

What is Sex: The *Do's* (Making Love or Having Sex?)

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I. Introduction

The world teaches you how to have sex; God teaches you how to make love. Sex, in God's eyes, is not simply a physical act. It's a sacred event that involves the whole person: body, soul, and mind. God designed it to be thoroughly enjoyed within the bounds of marriage, so much so that He invites the married couple to be intoxicated with each other by means of sexual intimacy.

II. Making Love or Having Sex?

What the Church has said in the past about sex, the world sees sex as a physical act that is either taboo or a free-for-all. The Church has contributed to some of this by their view of sex: *For centuries, church leaders and laypeople have wrongly believed that sex is not to be enjoyed but rather it is a duty that husbands and wives must perform with restraint and propriety.*¹ Is God's view of sex, that it's a duty to be performed with restraint?

What does God actually say about sex? If God wanted us to perform sex with "restraint," He would not have designed our bodies the way He did. Sex feels good by design, God's design.

Deuteronomy 24:5, God commanded that Israel not charge a newlywed husband with military service or employment for a full year. Why? Because he was to stay home and "bring happiness to his wife." To God sex is not merely a physical act. It is a crucial element of marriage. It is that unique act that creates the oneness He designed into marriage, Genesis 2:24. Thus, it's more than bringing two bodies together; it's bringing two souls together.

Proverbs 5:19, Proverbs 5 warns a young man not to fall for sexually immoral women and teaches him that his sexual intimacy belongs to his wife alone. He is to always be intoxicated with his wife and no one else. This runs deeper than the physical.

Song of Solomon, this is God's manual on sex. Though Solomon had 700 wives and 300 concubines who turned his heart against God, 1 Kings 11:1–4, God used him to write this Song. As the rest of Scripture, so this Song is God's wisdom, 1 Kings 3:4–12. God speaks of specific sexual acts, but not with vulgar or pornographic words. To God sex is making love not simply "having sex."

¹ Dr. Joseph & Linda Dillow and Dr. Peter & Lorraine Pintus, *Intimacy Ignited*, 22.

The Song is hard to understand for several reasons: we're unfamiliar with the customs and culture of Solomon's day, it is Hebrew poetry, and it's not written chronologically. But regardless of this, one thing is clear: the Song is about sexual intimacy between husband and wife.

The characters are: Solomon, the Shulamite (his wife), and the Daughters of Jerusalem, an imaginary chorus of virgins. Some see the Song as allegory representing God and Israel or Christ and the Church. But it's actually the sexual love story of a husband and wife.

Song of Solomon 1:2–4, the Song begins with a love scene. As Solomon's wife contemplates and praises his kisses and lovemaking, she longs for him to take her into their private bedroom.

Song of Solomon 1:15–2:6, throughout the Song, fruit is used metaphorically to refer to their intimate parts, and the word *garden* is used specifically of her. This scene begins with the lovers trading compliments. In 2:3 she tells him that he's no ordinary tree, but a fruit tree. Though there are several interpretations of this, the Song is clearly about sexual intimacy and the end of 2:3 means exactly what it says. The world might see this as pornographic, but this is far from it. This is a husband and wife making love not sex. And notice that they communicate with each other throughout the Song. Thus, husbands and wives need to communicate with one another, especially during sexual intimacy.

Song of Solomon 3:6–5:1, Solomon is remembering his wedding day and night. The lovers communicate with each other once again. Solomon compliments his wife from head to toe. And he praises her lovemaking in 4:10. In 4:12, he praises her virginity; her sexual intimacy is reserved for him alone. She can't wait any longer so in 4:16 she implores him to come to her *garden* and enjoy its fruits; this too means exactly what it says. In 5:1, Solomon excitedly responds and at the end of the verse, God Himself invites the married couple to drink deeply of one another. God wants married couples to be intoxicated with each other through sexual intimacy.

Song of Solomon 5:2–8, the Shulamite has a dream that Solomon comes to her in the middle of the night. He wants her sexually, but she's sleeping and doesn't want to be bothered. He's persistent but is unable to enter her room. She then desires him just as much, but by the time she opens the door, he's gone. She's upset with herself for not letting him in and seeks the aid of the Daughters of Jerusalem to help find him. All this teaches us that we must be servant lovers to one another. Our bodies are not our own, they belong to our spouse, 1 Corinthians 7:3–5. And in keeping with the core command of marriage: self-sacrifice, we must seek their pleasure not our own.

Song of Solomon 5:9–6:3, the Shulamite corrects her sexual selfishness and goes looking for Solomon in order to offer her body to him. She describes Solomon in a similar fashion as he did her, from head to toe, all of which has sexual connotations. Finally, Solomon finds her and goes to *his garden*, 6:1. But this is much more than a sex scene. It is not only two lovers joining together as one, but two friends, 5:16. It is two souls intertwined in the oneness of marriage, *I am my beloved and my beloved is mine*, 6:3.

III. What is Allowed in Sex?

What's allowed? The don'ts in sex are: adultery, sex before marriage, homosexuality, bestiality, and incest. Apart from these God wants us to be intoxicated with each other by means of sexual intimacy, Proverbs 5:19; Song of Solomon 5:1.

What is your role in sex? In every aspect of marriage God calls us to die for one another. Thus, in sex we are to be servant lovers. We are to seek the other's pleasure not our own, remembering that our body belongs to our spouse, 1 Corinthians 7:3–5.

What if he/she wants to do something I don't like? Be a servant lover. Seek their pleasure not your own. If you both die for each other, it will be less about a specific sex act and more about the oneness God intended for you both to experience during sexual intimacy.

Can I get advice on sex from secular books? There are many books out there that may contain useful information. But before you get advice from the world on sex, first learn what God has to say about it. Read what He says about being servant lovers. Read the Song of Solomon (along with *Intimacy Ignited*). Then if you want to seek other information do so, but with caution. Because some of what the world will offer you is sinful advice and you need to guard your hearts. Always remember that sex is not simply a physical act. It's not about learning better mechanics so that you can have better sex. It's about making love, which involves more than just your body.

What if the sex isn't good anymore? If there's a problem in the bedroom, there's usually a problem in every other room of the house, i.e., sex starts with the first "hello" of the day. If you're bored with your sex life, then you're having sex instead of making love. Making love involves your whole being not just your body. Go back and learn what sex is from God and be a servant lover to your spouse.

IV. Conclusion

God intends for husbands and wives to enjoy each other sexually thoroughly and completely. However, it's not just about enjoying each other physically. When married couples join together physically, they are entering into the oneness of marriage, a oneness that demands your body, mind, and soul. When viewed this way, sex is making love not simply enjoying a physical act.