

Sex Education According to the Bible for Married Couples for Family Harmony

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Abstract

Currently, many family problems occur due to poor communication. If this is allowed to drag on, it can lead to divorce in the family. And if examined more deeply, married couples who want to divorce have serious problems in sexual relations between husband and wife. This research paper provides a solution for married couples to have good sex relations and have good communication to create a harmonious family. And the most appropriate solution is to provide sex education for married couples. Sex education provided must be accurate according to the Bible, described in detail, according to the needs of married couples, and answer all existing problems. The Church can facilitate sex education for married couples by opening discipleship classes. The Church as the body of Christ must solve married couples who are having problems becoming married couples who are harmonious in God.

Keywords

husband; wife; sex;
communication; harmonious;
Bible; Church



I. Introduction

Sex education for children and adolescents is often obtained from parenting seminars held by schools. But sex education for husband and wife that is right according to the Bible is challenging to find. Even if there are, they are usually in the form of seminars, and to attend them; a fee is not cheap. The Church should answer this need by providing sex education for married couples in discipleship classes, seminars, or retreats explicitly held for married couples (Halawa, 2020). In addition, teachers from the Church have more value than general teachers because they must have understood the truth of God's word. There is objective evidence of exemplary in the harmony of their families.

Proper sexual relations, according to the Bible for married couples, significantly affect family harmony. Often divorce cases occur because of problems in the sexual relationship of married couples. One of the causes of conflict that often occurs is due to poor communication. To get a quality sex relationship, it's necessary to have good communication between husband and wife. So harmony in the family is closely related to the quality of sexual relations between husband and wife (Avianti and Hendrati, 2011).

This research paper was written to answer the needs of married couples in the Church. How can they have proper sex according to the Bible? Have there been irregularities in having sex? Do both parties have sex out of love? How can they have good communication, especially when it comes to sex? How can they have a harmonious family?

This study differs from previous research on Biblical Sex as a Contribution to Today's Church Teaching. Because this research focuses on Biblical sex education for husbands and wives, this research is also different from the research on Building Communication between Husband and Wife as a Means of Family Harmony (Juanda and Eveline, 2018). Because this research focuses not only on communication but also on sexual relations between husband and wife, this study will describe sex education for husband and wife that is suitable to be applied in discipleship classes in the Church.

The purpose of this study is to bless married couples so that they have the proper understanding of the correct sex relationship according to the Bible, improve poor communication, and create harmony in the family. . This study also aims to enable churches to bless families by providing Bible-based sex education in discipleship classes.

II. Research Methods

In order for this research to be used as teaching material in church discipleship classes, the researcher collected several journals, books, and articles related to the formulation of the problem. The author also explores verses in the Bible that can answer the problem formulation. The discussion is described using a descriptive method so that the results are objective and comprehensive so that, in the end, a conclusion is obtained that answers the formulation of the problem.

III. Results and Discussion

Before discussing the correct sexual relationship according to the Bible for married couples, it will be addressed first in a systematic way, namely the theological view of marriage, proper sex according to the Bible, the purpose of having sex for husband and wife, the principles of sexual relations in marriage. 1 Corinthians 7:2-5, general things that need to be considered in sexual relations between husband and wife, differences in the perspective of husband and wife on sexual relations, and questions that often arise due to improper sex.

3.1 The Theological View of Marriage

According to Departemen Teologi BPH GBI (2018) Marriage was the first institution that God created before any other institution, such as the Church or the state. Marriage is God's idea and creation, which has the following rules: **first**, marriage must be monogamous. The marriage of a man is only allowed to marry one woman, not more than one. The same goes for a woman. This regulation is against the sins of polygamy and polyandry. *Genesis 2:22 And the rib which the Lord God took from man, built made a woman and brought her to the man.* The Word of God clearly mentions a woman, not two or more women.

Second, marriage must be heterosexual. A man must marry a woman. Same-sex marriage, both homosexual and lesbian, is not allowed. Same-sex marriage is a very basic deviation in marriage. *Leviticus 18:22 (ESV) Do not have sex with people of the same sex, for it is a very heinous sin.*

Third, marriage must be holy. A man can only unite (have intercourse) with his wife, and vice versa. This rule rejects the sins of fornication and adultery. *Genesis 2:24 Then a man will leave his father and mother and be united to his wife, and they become one flesh.*

Fourth, marriage must be for life. Marriage can only be separated by death. This rule is against the sin of divorce. *Matthew 19: 6 So they are no longer two, but one. Therefore, what God has joined together, man must not separate.*

Fifth, marriage must be of faith. Both must love the Lord Jesus and have the same vision. This regulation rejects marriages of different religions. *Corinthians 2 6:14 Be ye not unequally yoked with those who do not believe. For what similarity is there between righteousness and iniquity? Or how can light unite with darkness?*

Sixth, marriage must leave his parents and unite with his wife. This regulation emphasizes that men and women must go their dependence on their parents. This rule also states that the husband must connect with his wife so that the two become one flesh (Genesis 2:24). Uniting (having intercourse or having sex) should only be done after being blessed. The wedding blessing is usually done in the Church.

Seventh, marriage must be equal and complementary. A man has the same position as a woman before Allah, only different functions and responsibilities. The husband is the head, and the wife is the helper. This regulation opposes the difference in the level of one gender being higher than the other. *Genesis 1: 26-27 God said, "Let us make man in our image and likeness, and let them rule over the fish of the sea and the birds of the air and over the cattle and over all the earth and over every creeping thing that creeps on earth." So God created man in his redundant image, in the image of God, he created him; male and female He created them.*

3.2 Proper Sex According to the Bible

At the beginning of the creation of man, God created man in the image and likeness of God. Humans were created by God with male and female sexes ((Halawa, 2020). This is in accordance with the book of *Genesis 1:26-27 God said: "Let us make man in our image and likeness, so that they may have dominion over the fish of the sea and over the birds of the air, and over the livestock, and over all the earth and over all things. creeping things that creep on the earth." So God created man in his own image, in the image of God, he created him; male and female, he created them.*

Then God gave the command to man to be fruitful and multiply according to the book of *Genesis 1:28 God blessed them; then God said to them: "Be fruitful and multiply; fill the earth and conquer it, have dominion over the fish of the sea and the birds of the air and over all the beasts that creep on the earth.* In order to have children and grandchildren, they must go through a process, which is called having sex with husband and wife. The process of procreation is described in *Genesis 4:1. Then the man had sexual relations with his wife, Eve, and conceived the woman, and gave birth to Cain; Then the woman said, "I have found a son with the help of the LORD."* So the process is sequential, namely intercourse, pregnancy, and childbirth.

Because to have children and grandchildren, husband and wife must have intercourse or have sex; it can be interpreted that sex is the work of God. Sex is not a dirty, evil, disgusting thing, but sex is good in God's eyes. So sex is a good work of God so that humans can have children and grandchildren (Monding, 2020).

The love of Christ is the foundation of the life of husband and wife (Ephesians 5:22-33). In the book of *Ephesians 5:28, In the same way, a husband must love his wife as his own body: he who loves his wife loves himself.* A husband must love his wife, as well as in having sex. The love of Christ is the basis for husband and wife in having sex. Without being based on love, sexual relations between husband and wife will have bad results; there may be coercion, pressure, deviation, and even violence that can occur. This is what will trigger divorce in the household because sex is not based on the love of Christ.

So it can be concluded that husband and wife sex is God's word, and God's work must be good. Then the sexual relationship between husband and wife must be based on the love of Christ. If this understanding is understood and applied, then sexual relations will be enjoyed by married couples, and this will make the family harmonious.

3.3 The Purpose of Having Sex for Husband and Wife

The main purpose of having sex is so that children and grandchildren (Genesis 1:28). But in reality, there are some married couples who are not blessed with children. This more or less reduces the sex drive of married couples in having sex. In fact, apart from having children and grandchildren, having sex for husband and wife is an expression of Christ's love for their partner.

So the second purpose in having sex is so that the husband loves his wife more and respects her husband more (Ephesians 5:22-33). Through sex, they will make their relationship closer, more intimate, and full of love.

3.4 Principles of Sexual Relations 7:2-5

In 1 Corinthians There are several tenets of sexual relations between husband and wife that will be discussed in 1 Corinthians 7:2-5, namely, **firstly**, sexual intercourse between husband and wife must be carried out by a legal husband and wife. In *1 Corinthians 7:2 but in view of the dangers of fornication, let every man have his own wife and every woman have her own husband*. This principle is to avoid husband and wife from the sin of fornication and adultery.

Second, husband and wife sex is an obligation to fulfill. In *1 Corinthians 7:3, the husband is to fulfill his obligations to his wife, and the wife is to her husband*. Sex drive to have sex is owned by the husband and wife. The problem that often arises is that both husbands and wives are often embarrassed to express their sexual passion, especially in an eastern culture where the wife (woman) is still brutal to convey her sex drive. The key to overcoming the problem here is the communication factor. Couples who have good communication relations will not experience problems, and vice versa. Although the need to have sex must be met, each husband and wife must see the condition of their partner. The condition of the heart, mind, feelings, and fitness or body health is very influential in having sex.

Third, the husband's body belongs to the wife, and vice versa. In *1 Corinthians 7:4, The wife has no power over her own body but her husband, so the husband does not have control over his own body but his wife*. Because of the love of Christ that underlies sexual relations, both husband and wife are obliged to keep their bodies healthy as evidence to love their partners. A healthy body greatly affects the quality of having sex. When the body suffers from pain, it is certain that husband and wife will stop having sex. Besides keeping the body healthy, it is also necessary to take care of the body's appearance. For husbands, sex drive arises from the eyes or vision. So a wife must try to keep her body appears to remain slim and attractive for her husband to see. Husbands are also obliged to keep their bodies lean, muscular, and not burn fat.

Fourth, do not stay away from each other to not fall into the devil's temptation. *1 Corinthians 7:5 Do not turn away from one another, except by mutual agreement for a time, so that you may have an opportunity to pray. After that, you must live together again so that the devil does not tempt you because you cannot bear temperance*. Not being able to bear temperance means not being able to face the temptations of lust, especially temptations in sexual matters. Both husband and wife have a sex drive, so it is not recommended to be separated for a long time. Sexual perversions and sins of fornication

and adultery often occur because of this, so try as much as possible to always be close to our partners.

3.5 General Things to Pay Attention to in Sexual Relations between Husband and Wife

General things that need to be considered in a husband and wife sex relationship that is based on the love of Christ are: **first**, communication (Juanda and Eveline, 2018). Communication between husband and wife is very important in having sex, especially during the preparation period. The word communication comes from the Latin words *co* (together) and *un us* (one). In the context of a husband-wife relationship, it can be interpreted as "two parties who jointly want to unite themselves." Communication is a process of unification between me and you to become us. Communication will strengthen and deepen the relationship and produce intimacy and warmth (Subiyanto, 2011). Therefore, before having sex, develop a relationship first through communication.

Communication between husband and wife must be expressed first, especially for a wife (woman) who really likes to receive compliments. A man's weakness is in the eyes, while a woman's weakness is in the ears, meaning that a woman's heart can be reached by giving words of praise and inviting her to have a light, relaxed, and caring conversation. There are four stages of husband and wife communication, namely, the first stage is communication, whose level is exchanging information or opinions. The second stage is a dialogue, exchange of feelings and hearts based on mutual trust and acceptance of partners as they are. These two early stages of communication must avoid arguments that can hurt the heart and make feelings of love fade. After success, the third stage is communication using body language, namely expressions of love and affection using physical contacts, such as hugging, stroking hair, kissing the forehead, and so on. And the fourth stage is having sex in the form of intercourse or inner stimulation (Andjariah, 2005).

Communication between husband and wife to prepare for sexual intercourse is not limited by the things above. Still, it can use their communication methods that only the husband and wife know. For example, there is a communication code where the wife shows that she wants to have sex by wearing different sleepwear than usual (lingerie), making dishes that her husband really likes, giving a touch, or massaging her husband. Communication of a husband to his wife is a sign of wanting to have sex by buying something that his wife likes, helping his wife in household chores, giving lots of compliments, often hugging or massaging his wife as a form of attention and affection.

Other things that affect the failure of husband and wife communication in having sex are cellphones (WhatsApp, Line, Instagram, Facebook, etc.), television (news, soap operas, sports broadcasts, etc.), and social media (google, youtube, Viu, Netflix, mola, video, etc.). Too busy with the things above to ignore your partner will result in bad sex. Make sure when entering the bedroom, the focus of our attention is only our partner.

Second, the right time and attitude of the heart (1 Corinthians 7:5). Every couple has a different time to having sex. Generally, married couples have sex at night or in the morning. But for those who have constraints in terms of time due to service assignments or work, it can be adjusted by themselves with their partners. The right time is also related to the right attitude of the heart, where husband and wife are in a loving heart. Also, pay attention to the time when a wife is menstruating because it is not good to have sex when the wife is menstruating (Avianti and Hendrati, 2011).

Third, a comfortable atmosphere. One of the sex passions of husband and wife is influenced by the atmosphere of the place or room. Pay attention to the bedroom so that it is clean, tidy, and comfortable. The bedroom does not have to be as beautiful as a hotel room, but try to imitate the concept of a hotel room according to the financial budget of

each family. Having sex does not have to be in the bedroom, but it can be in another room, but make sure it is safe, and no family members can see when having sex with husband and wife. In addition, to get a comfortable atmosphere, you can add nuances of music and nuances of supportive aroma.

Fourth, excellent body health. Exercising regularly and regularly can increase the sex drive of husband and wife. But doing excessive exercise actually makes the sex drive disappear because of fatigue and exhaustion. Choose a sport that can be done alone with a partner. When the body experiences pain, sexual intercourse between husband and wife will stop for a while. Especially when suffering from severe and chronic pain, husband and wife sex can stop for a long time. So husband and wife must be responsible for maintaining the health of their bodies in order to stay healthy and prime.

Fifth, the appearance of the ideal body (1 Corinthians 7:4). The sex drive of husband and wife will still arise when the appearance of each body is maintained and remains ideal. Most married couples who already have children often ignore this. This small thing, if not noticed, will make sex drive decrease and is usually followed by sexual deviations such as the habit of viewing pornography, masturbating, or masturbating alone; it can even escalate into the sin of fornication and adultery.

3.6 Differences in Husband and Wife's Perspective on Sex

From a husband's point of view on sex, **first**, sex is a means to release nervous system tension (White, 2003) caused by hormones (endorphins and serotonin) (Halawa, 2020) and secrete semen and sperm, which are produced regularly by the body. Semen and sperm that are produced every day in the male body affect the hormones that play a role in increasing sexual arousal. The benefits of removing semen and sperm are natural anti-depressants, making sleep better, lowering the risk of prostate cancer, and lowering blood pressure (Anindyaputri, 2021).

Second, sex is a means to prove his identity as a normal man to have children (Genesis 1:28). A husband's confidence is when he can have sex well and can satisfy his wife, especially when he succeeds in getting offspring. There are some husbands who cannot have sex usually; for example, premature experience ejaculation, experience mental problems, and experience illness such as acute diabetes (Usman and Lakadjo, 2018). These things must be addressed and treated immediately. Counseling Services in the Church are indispensable for husbands who experience psychological problems in sexual relations (Halawa, 2020). Psychiatric problems that often arise are the lack of ability of the male genitalia (penis) when erect (Usman and Lakadjo, 2018). This usually happens because of masturbation, porn addiction, and have experienced trauma in the past related to sex.

Third, sex is a means to love his wife (Ephesians 5:22-23) (Juanda and Eveline, 2018). A husband who loves his wife will try to express it as much as possible in having sex. Sexual relations that are not based on the love of Christ will only lead to lust, pleasure and personal ego satisfaction, and sexual perversions. There are so many husbands who do not understand this. As a result, wives are only used as objects to satisfy their husbands' desires. A husband who has a love of Christ will put aside his lusts and will pay attention to his wife's satisfaction as a form of a husband's love for his wife.

A wife's perspective on sex, **first**, sex is a means to love or respect her husband (Ephesians 5:22-23). A wife who is having sex is willing to be treated badly by her husband, who has not lived in the Lord Jesus because of her love for her husband (Avianti and Hendrati, 2011). But if this continues, then a wife can refuse to have sex for various reasons. There is even a wife who uses sanitary napkins every day as an excuse that she is menstruating, even though it is done so that she can avoid having sex with her husband.

But a husband who is full of Christ's love will be greeted with the love of his wife so that their sexual relationship is optimal.

Second, sex is a means of producing offspring (Genesis 1:28). A wife has sex on the basis of wanting to have children. There is happiness in itself for a wife who can continue her offspring for her husband, especially in eastern cultures that still apply patrilineal in their culture. A wife who bears a son is held in higher honor than a wife who bears a daughter. The problem here will arise if the husband and wife are not blessed with offspring. Here it is necessary to teach that sex is not only done for children and grandchildren but also as a means to manifest the love of Christ for her husband.

Third, sex is a means to release sexual urges (White, 2003). For a wife to let go of sexual urges is at the very end of her perspective on sex. Plus, it is very difficult for a wife to express her sexual passion to her husband in eastern culture. In this case, the position of the wife (woman) is in an unfavorable situation because she has to wait for her husband's sexual arousal (Avianti and Hendrati, 2011). In teaching sex, it is necessary to explain that in order to start sex, a husband does not have to start it first, but a wife can also take the initiative to start first. Communication between husband and wife must be well established.

From a different perspective on the sexual relationship between husband and wife, it is very important for married couples to receive teachings about sexual relations. For example, the first-order point of view about sex for a wife is a means to love her husband, while in the husband's perspective on sex, loving his wife lies in the last order; the most important thing for the husband is to release his sperm or release his nervous tension. This can result in not optimal in achieving satisfaction in sex. A husband may be in a hurry to release his orgasm, while his wife needs more time because she wants to enjoy the affection of sex. These different points of view can be discussed in sex teaching classes as well as in counseling services.

3.7 She frequently Asked Questions As a result of Improper Sex

A married couple who has not received the correct teaching according to the Bible will lead to wrong understanding. This can be seen from the often asked questions, namely, **first**, does penis size affect the quality of sex? The rate of husband and wife sex is not determined by the length and size of the husband's penis (Wijono, 2020), But from the love of Christ that radiates out of the husband in having sex between husband and wife. Sex-based on the love of Christ is enough to bring satisfaction to husband and wife.

Second, is masturbating or masturbating more enjoyable than having sex with a partner? Doing masturbation or masturbation is actually a sin because it is done alone; his mind is filled with fantasies of people who are not partners and can result in a bad influence, especially for his mind. To be able to enjoy quality sexual relations between husband and wife, the habit of masturbation or masturbation must be stopped immediately. Don't be fooled by the devil's tricks that try to influence our minds, get closer to the Lord Jesus, and fill our minds with the truth of God's word (Halawa, 2020). A special case for a married couple in which one of them can no longer have sex for some reason, then the husband or wife is allowed to masturbate or masturbate to their partner on the basis of the love of Christ, and it is done together, not alone.

Third, is it okay to watch porn with your partner to arouse sexual arousal? Pornography is made by humans and influenced by the devil, so it is very damaging to our spiritual life. Through pornography, the right perspective on sexual relations can be lost; there is just the right how to vent one's lust. Meanwhile, in having sex that is right according to the Bible, it must be based on the love of Christ.

Fourth, is it permissible to have sex *oral* as *foreplay* in having sex? The basic foundation of having sex is the love of Christ. If a married couple based on the love of Christ wants to have *oral sex*, then the following things need to be reconsidered, namely the existence of truth values which teach that our mouth is only for worshiping God (Psalm 71:8). Inserting the genitals (penis) into the mouth is a health risk because it can transmit diseases such as HPV infection, herpes, gonorrhea, chlamydia, hepatitis A, hepatitis B, hepatitis C, HIV, shigellosis, syphilis, and pubic lice (Afifah, 2020).

Fifth, is it necessary to pray before having sex between husband and wife? The answer can be done and may not be done, not a must. Praying first before having sex between husband and wife usually has the intention to be blessed with children or offspring. So it's a very good thing to do. A life of prayer, praising, worshiping God, and meditating on God's words are obligatory for husband and wife and should be provided at a special time. Also involve other family members, namely children, parents, and siblings in the same house. This is called the family altar.

IV. Conclusion

Sex education for husband and wife is essential for married couples in the Church. Through this sex education, married couples can understand the right sex relationship according to the Bible. They also appreciate that husband and wife communication is also essential. So, through healthy sex and proper communication, married couples will achieve harmony in the family.

Sex education for married couples is possible in the Church through discipleship classes. In discipleship classes, the number can be limited, so married couples can more optimally accept that teaching. In addition to teaching, a general question and answer session is also needed in the discipleship class to create a two-way communication. If there is a particular case, the Church can provide counseling services for married couples. So that harmonious married couples are found in the Church.

An example of a church that has successfully provided sex education in discipleship classes is GBI PPL in Bandung. The discipleship class is named the Know Christ class. The teaching of marital sex is in Christ's class with the theme 'Male-Woman Association' for the available class and the theme 'Husband and Wife Relationships' for the married couple class. This discipleship class has graduated approximately a thousand married couples who have successfully built a harmonious family in God. The author is one of the teachers in this discipleship class.

The author's suggestion is that after sex education for married couples can be applied in discipleship classes at the church, it is necessary to hold counseling services that can help married couples who are having problems. Counselors should also be married couples and have received approval from the Pastor of the Church.

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