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Ephesians 6:4 - And now a word to you parents. Don't keep on scolding and nagging your children, making them angry and resentful and exasperating them. Rather, bring them up with the loving discipline the Lord himself approves, with nurture, suggestions and godly advice.

- This is easier said than done, unless you live in a vacuum.
- So many of our mistakes in parenting stem from the dysfunction in our marriages and in our individual lives.
- The greatest gift you can give your children is a great marriage.
- There are countless good books on developing great parenting skills, but they are worthless unless your marriage and personal life are strong enough to practice them.
- The good marriage bone is often connected to the good kids bone.

Let's talk about the subject that makes having children possible—SEX

- Sex is one of the most contentious issues in marriage.
- What does the Bible say about sex?

<u>I Peter 3:7</u> - Similarly, you husbands should try to understand the wives you live with, honoring, respecting and valuing them as physically weaker yet **equally** heirs with you of the grace of eternal life. If you don't do this, you will find it impossible to pray properly.

- The Bible speaks to the obvious physical differences between men and women, but clearly puts us on equal ground in every other regard.
- We are typically very different sexually.
- What it normally takes for a man to want to have sex is a heartbeat.
- What it normally takes for a woman to want have sex is a little more complicated.



LCorinthians 7:3-5 – ³ The husband should not deprive his wife of sexual intimacy, which is her right as a married woman, nor should the wife deprive her husband. ⁴ The wife gives authority over her body to her husband, and the husband also gives authority over his body to his wife. ⁵ So do not deprive each other of sexual relations. The only exception to this rule would be the agreement of both husband and wife to refrain from sexual intimacy for a limited time, so they can give themselves more completely to prayer. Afterward they should come together again so that Satan won't be able to tempt them because of their lack of self-control.

I want to present a very diverse challenge for the next 21 days for married people. (Assuming no health issues)

- Have sex as many times as you can during that time. OR
- Abstain from sex for the entire time.

Which challenge you take is going to depend upon the present condition of your marriage.

Sometimes "not having sex" is the greatest expression of love.

I received an email last week from a lady that was very concerned about the content of today's message about sex.

"It will be my prayer this week that the men in the church who have taken scriptures out of context, or your sermons on such subjects out of context and twist them to fit their own needs, and lord over their spouses will be convicted and hear the word of God and you will show them that it is the man's job to lead like Jesus and be a loving, kind leader.

This coming weekend when you have said, "Men, you won't want to miss out on the next week's message about sex." I just cringed thinking of you having a conversation that suggests that we women are to do our duty. How are we to bow down to our husband and have sex with him when he has lied and deceived us, not been a leader in our family and yet expects respect and sex because he is the man and deserves it.(the Bible says)."

How on earth is that women supposed to sit and hear this? If you've never been in this situation, it is excruciatingly painful and sometimes doing that duty feels more like a rape rather than doing God's will.

"If men do not stand up for us women in these matters then the men who mistreat us will not change. Thank you for considering. God Bless." If you have injured the spirit of your marriage and your wife feels like the person that wrote this email, my challenge for you is going to be very different this week.

- I am going to challenge to you to "listen" to your wife and love her in a manner that will be meaningful to her.
- Your greatest demonstration of love during this time will be "not having sex with her" and listening to her and holding her in a non-sexual manner and listening to what matters to her.
- Mend the spirit of your marriage.

Ephesians 5:21-30 – ²¹ Submit to one another out of reverence for Christ. ²² Wives, submit to your husbands as to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything. ²⁵⁻²⁸ Husbands, go all out in your love for your wives, exactly as Christ did for the church—a love marked by giving, not getting. Christ's love makes the church whole. His words evoke her beauty. Everything he does and says is designed to bring the best out of her, dressing her in dazzling white silk, radiant with holiness. And that is how husbands ought to love their wives. They're really doing themselves a favor—since they're already "one" in marriage.

- Prefer each other!
- Take the challenge!