

# Rules of Engagement

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# The Consummation

## ACTIVITY SHEET



One of the most exciting things about marriage is encountering the kind of intimacy that's as close as any two people can get. Sex is a special, sensual and most sacred wedding gift from up on high for married couples. It's a celebration of love that's unlike any other. The best part about the celebration is that it's the kind of party you can throw whenever you like! Rather than how it works, in this session we consider why sex is so important.



### SESSION OBJECTIVES

**This Rules of Engagement session is designed to help you:**

- (a)** debunk the myths of sexual compatibility, consumption and performance
- (b)** understand the sanctity of sexual relations and the benefit of timing
- (c)** get the most out of your sex-life and learn to become great lovers

# Unmasking the myths.

Prior to the sexual revolution, people would typically consummate their marriage by having sex for the first time. They would then stay married to that same sexual partner throughout their life. In modern times however, marrying as a virgin has become the exception rather than the rule. However, those who do save themselves sexually for marriage almost never get divorced.



See if you can spot the six common myths about sex hidden among the truth statements.

It's best to try before you buy to know if you are sexually compatible.

94% of couples who marry as virgins, stay married!!!

Great sex is defined by how long intercourse goes for and how many positions are achieved.

Sex is just as much about giving pleasure as it is about experiencing pleasure.

You may not be able to reclaim your virginity, but you can reclaim your virtue.

The less sexual experience before marriage is correlated with a longer and happier marriage.

The more sex you have prior to marriage, the better lover you will be when married.

Sex before marriage is okay if it feels right. Besides, everyone else seems to be doing it.

If you're not sexually compatible, your sex life will be dull and boring.

Sexual satisfaction goes into decline the more sexual partners a person has.

Pornography is a great way of spicing up a couple's sex-life or learning new things.

The more intelligent a person is, the less likely they are to rush in and have sex prematurely.

**LESS IS MORE.**

**EMPIRICAL STUDIES IN  
THE PSYCHOLOGICAL AND  
BIOLOGICAL SCIENCES HAVE  
FOUND IT IS ACTUALLY  
SMART TO WAIT BEFORE  
HAVING SEX.**

**The less sexual  
experience  
you have prior  
to marriage,  
correlates with  
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successful  
and happier  
marriage!**



# Sex, pleasure and purpose.

The appetite a couple can develop for sex, is similar to the appetite that can be developed for food. Food is designed not only to nurture and sustain, but also to satisfy senses. But as you're likely aware, appetite and desire need to be balanced with wisdom. Having sexual relations fosters an extraordinary intimacy that's more than physical, it's also mental, emotional and spiritual. Sex is where pleasure and purpose align.

**Kissing transmits testosterone through saliva, which is the hormone responsible for getting you "IN THE MOOD" for sex.**

**When choosing a spouse, sex can cloud your judgment. It's unwise to trust a HORMONE DRIVEN DECISION.**

**GREAT SEX doesn't result in a great relationship. Rather, a great relationship increases sexual satisfaction.**

**Sexual activity stimulates the release of the hormone oxytocin that IMPRINTS AND BINDS you to the person you're with.**

**Sex engagement is more than just a physical activity, it's also mental, emotional AND SPIRITUAL.**

**Contrary to media representations, sexual satisfaction in marriage is MUCH HIGHER than outside of marriage.**

**The term MAKING LOVE highlights that you're actually making something; you're building a bond between you.**

**You become better lovers when you rehearse with the same practice partner; learning each other's INTIMATE sensitivities.**

# Becoming great lovers: 101

Anyone can learn to be great lovers. If you make love with the mutual goal of growing in intimacy, you'll discover there is no such thing as sexual incompatibility. However, sexual engagement frequency can go into decline over time, or even become 'routine' as the business of life sets in.

**To keep the passion alive in marriage, consider the following principles:**

## APPROACH SEX SERIOUSLY, BUT TAKE THE SERIOUSNESS OUT OF SEX

- Enjoy one another's company, be playful, inquisitive and discover each other's sensitivities.
- Sex is not a performance. Don't rate, appraise or evaluate. Rather take delight in serving, blessing and pleasing one another.
- If there are things that you really enjoy or things that make you feel uncomfortable, communicate clearly to enhance intimacy.

## LET THE HOLY SPIRIT BE YOUR GUIDE

- When exploring the depths of intimacy and the height of ecstasy, keep in mind your body is the temple of the living God and sex is the sealing of a spiritual covenant.
- NEVER put pressure on one another to do things you aren't completely comfortable with.
- NEVER do anything that you wouldn't feel comfortable asking God to bless.

## PROTECT THE SANCTITY OF YOUR MARRIAGE BED

- Great sex starts with sacrifice. In marriage, we forsake all others. We give up our right to have any sexual experiences with anyone other than our spouse, whether that be in real life or virtual reality.
- Sexual purity involves safeguarding what you see or read with your eyes, think or rehearse in your mind, lust after or long for in your heart, and ultimately, the choices we make and actions we take.
- Don't let the enemy entice you, bind you and then rob you. Be sure to protect the gift God has given you.





## DISCUSSION POINTS

True intimacy is knowing both the best and worst about someone (their mysteries and mistakes, triumphs and tragedies, feats and failures) and loving them anyway. Therefore, intimacy starts with transparency. When you surrender your deeds and desires to God, and confess to one another, your past no longer defines you; instead, God allows it to refine you. If you have had intimate encounters with others in your past (whether or not it involves sexual intercourse), take the time to provide each other with an account of your history. Communicate with honesty, listen with humility and respond with grace.



### **NOTE: MATURITY REQUIRED**

It's common to feel hesitant about disclosing to your fiancé any past sexual experiences you may have had. Naturally, no one wants to hurt the one they love, or risk being rejected by them. On the flip side, it can be difficult learning about the sexual experiences your fiancé has had with other people. But marriage requires complete honesty, and the maturity to extend grace. Therefore, guard your heart against disappointment, offence or jealousy. In coming together, this is a fresh start. The old has gone and the new has begun.