is nearing the point of ejaculation, he should signal his wife so that she may quickly raise her body and repeat the squeeze procedure. She then should gently reinsert the penis.
- ✧ The couple should be able to maintain this position with the erect penis almost motionless in the vagina for fifteen to twenty minutes before ejaculation.

## Phase IV

**Objective** To be able to keep the erect penis in the vagina with very gentle movements for about twenty minutes before ejaculation.

- ✱ Spend enough time in love play.
- ✱ The wife must assume position of straddling the husband and leaning forward.
- ✱ The husband is to begin thrusting slightly, thus learning to tolerate gradually increasing amounts of movement of the penis in the vagina.
- ✱ This gentle thrusting should continue for fifteen to twenty minutes before ejaculation. Use the squeeze technique if necessary.
- ✱ When this phase is mastered, the husband may then ejaculate with the penis in the vagina. After each practice session the husband should take time to gently and lovingly stimulate his wife to orgasm.

## Establishing Lasting Ejaculatory Control

- ▲ Good ejaculatory control is usually attained in three to six weeks (Ibid, 99).

- ▲ Following the intensive ejaculation control exercises, use the squeeze technique once a week for the next six months.
- ▲ Once each month practice the squeeze technique for an entire twenty minute session.
- ▲ Within six to twelve months the husband should be consistent in maintaining ten to twenty minutes without ejaculation.
- ▲ Complete control is attained when the husband does not have his orgasm until he chooses.

(Phases of the squeeze technique adapted from **Intended for Pleasure**, by Dr. Ed and Gaye Wheat).

### **Sensate Focus**

Sensate focus is a technique utilized by sex therapists to treat the problem of sexual unresponsiveness in both men and women. The idea behind this method is to teach the husband and wife to experience erotic feelings short of intercourse so that both will learn and accept giving and receiving sexual pleasuring (Greenberg et. al., 1989). The therapist gives the unresponsive partner permission and encouragement to feel nonthreatening sexual feelings. Eventually the therapist incorporates coitus into the sensate focus program (Ibid).

According to Alberta Mazat, sensate focus consist of two phases. Phase one excludes the touching of genitals and breasts. Phase two permits the touching of the genitals and breasts.

### **Phase I**

- ✧ Both husband and wife shower in preparation for the exercise.
- ✧ Both should be nude in the bedroom.
- ✧ Begin with wife first.
- ✧ Wife is to lie on her tummy.
- ✧ The husband begins a very tender touch over her arms and down to her fingers. Then he goes over to the back of the neck and slowly and gently glides his hand down the back, and each leg down to the toes.
- ✧ There must be no talking during the exercise.
- ✧ If there is something that hurts, or does not feel good, let it be known not with words, but with body communication.
- ✧ Focus on erogenous zones like, the face, ears, neck, eyelids, shoulders, buttocks and thighs, particularly the inner portions (Mazat 1981:51). According to Smedes, Masters and Johnson have found thirty four (34) erogenous zones in the human body (1992:101).



There is much individual variation in the feeling derived from stimulation of these areas.

- ✧ The exercise must be done in an unhurried manner.
- ✧ When finished the husband must lie coupled with his wife like spoons packed. He must place his hand lightly on her abdomen, and let the breathing of both be done harmoniously.
- ✧ After a moderate period of relaxation the wife must repeat all that the husband did to her.
- ✧ At the end of the exercise they may both express their feelings and experiences.

## **Phase II**

This phase includes touching and fondling of the genitals.

- ✧ Begin with face, lips, eyelids, ear lobes, etc.
- ✧ Avoid making an aggressive dive for the genitals even though it is permitted.
- ✧ Do not linger for too long touching genitals.
- ✧ Lie in a state of relaxation coupled with each other as in phase I.
- ✧ Avoid the temptation to sleep (sleepers fail the test).

(Mazat - class lectures, 1994)

## **Benefits of Pubococcygeus (P.C.) Muscle Exercise**

In its healthy condition the P.C. Muscle is an extremely strong muscle more than two fingers thick that runs between the legs from front to back like a sling. In two out of every three women says Van Pelt, this wide muscle becomes weak and sags, thus interfering with sexual functioning. An understanding of how the muscle works can relieve many cases of inadequacy (1979:133).

The La Hayes say, that the benefits of the P.C. Muscle exercises are multiple. These exercise will improve a woman's body for childbirth, urinary control, reduction of backaches, and increase sexual enjoyment for both husband and wife (1976:145).

### **The P.C. Exercise**

- ▲ In a sitting position with knees apart (about two feet) allow the flow of urine and then attempt to stop the flow without moving the knees (Wheat 1993:104).
- ▲ Once you feel what it is like to correctly contract the P.C. keep doing the exercise any time.
- ▲ After learning precisely how to contract the P.C. a program of exercising is begun.

- ▲ Begin with five to ten contractions upon waking. The contraction seems to be easier at this time (La Haye 1976:148).
- ▲ Use the stoppage of urine flow during urination to make sure that the right muscle is being contracted (Ibid).
- ▲ Hold each contraction for two seconds.
- ▲ In approximately four days, increase exercising to ten contractions about six times per day (Wheat 1993:105).
- ▲ Place a finger about an inch and a half inside the vagina and contract the muscle. A woman with good P.C. muscle control should be able to squeeze this one finger very firmly. A vagina which makes poor contact with the penis affords little sexual stimulation for the wife. A strong P.C. gives more satisfying stimulation. More stimulation results in reflex contraction of the vagina, which is part of the pattern that leads to orgasm for the woman (Ibid).
- ▲ Begin voluntary contraction of the P.C. during foreplay in order to heighten sexual tension before the penis is inserted. This helps condition the P.C. for involuntary contraction later in orgasm. It also helps firm up the vaginal walls (Ibid).
- ▲ Contract muscle to give husband maximum stimulation before and during orgasm (Ibid).

Van Pelt says, most women note changes in their sexual performance within three weeks of exercise and after six to eight weeks, a small amount of exercise will maintain the muscle tone (1979:133).

Thus each time one stops to consider the marvel of the human body the words of the Psalmist "I will Praise you because I am fearfully and wonderfully made" (Psalm 139:14 NIV), should bring fresh and added meaning to the heart.

### **EXERCISE No. 3**

#### **INSTRUCTIONS**

- ▶ Sheet must be completed individually.
- ▶ Time 5 minutes.

#### **CLOSING EXERCISES**

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## CAUSES OF SEXUAL DYSFUNCTION IN MEN

### PSYCHOLOGICAL

- ❖ Anxiety about meeting partners expectations
  - Fear of not being able to satisfy wife.
  - Fear of being compared with other men.
- ❖ Fear of rejection.
- ❖ Fear of losing erection.
- ❖ Guilt about sexual relation.
- ❖ Shame about sexual behavior.
- ❖ Feeling of inferiority.
- ❖ Poor relationship with one's spouse.
- ❖ Stress from any source.
- ❖ Trauma of one's past.

## CAUSES OF SEXUAL DYSFUNCTION IN MEN

### ERECTILE DYSFUNCTION

#### PHYSICAL

- \* Kidney, heart and lung disease.
- \* Liver diseases - Hepatitis, Cirrhosis, Mononucleosis.
- \* Endocrine disorders - Hypothyroidism, Addison disease, Diabetes.
- \* Infection or irritation of the glans penis.
- \* Infection of the urethra or prostate.
- \* Tuberculosis.
- \* Mumps.
- \* Malnutrition.
- \* Leukemia.
- \* Sickle - Cell disorder.
- \* Thrombosis of the veins or arteries of the penis.
- \* Multiple sclerosis.

### EJACULATORY DISTURBANCES

- \* Surgical procedure - Cancer of the prostate.
- \* Drugs - Alcohol and barbituates

Some anti depressants and tranquilizers

Medication that lower blood pressure.

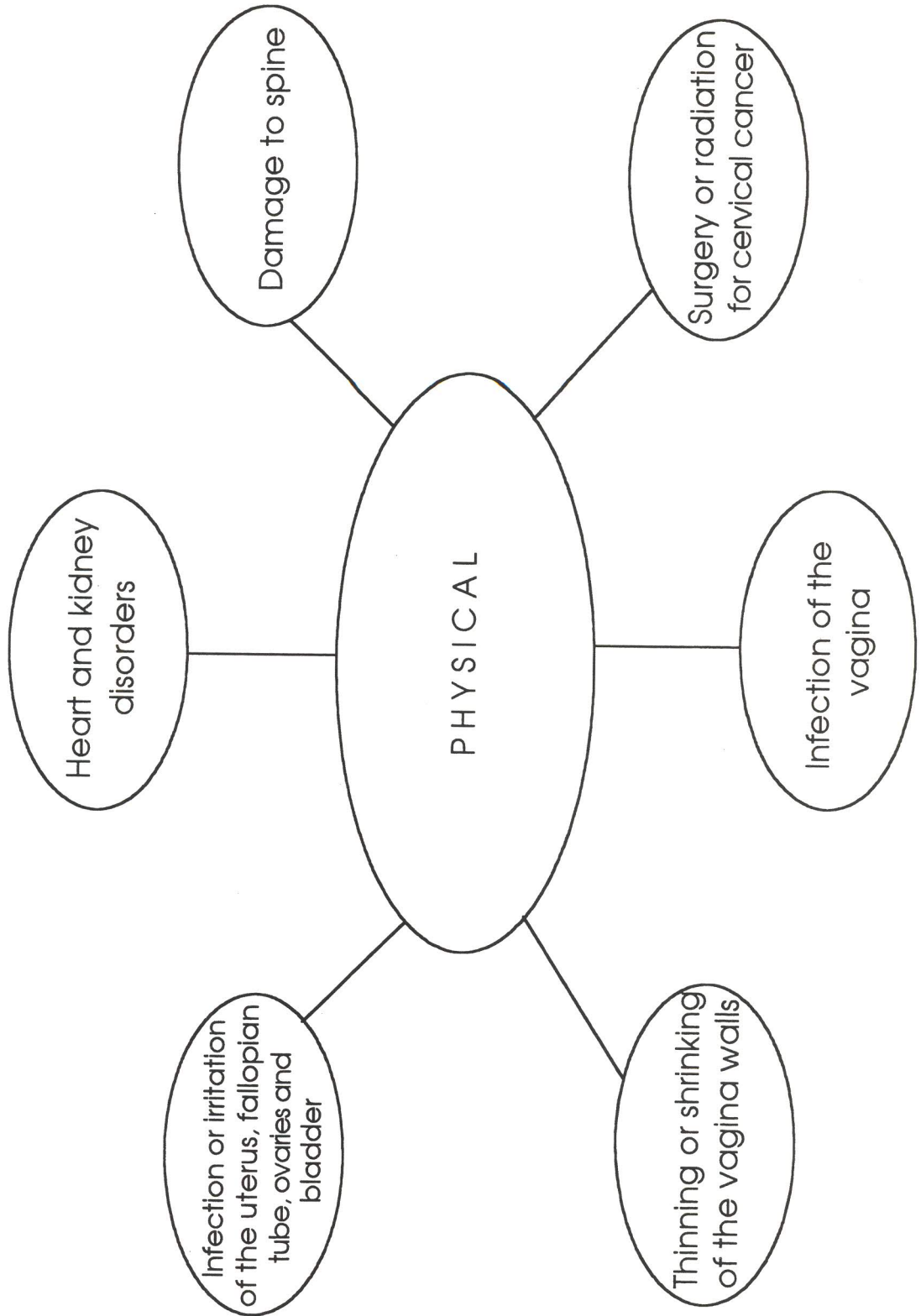
Ulcer medication.

## CAUSES OF SEXUAL DYSFUNCTION IN WOMEN

### PSYCHOLOGICAL

- ❖ Stress. Long term stress can lower sex drive and responsiveness.
- ❖ Guilt and anxiety about sexual performance.
- ❖ Placing too much emphasis on orgasm.
- ❖ Faulty learning.
- ❖ Lack of trust.
- ❖ Power struggle.
- ❖ Sexual sabotage.
- ❖ Communication failure.
- ❖ Low self-esteem.
- ❖ Fear of pregnancy or sexually transmitted diseases.
- ❖ Traumatic experience or rape.

# CAUSES OF SEXUAL DYSFUNCTION IN WOMEN





## SEXUALITY: DYSFUNCTION IN FEMALES

### TEST YOUR KNOWLEDGE

1. According to Mazat, what does the term preorgasmia imply \_\_\_\_\_  
\_\_\_\_\_
2. In the past, the term \_\_\_\_\_ had been used to describe women who did not seem to have a sex drive.
3. Which of the female's sexual dysfunction may be caused by low estrogen level \_\_\_\_\_
4. Which of the female's sexual dysfunction is characterized by an involuntary spasmodic of muscles around the vagina \_\_\_\_\_
5. \_\_\_\_\_ organic dysfunction refers to women who only experience orgasm on special days e.g. anniversary.
6. Two painful conditions experience by women during coitus \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_
7. State two psychological factors that may result in any sexual problem in a female.
8. State two physical conditions that may contribute to Dyspareunia\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. A Woman may experience \_\_\_\_\_ as a result of a traumatic experience e.g. rape.
10. The group represented by the term nonorgasmia involves \_\_\_\_\_  
\_\_\_\_\_ orgasmic dysfunction \_\_\_\_\_ orgasmic  
dysfunction and \_\_\_\_\_ orgasmic dysfunction.

**QUIZ - SEXUAL DYSFUNCTIONS IN MALE - TEST YOUR KNOWLEDGE**

## FILL IN THE BLANKS

1. Sexual dysfunction may either be caused by \_\_\_\_\_ or \_\_\_\_\_ factors.
2. The two types of sexual dysfunctions in both male and female are \_\_\_\_\_ and \_\_\_\_\_
3. Erectile dysfunction is popularly known as \_\_\_\_\_
4. Two methods or technique that may be used to overcome premature ejaculation are \_\_\_\_\_ and \_\_\_\_\_
5. Another name for Ejaculatory Incompetence is \_\_\_\_\_
6. Painful sexual intercourse is called \_\_\_\_\_
7. Two conditions which could be responsible for painful intercourse are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Explain primary dysfunction \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. How many types of sexual dysfunctions have been discussed in males \_\_\_\_\_
10. Explain secondary dysfunction \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SEXUALITY: A DYSFUNCTIONAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	Uncertain	
_____	_____	_____	Sex is one of the most beautiful aspects of life.
_____	_____	_____	The more I concentrate on giving pleasure the more I get pleasure.
_____	_____	_____	My religious beliefs have the greatest influence on my attitude toward sex.
_____	_____	_____	The male should be the initiator of coitus.
_____	_____	_____	Home teaching is always a good guide towards enjoyable sex.
_____	_____	_____	Some sexual activities are wrong for a married couple to practice.
_____	_____	_____	Sexual intercourse is primarily for procreational purposes.
_____	_____	_____	Having a regular sex urge is sinful.
_____	_____	_____	Only "bad girls" enjoy sex; "good girls" endure it.
_____	_____	_____	I sometimes think of sex as being dirty or nasty.
_____	_____	_____	Men should be allowed more freedom in intercourse than women.
_____	_____	_____	The quality of a sexual relationship is more than just physical release.

# CHAPTER THREE

## PARTICIPANT'S MANUAL

### **Sexuality: A Theological Perspective**

God Created sexuality (Genesis 1:27).

God introduced sexual intercourse within marriage (Genesis 1:28; 2:24).

**DISCUSSION**

Discuss (1 Thessalonians 4:1-8) and make a list of what Paul says regarding sex and marriage.

(1 Thessalonians 4:1-8 RSV) Finally brethren, we beseech and exhort you in the Lord Jesus,.... How you ought to live and to please God,.... For this is the will of God, your sanctification: that you abstain from immorality; that each one of you know how to take a wife for himself in holiness and honor, not in the passion of lust like heathen who do not know God;.... For God has not called us for uncleanness, but in holiness. Therefore whoever disregards this, disregards not man, but God.

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## BECOMING "ONE FLESH"

A couple experiences the joy of becoming "one flesh" through sexual intercourse (Genesis 2:24).

Every true sex act has spiritual implications.

If one engages in sexual intercourse only to satisfy his or her body, he or she is operating on the level of the animal.

The Bible does not recommend that two men or two women are to become one flesh.

The divine arrangement of "one flesh" must only take place within marriage (A husband and a wife).

Marriage is honorable and the marriage bed must be undefiled, pure.

A husband is responsible to cultivate and maintain his wife's sexual purity.

As God's plan is followed, a church and also a marriage will flourish.

As husband and wife obey and draw closer to God, the thrill and fulfillment of sexual satisfaction will be heightened.

## THE FUNCTIONS OF SEXUAL INTERCOURSE IN MARRIAGE

The gift of sexuality has been given by God to fulfill several functions.

In this manual we shall discuss six of these.

- ▶ PLEASURE (Proverbs 5:18, 19)
  
- ▶ PROCREATION (Genesis 1:28)
  
- ▶ COMMUNICATION (Genesis 4:1)
  
- ▶ COMPLEMENTATION (Genesis 2:18)
  
- ▶ RELEASE (1 Corinthians 7:3-5)
  
- ▶ PRAISE (Psalm 139:14)

## SEXUAL ABSTINENCE AND THE BIBLE

According to (1 Corinthians 7:3-5) abstinence from sexual intercourse is allowed only under specific conditions which are

\* MUTUAL CONSENT

\* TEMPORARY ABSTINENCE

\* FOR A SPECIFIC PURPOSE

In order to avoid falling into temptation, the couple must recommence sexual intercourse as soon as possible.

## **DANGERS OF REJECTING ONE'S SPOUSE SEXUAL INITIATIVES**

- \* RELATIONSHIP WITH SPOUSE CAN BE DAMAGED OR RUINED.
  
- \* WILL PERHAPS TEMPT SPOUSE TO ADULTERY.
  
- \* RELATIONSHIP WITH CHRIST IS JEOPARDISED BY VIOLATING A BIBLICAL COMMAND.
  
- \* CHILDREN MAY BE BORN OUT OF WEDLOCK.
  
- \* LOSS OF RESPECT IN ONE'S COMMUNITY.
  
- \* SEXUALLY TRANSMITTED DISEASES CAN BE CONTRACTED.



## FORNICATION AND ADULTERY

Write your own definition for fornication.

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Write your own definition for adultery.

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Both the Old and New Testaments subscribe to the fact that sexual relationship must be confined to marriage.

St. Paul says "Flee Fornication" (1 Corinthians 10:18; 1 Thessalonians 4:3)

(1 Corinthians 10:8-13) Paul says, God dealt severely with sexual immorality in the Old Testament as an example for those who live in these times.

(Galatians 5:16:21) Paul lists illicit sexual intercourse among the deeds that are opposed to the will of God, and will keep people from the kingdom of God.

## SEXUALITY: A THEOLOGICAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	
_____	_____	1. God designed the sexual relationship mainly for procreational function.
_____	_____	2. God wants sex to be enjoyed so much in marriage that there will be no compulsion to seek sex outside.
_____	_____	3. Abstinence from sex may be as long as the wife wishes.
_____	_____	4. If a couple is engaged to be married sexual intercourse at least once before marriage is no sin.
_____	_____	5. Sexual passion is a good guide in selecting a life partner.
_____	_____	6. Husbands are responsible to cultivate and maintain the sexual purity of their wives.
_____	_____	7. When sex becomes self centered the other partner is deprived.
_____	_____	8. Abstinence from sex could be for any reason.
_____	_____	9. Using sex as a weapon to punish one's spouse is pleasing to God.
_____	_____	10. Praising God after an enjoyable sexual experience is showing disrespect to God.
_____	_____	11. Sexual intercourse to satisfy one's body only, is animalistic.
_____	_____	12. The sex drive in male and female is as a result of sin.

## SEXUALITY: A THEOLOGICAL PERSPECTIVE

### QUIZ

Write (T) for each True statement and (F) for each False statement.

1. God is Creator of sexuality \_\_\_\_\_
2. Sexual intercourse was introduced by God, and is commanded in marriage \_\_\_\_\_
3. According to the Bible a couple experiences the joy of becoming "one flesh" through sexual intercourse \_\_\_\_\_
4. The husband is responsible to cultivate and maintain his wife sexual purity \_\_\_\_\_
5. Five functions of sex were discussed in this seminar \_\_\_\_\_
6. Sexual intercourse in marriage is a celebration of love \_\_\_\_\_
7. Sexual abstinence can be permanent in some cases \_\_\_\_\_
8. A spouse does not always have to give a reason for abstaining from coitus \_\_\_\_\_
9. Using sex as a weapon or punishment pleases God sometimes \_\_\_\_\_
10. Ellen White recognizes the beauty, pleasure, and excitement a satisfactory sexual relationship can bring to a marriage \_\_\_\_\_
11. Sexual intercourse within marriage can become displeasing to God \_\_\_\_\_
12. God is displeased with fornication and adultery \_\_\_\_\_

## Sexuality: A Psychological Perspective

God in His wisdom Created male and female with psychological differences. It is very important that before entering marriage, both males and females learn as much as possible about meeting the needs of his or her mate.

There are many factors which affect a couple's sexual relationship positively or negatively. Maybe the most important is **intimacy**. What is intimacy?

Form groups of eight, (men and women separately).

### DISCUSSION

Write a definition for intimacy.

Men only, what would you say intimacy means to a woman?

Women only, what would you say intimacy means to a man?

Intimacy may be defined as: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I think to a \_\_\_\_\_ Intimacy means: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## SEXUAL INTIMACY KILLERS

Form groups of six (men and women separately).

### DISCUSSION

List factors that may hinder the development of sexual intimacy.

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### Notes

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## COMMUNICATION AND INTIMACY

Write your own definition for "communication".

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Establishing a sound basis for communication.

- ▲ Know when something needs to be said and say it.
- ▲ Unpleasantness must be settled immediately or as soon as possible.
- ▲ Develop a pleasant tone of voice.
- ▲ Be positive.
- ▲ Be courteous.
- ▲ Be sensitive.
- ▲ Know exactly what is to be said and use tact.
- ▲ State exactly how you feel and why you feel that way.
- ▲ Choose a suitable place and time to discuss problems.

## METHODS IN HANDLING PROBLEMS AND HOW THEY AFFECT INTIMACY

\* WITHDRAWAL

\* WINNING

\* YIELDING

\* COMPROMISING

\* RESOLVING

Discuss with your spouse the method that is most frequently used in your marital experience, how it inhibits or enhances intimacy, and what can be done to improve the marriage experience.

## HARMONY IN DIVERSITY

### DIFFERENCES THAT ARE WORTHY OF NOTING

- Men put a much higher priority on sex than women do.
- Women have a different orientation that demands a different approach.
- A man wants physical oneness, a woman desires emotional oneness.
- A man is stimulated by sight, smell, and the body.  
The woman is stimulated by touch, attitudes, actions, words, and the whole person.
- A man needs respect and admiration, to be physically needed.  
The woman needs understanding, love, to be emotionally needed, and time to warm up to the sex act.
- Male has a "point of inevitability".  
A woman has no point of inevitability.
- A man is single minded during intercourse.  
A woman is easily distracted.
- A man experiences one orgasm at a time in coitus.  
A woman has the capacity to experience multiple orgasms.
- A man's body returns to normal abruptly after coitus.  
A woman's body enters another phase called the "afterglow".



**POEM****TELL HER SO**

Amid the cares of married life,  
In spite of toil and business strife,  
If you value your sweet wife,

Tell her so!

There was a time when you thought it bliss  
To get a favor of one kiss;  
A dozen now won't come amiss \_\_\_

Tell her so!

Don't act as if she'd passed her prime,  
As though to please her was a crime \_\_\_  
If e'er you loved her, now's the time;

Tell her so!

You are hers, and hers alone  
Well you know she's all your own;  
Don't wait to "Carve it on a Stone"

Tell her so!

Never let her heart grow cold \_\_\_  
Richer beauties will unfold;  
She is worth her weight in gold

Tell her so!

Author Unknown

**POEM**

If with pleasure you are viewing

Any work a man is doing,

If you like him or you love him,

Tell him now.

Don't withhold your approbation,

'Till the preacher makes oration,

And he lies with snowy lilies on his brow.

For no matter how you shout it,

He won't really care about it,

He won't know how many teardrops

Your have shed.

If you think some praise is due him,

Now is the time to slip it to him,

For he cannot read his tombstone

When he's dead.

Poet Unknown

## LEVELS OF SEXUAL SATISFACTION

A Woman may be satisfied at any of three levels.

- ▶ Level one - The casually intimate level.
- ▶ Level two - The deeper intimate level.
- ▶ Level three - The ultimate level.

On the contrary, a man has one level of sexual satisfaction, sexual intercourse.

Notes

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## VARIETY

### DISCUSSION

(in groups of eight--four couples in each group)

What are the factors that may enhance and preserve a couple's sexual relationship.

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### Notes

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## OTHER SEX ENHANCING FACTORS

- \* Massage.
- \* Personal hygiene.
- \* Physical appearance.
- \* Attractive clothing.
- \* Romantic music.
- \* Soft coloured lights in the bedroom.
- \* Sweet scented candles.
- \* Clean bed spreads.
- \* Frequent rearrangement of bedroom.
- \* Clean shaved face.
- \* Good scented cologne.

## **FIVE REASONS WHY SEXUAL SATISFACTION IS SIGNIFICANT TO A MAN**

- It satisfies his sex drive.
  
- It fulfills his manhood.
  
- It enhances his love for his wife.
  
- It reduces friction in the home.
  
- It provides life's most exciting experience.





## COMMON MYTHS ABOUT SEXUALITY

- ❖ The larger the penis the greater the satisfaction.
- ❖ Sex is a man's pleasure but a woman's duty.
- ❖ Sex is something you do to a woman, not with a woman.
- ❖ "Bad girls" enjoy sex while "good girls" endure it.
- ❖ Simultaneous orgasms are more satisfactory than those experienced separately by the husband and his wife.
- ❖ Nocturnal emissions are indications of sexual disorders.
- ❖ The best health is enjoyed by those who abstain from sex.
- ❖ Sex is evil, it originates from the devil.
- ❖ Parents should avoid mentioning sex to their children, as this causes them to experiment with sex.
- ❖ Coitus should be avoided during pregnancy.

**WORK SHEET - SEXUAL ENHANCEMENT**  
**TO BE COMPLETED INDIVIDUALLY**

1. The thing I most appreciate about our sexual relationship is? \_\_\_\_\_  
\_\_\_\_\_
2. For me the most helpful change in our sexual relationship would be?  
\_\_\_\_\_  
\_\_\_\_\_
3. Some things I can do to facilitate these changes are \_\_\_\_\_  
\_\_\_\_\_
4. Some things I think you could do to facilitate these changes are \_\_\_\_\_  
\_\_\_\_\_
5. The things that I do not appreciate about our sexual relationship are  
\_\_\_\_\_
6. How would you describe your sexual performance? \_\_\_\_\_  
\_\_\_\_\_
7. How would you describe your spouse sexual performance? \_\_\_\_\_  
\_\_\_\_\_
8. Do you have unresolved guilt about sexual matters? \_\_\_\_\_  
\_\_\_\_\_
9. Do you have fears about sex? \_\_\_\_\_  
\_\_\_\_\_

## SEXUALITY: A PSYCHOLOGICAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	
_____	_____	1. Having sex with my partner is wonderful and exciting.
_____	_____	2. Women need more time to be ready for an orgasm than men.
_____	_____	3. Emotionally secure spouses do not have problems with sexual dysfunction.
_____	_____	4. A major Contributor to unfaithfulness is sex boredom.
_____	_____	5. Pleasing my partner is sexually exciting.
_____	_____	6. A variety of sexual positions will enhance the sexual relation.
_____	_____	7. Communication during sex may heighten sensuous feeling.
_____	_____	8. Wives should not initiate sexual advances.
_____	_____	9. There is a lack of emotional closeness in our relationship.
_____	_____	10. A person's relationship with God will determine his or her relationship with his or her spouse.
_____	_____	11. A woman's emotional make-up requires verbal expressions from her husband.
_____	_____	12. There is a lack of emotional foreplay in our relationship.
_____	_____	13. Unresolved conflicts inhibit my sexual response.

## A PSYCHOLOGICAL PERSPECTIVE

### Quiz

Write True or False

1. Women are turned on by sight \_\_\_\_\_
2. Admiration is to a man what romance is to a woman \_\_\_\_\_
3. Intimacy is the most important factor in a relationship \_\_\_\_\_
4. There are six dimensions of intimacy \_\_\_\_\_
5. Nagging and criticism can destroy a relationship \_\_\_\_\_
6. Variety in sexual intercourse is sinful \_\_\_\_\_
7. The rougher a husband performs during sexual intercourse the greater the satisfaction \_\_\_\_\_
8. Fear can inhibit a sexual relationship \_\_\_\_\_
9. Good communication is important to a sexual relationship \_\_\_\_\_
10. The best method of handling problems is compromising \_\_\_\_\_

## Sexuality: A Physiological Perspective

### MALE AND FEMALE DIFFERENCES

Women have important functions that are absent in men.

- ⇒ Menstruation.
  
- ⇒ Pregnancy.
  
- ⇒ Lactation.

Women's blood contains more water than men's (20% fewer red cells).

Women's sexual drive tends to be related to their menstrual cycles. Men's drive is fairly constant.

Women have the capacity to experience multiple orgasm. Men experience a refractory period.

Women experience a phase called the "afterglow". Men are overtaken by sleep.

**MALE AND FEMALE EXTERNAL SEX ORGANS**

**REQUIRED FOR INTERCOURSE**

PENIS

VAGINA

CLITORIS

## THE ENDOCRINE SYSTEM AND SEXUAL AROUSAL

HYPOTHALAMUS

PITUITARY

GONADOTROPINS

TESTES

OVARIES

ANDROGENS

ESTROGENS AND PROGESTERONES

## THE NATURE OF ORGASM

EXCITEMENT PHASE

PLATEAU PHASE

ORGASMIC PHASE

RESOLUTION PHASE



## COITUS AND FREQUENCY

AGE

HEALTH

SOCIAL AND BUSINESS PRESSURES

EMOTIONAL CONDITION

THE ABILITY TO COMMUNICATE ABOUT SEX

## **MASTURBATION**

Based on Scientific facts and counsels from the Bible and Spirit of Prophecy, Masturbation should be avoided for these reasons.

- ❖ THERE IS NO BIOLOGICAL NECESSITY FOR MASTURBATION.
- ❖ MASTURBATION IS A SOLO ACT.
- ❖ THE THOUGHT THAT ACCOMPANIES THE ACT.

### **HOW TO BREAK THE HABIT OF MASTURBATION**

- ♦ Avoid time and place where masturbation is practiced.
- ♦ Avoid any and all types of sexual stimuli.
- ♦ Replace the thought of masturbation with other thoughts.
- ♦ Avoid friends that may encourage you in the act.
- ♦ Commit the matter to God in prayer, request the prayers of members.
- ♦ Spend time studying God's word.
- ♦ Believe that God will free you and behave as though you are already freed.

## SEXUALITY: A PHYSIOLOGICAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	
_____	_____	1. Frequency of intercourse is governed by age, health condition, social and business pressures and many other factors.
_____	_____	2. God designed the male and female bodies differently to enhance their enjoyment in sexual intercourse.
_____	_____	3. A woman's blood contains more water than a man's.
_____	_____	4. A woman experiences a phase referred to as the afterglow a man does not.
_____	_____	5. A woman's sexual drive tends to be related to her menstrual cycle.
_____	_____	6. The length of a man's penis does not determine the amount of satisfaction in sexual intercourse.
_____	_____	7. The function of the clitoris is only to provide sexual pleasure.
_____	_____	8. Sexual arousal is controlled by the endocrine and nervous system.
_____	_____	9. When a woman desires orgasm and it does not happen she can become edgy, irritable and sometimes irrational.
_____	_____	10. It is best for the wife to experience orgasm first and the husband follow soon after.
_____	_____	11. God is to be praised continually for the way He designed our bodies.

## A PHYSIOLOGICAL PERSPECTIVE

### Quiz

Write T for True or F for False.

1. Some women have some important bodily function that are absent in men \_\_\_\_\_
2. The longer the penis the greater the satisfaction \_\_\_\_\_
3. During coitus women can experience multiple orgasm \_\_\_\_\_
4. Frequency of intercourse is important for maintaining good sexual capacity \_\_\_\_\_
5. Simultaneous orgasm is compulsory in any successful sexual relationship \_\_\_\_\_
6. Once a man reaches a certain level of sexual stimulation at the end of the plateau phase he cannot stop his ejaculation from occurring \_\_\_\_\_
7. The clitoris has many different functions \_\_\_\_\_
8. Females produce estrogens and progesterones, males produce androgens \_\_\_\_\_
9. Too much estrogen can lower a man's interest in sexual activity \_\_\_\_\_
10. Frequency of intercourse is determined by many factors like, age, health condition, etc. \_\_\_\_\_

## **Sexuality: A Premarital Perspective**

### **OBJECTIVES OF DATING**

- ◆ It is a time of getting to know each other in ways other than sexual.
- ◆ It is a time of coming to grips with the potential problem areas of a couples relationship and establishing problem solving procedures.
- ◆ It is to be a time of seriously counting the cost of being married to this person.

## NECKING AND PETTING

Intimacies that lead up to sexual arousal and intercourse are called necking or petting.

### LIGHT PETTING

- ▲ Holding hands.
- ▲ Arms around hips.
- ▲ Kissing on cheeks, lip kissing.

### MEDIUM PETTING

- ▲ French kissing.
- ▲ Caressing of the breasts.

### HEAVY PETTING

- ▲ Manually caressing the genitals.

## FIVE STAGES OF A LOVE RELATIONSHIP

\* FRIENDSHIP

\* DATING

\* COURTSHIP

\* ENGAGEMENT

\* MARRIAGE

Ellen G. White says, Satan displays his wisdom in various devices to entrap souls to their ruin. He watches every step that is taken and makes many suggestions, and often these suggestions are followed rather than the counsel of God's word. This finely woven dangerous net is skillfully prepared to entangle the youth and unwary (Messages to young people, p. 448).

## PREMARITAL RELATIONS AND MARITAL PROBLEMS

- Women who have had premarital relations are more than two times as likely to commit adultery after marriage.
- Marital adjustment of women who enter marriage with no premarital sexual experience tend to be of a higher level and less likely to undergo divorce.
- Sexual encounters outside of marriage gives an illusion of intimacy that can be mistaken for lasting commitment.
- The significance and the quality of the sex act as a bond linking a young man or woman exclusively with one person is reduced.
- Making comparison with the love making of one's spouse with love making which may have occurred with other partners before marriage may lead to problems.
- Guilt may result which may further lead to sexual dysfunction.

Ellen White says, the world is full of misery and sin today in consequence of ill assorted marriages. In many cases it takes only a few months for husband and wife to realize that their dispositions can never blend (M.Y.P.:453).



## PRACTICAL SUGGESTIONS IN AVOIDING PREMARITAL SEXUAL RELATIONS

Focus more on conversation.

Avoid intimate physical contact as far as possible.

Avoid places and occasions like:

- ◆ The sittingroom with date while everyone else is in bed.
- ◆ Being in each other's bedroom.
- ◆ Large gaps of unplanned time.
- ◆ Being out late at nights.
- ◆ A parked car in a lonely place.

Write down principles that you want to live by, sign your name to them and diligently adhere to them.

Remember, youthfulness involve strong sexual desires, once set in motion, maturity, intelligence, and moral and religious considerations are often overpowered.

Be accountable to a pastor or someone you can respect and trust.

Do much praying.

## DIFFERENTIATING LOVE AND LUST

### LOVE

- ♥ Is based on putting the other person's needs first.
- ♥ Operates with selfcontrol.
- ♥ Cares about the social, mental, emotional and spiritual areas of a persons life as well as the physical.
- ♥ Is patient.
- ♥ Is kind to everyone.
- ♥ Takes time to grow.
- ♥ Communicates freely.
- ♥ Is a commitment that comes as a result of the Holy Spirit's working in one's life.
- ♥ Keeps hanging in there over the long haul.
- ♥ Says I love you.

**LUST**

- ✎ Is based on selfishness.
- ✎ Gives in to hormones.
- ✎ Wants only physical.
- ✎ Gets irritated if it does not get satisfaction.
- ✎ Is jealous of any competition.
- ✎ Goes for instant gratification.
- ✎ Does not require partners to share openly.
- ✎ Is an instinct.
- ✎ Walks away after it is satisfied.
- ✎ Says I love it.

## SEXUALITY: A PREMARITAL PERSPECTIVE

### Quiz

#### FILL IN THE BLANKS

1. Dating occasions may be used to explore each other's \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_
2. Dating has \_\_\_\_\_ basic functions.
3. A relationship that is going through a long courtship may be faced  
by \_\_\_\_\_ major perils.
4. A long waiting period may cause a relationship to \_\_\_\_\_
5. Physical intimacies that lead to coitus are called \_\_\_\_\_ and \_\_\_\_\_
6. The five levels that a relationship passes through are \_\_\_\_\_  
\_\_\_\_\_
7. Once young people get into \_\_\_\_\_ encounters they quit \_\_\_\_\_  
to each other.
8. A person who is controlled by \_\_\_\_\_ is not really interested in  
his/her companion.
9. God wants \_\_\_\_\_ to take place within marriage.
10. Love operates with \_\_\_\_\_
11. Lust is based on \_\_\_\_\_
12. Lust \_\_\_\_\_ away when it is satisfied.
13. Love is a commitment that comes as a result of the \_\_\_\_\_  
working in one's life.

## PERCEPTION ABOUT YOUR RELATIONSHIP

Answer "yes" or "no" or "?" to each question, there are no wrong answers.

1. Do you feel relaxed and comfortable with each other? \_\_\_\_\_
2. Is your companion's spiritual level as attractive to you as his or her sexual charm? \_\_\_\_\_
3. Have you been able to resolve a disagreement to the complete satisfaction of both? \_\_\_\_\_
4. Do you enjoy the same kind of activity? \_\_\_\_\_
5. Do you trust your companion? \_\_\_\_\_
6. Do you feel uneasy or uncertain about your relationship? \_\_\_\_\_
7. Are you united in your thinking regarding the purpose of life? \_\_\_\_\_
8. Do you look forward to sharing your new experiences or ideas with each other? \_\_\_\_\_
9. Is your companion a source of intellectual stimulation and inspiration to you? \_\_\_\_\_
10. Do you enjoy discussing the Bible together? \_\_\_\_\_
11. Do you have similar systems of value? \_\_\_\_\_
12. Do you feel intimate without having to touch each other? \_\_\_\_\_
13. Can you list specific personality characteristics about your companion that you like? \_\_\_\_\_
14. Do you find it difficult to talk about sexuality? \_\_\_\_\_
15. Do you have any negative feeling about sex? \_\_\_\_\_

## Sexuality: A Honeymoon Perspective

Agree on location for honeymoon.

Attend premarital counseling sessions together.

Read a good book on marriage together.

Young brides should have pelvic examination before marriage.

Plan little traveling for the wedding night.

Let the goal of the honeymoon be to develop intimacy.

Be sensitive to bride's feelings.

Initial foreplay.

Newly-Wed cystitis.

## METHODS OF CONTRACEPTION

### Natural Methods

- ❖ Rhythm method
- ❖ Coitus interruptus
- ❖ Abstinence

### Mechanical Methods

- ❖ Condom
- ❖ Diaphragm
- ❖ IUD

### Chemical Method

- ❖ Birth-Control Pills
- ❖ Spermicides

### Surgical Methods

- ❖ Sterilization

## CHOOSING A CONTRACEPTIVE

Morality

Effectiveness

Safety

Convenience

Cost

Not Messy

## SEXUALITY: A HONEYMOON PERSPECTIVE

FILL IN YOUR ANSWERS IN THE SPACE PROVIDED

1. How long have you been in love \_\_\_\_\_
2. Are you able to communicate freely on all subjects, or are there areas that you feel embarrassed or shy discussing? \_\_\_\_\_  
\_\_\_\_\_
3. Do you consider your knowledge of sex adequate for marriage? \_\_\_\_\_  
\_\_\_\_\_
4. Do you have any negative attitude toward sex? \_\_\_\_\_
5. List factors in your background that will contribute to compatibility in your marriage \_\_\_\_\_  
\_\_\_\_\_
6. What belief about human sexuality you had before coming to this seminar? \_\_\_\_\_  
\_\_\_\_\_
7. What is your understanding of the Bible's teaching on the husband and wife relationship? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. How do you relieve frustration? Do you need to make any improvements in this area? \_\_\_\_\_  
\_\_\_\_\_
9. Have you learned to daily yield your life to the control of the Holy Spirit? \_\_\_\_\_
10. When was the last time you spend some quiet time with God? \_\_\_\_\_  
\_\_\_\_\_
11. As a couple heading towards marriage have you Committed your relationship and your future into the hand of God? \_\_\_\_\_ If not, why not do it now?



**TEST YOUR KNOWLEDGE**

1. Ellen White believed in planned parenthood \_\_\_\_\_
2. Coitus interruptus is very safe up to 90% effective \_\_\_\_\_
3. There are three biological facts that provide the scientific basis for the rhythm method \_\_\_\_\_
4. Abstinence is a mechanical method \_\_\_\_\_
5. Condoms are about 75% effective \_\_\_\_\_
6. The IUD is not really a contraceptive \_\_\_\_\_
7. Sterilization procedure for men is called tubal ligation \_\_\_\_\_
8. Morality must always be considered when choosing a method of contraceptive \_\_\_\_\_
9. The male sperm is capable of living for only about forty eight hours after it is released \_\_\_\_\_
10. An estimated 60% of women have irregular menstrual cycle \_\_\_\_\_
11. Many Christians oppose the IUD method \_\_\_\_\_
12. Surgical methods must be considered permanent \_\_\_\_\_
13. Methods of birth control may be divided into four major categories \_\_\_\_\_
14. All methods of contraceptives have advantages and disadvantages \_\_\_\_\_
15. Statistics affirm that during one year of unprotected intercourse 80% of couples will conceive \_\_\_\_\_

## Sexuality: A Dysfunctional Perspective

Two types of dysfunctions in male and female are:

Primary sexual dysfunction.

Secondary sexual dysfunction.

### MALE SEXUAL DYSFUNCTIONS

- ◆ Erectile Dysfunction
- ◆ Premature Ejaculation
- ◆ Ejaculatory Incompetence
- ◆ Dyspareunia

### FEMALE SEXUAL DYSFUNCTION

- ◆ Sexual Unresponsiveness
- ◆ Preorgasmia and Nonorgasmia
- ◆ Dyspareunia
- ◆ Vaginismus

## CAUSES OF SEXUAL DYSFUNCTION IN MEN

### Psychological

- ❖ Anxiety about meeting partner's expectations.
- ❖ Fear of rejection.
- ❖ Fear of losing erection.
- ❖ Guilt about sexual relation.
- ❖ Shame about sexual behavior.
- ❖ Feeling of inferiority.
- ❖ Poor relationship with one's spouse.
- ❖ Stress from any source.
- ❖ Trauma of one's past.

### Physical

- ✱ Kidney, heart and lung disease.
- ✱ Liver diseases - Hepatitis, Cirrhosis.
- ✱ Endocrine disorders - Diabetes.
- ✱ Infection or irritation of the glans penis.
- ✱ Infection of the urethra or prostate.
- ✱ Tuberculosis.
- ✱ Mumps.
- ✱ Malnutrition.
- ✱ Leukemia.
- ✱ Sickle - Cell disorder.
- ✱ Thrombosis of veins and arteries of the penis.
- ✱ Multiple sclerosis.
- ✱ Drugs - Alcohol, barbituates, medication that lower blood pressure, ulcer medication, some anti-depressants and tranquilizers. Marijuana.
- ✱ Surgical procedure - e.g. Cancer of the prostate.

## CAUSES OF SEXUAL DYSFUNCTION IN WOMEN

### Psychological

- ❖ Stress.
- ❖ Guilt and anxiety about sexual performance.
- ❖ Placing too much emphasis on orgasm.
- ❖ Faulty learning.
- ❖ Lack of trust.
- ❖ Power struggle.
- ❖ Sexual sabotage.
- ❖ Communication failure.
- ❖ Low self esteem.
- ❖ Fear of pregnancy.
- ❖ Fear of transmitted diseases.
- ❖ Self consciousness and embarrassment.
- ❖ Traumatic experience or rape.

### Physical

- \* Heart and kidney disorders.
- \* Damage to spine.
- \* Infection of the vagina.
- \* Thinning or shrinking of vagina walls.
- \* Infection or irritation of the uterus, fallopian tube, ovaries, bladder.
- \* Surgery or radiation for cervical cancer.

## TREATING SEXUAL DYSFUNCTIONS IN MALE AND FEMALE

Seman's Stop Start Method

Squeeze Technique

Sensate Focus

Exercising the P.C. Muscles

## QUIZ - SEXUAL DYSFUNCTION IN FEMALE

### TEST YOUR KNOWLEDGE

1. According to Mazat, what does the term preorgasmia implies \_\_\_\_\_  
\_\_\_\_\_
2. In the past the term \_\_\_\_\_ had been used to describe women who did not seem to have a sex drive.
3. Which of the female's sexual dysfunction may be caused by low estrogen level \_\_\_\_\_
4. Which of the female's sexual dysfunction is characterized by an involuntary spasmodic of muscles around the vagina \_\_\_\_\_
5. \_\_\_\_\_ orgasmic dysfunction refers to women who only experience orgasm on special days e.g. anniversary.
6. Two painful conditions experience by women during coitus are \_\_\_\_\_ and \_\_\_\_\_
7. State two psychological factors that may result in any sexual problem in a female.
8. State two physical conditions that may contribute to dyspareunia\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. A woman may experience \_\_\_\_\_ as a result of a traumatic experience e.g. rape.
10. The group represented by the term nonorgasmia involves \_\_\_\_\_  
\_\_\_\_\_ orgasmic dysfunction \_\_\_\_\_ orgasmic  
dysfunction and \_\_\_\_\_ orgasmic dysfunction.

## QUIZ - SEXUAL DYSFUNCTIONS IN MALE

### TEST YOUR KNOWLEDGE

#### FILL IN THE BLANKS

1. Sexual dysfunction may either be caused by \_\_\_\_\_ or \_\_\_\_\_ factors.
2. The two types of sexual dysfunctions in both male and female are \_\_\_\_\_ and \_\_\_\_\_
3. Erectile dysfunction is popularly known as \_\_\_\_\_
4. Two methods or technique that may be used to overcome premature ejaculation are \_\_\_\_\_ and \_\_\_\_\_
5. Another name for Ejaculatory Incompetence is \_\_\_\_\_
6. Painful sexual intercourse is called \_\_\_\_\_
7. Two conditions which could be responsible for painful intercourse are \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
8. Explain primary dysfunction \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
9. How many types of sexual dysfunctions have been discussed in males \_\_\_\_\_
10. Explain secondary dysfunction \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## SEXUALITY: A DYSFUNCTIONAL PERSPECTIVE

### PERCEPTION ABOUT SEX

Agree	Disagree	Uncertain	
_____	_____	_____	Sex is one of the most beautiful aspects of life.
_____	_____	_____	The more I concentrate on giving pleasure the more I get pleasure.
_____	_____	_____	My religious beliefs have the greatest influence on my attitude toward sex.
_____	_____	_____	The male should be the initiator of coitus.
_____	_____	_____	Home teaching is always a good guide towards enjoyable sex.
_____	_____	_____	Some sexual activities are wrong for a married couple to practice.
_____	_____	_____	Sexual intercourse is primarily for procreational purposes.
_____	_____	_____	Having a regular sex urge is sinful.
_____	_____	_____	Only "bad girls" enjoy sex; "good girls" endure it.
_____	_____	_____	I sometimes think of sex as being dirty or nasty.
_____	_____	_____	Men should be allowed more freedom in intercourse than women.
_____	_____	_____	The quality of a sexual relationship is more than just physical release.



## CHAPTER FOUR

### CONCLUSION

The contents of this manual have dealt with many sensitive areas of human sexuality. Both Biblical principles, and scientific solutions to sexual conduct and problems have been discussed.

It is quite evident from the literature review, that problems in different areas of a couple's relationship may establish the foundation for some sexual dysfunctions. It is very evident also, that as premarital and extramarital sexual relations continue to rise, more guilt, fear, lack of trust and other psychological factors will plague future marriages, resulting in more and more sexual dysfunctions.

The Devil in his crusade for the souls of human beings has been using the media very effectively to pervert the God-created beauty of sexuality, and to destroy sexual happiness and marriages. His influences have invaded many Christian homes including homes of Seventh day-Adventists. The startling question that faces us as Pastors is, What are we doing to help men and women combat these sinful and evil influences? As shepherds of the flock, God is expecting us to call the

minds of the people back to holiness. He is counting on us to be repairers of the breach and restorers of paths to dwell in.

It is the writer's sincere prayer therefore, that this manual will fill that need. It has been carefully and prayerfully developed to equip Pastors to respond adequately to the sensitive issues that frequently surface regarding sexual conduct in and out of marriage. And to replace sinful, erroneous and non scientific concepts with Sound Theological and Scientific facts.

His heart's desire is that the contents of this manual will be of tremendous help to couples who up to this point do not enjoy a fulfilled relationship, to couples who experience some sexual dysfunctional problems, and to singles who must court wisely and avoid pitfalls of premarital relations.

Finally it is his hope that this manual will inspire Pastors to become more sensitive to the problems that both married and singles face. May a burning desire be kindled in their hearts to expand their knowledge in the area of family relations, in order to offer a more wholistic and meaningful ministry not only to their congregations; but to their country.

## RECOMMENDATIONS

### That:

- This manual be used as part of the teaching material in Education for Marriage Courses.
  
- Conferences and Missions adapt this manual as part of the Continuing Education Unit (C.E.U.) program for Pastors.
  
- Each Pastor attend a training seminar to learn how to use this manual.
  
- Each Pastor utilize the resources in this manual to develop his own seminars on Human Sexuality.
  
- Yearly Seminars be conducted in each church covering the different perspectives of human sexuality.
  
- Pastors incorporate the resources in this manual in their Premarital Counseling.

- Information regarding sexual intercourse that concerns married couples should not be taught to couples who are courting.
  
- The Pastor together with his wife be involved in premarital and marital counseling.
  
- Pastors refer people with sexual dysfunctional problems to qualified sex therapists.

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