

## LESSON 7

### ADJUSTMENTS IN PHYSICAL RELATIONS

#### Introduction

God created sex when He designed the bodies of Adam and Eve. Men's sex qualities are described as masculinity and women's as femininity. Feminine qualities usually attract men. Although love includes more than physical attraction, physical affection is a basic ingredient of real love and successful marriage. Man was designed for woman and woman for man; they are incomplete without one another. Man yearns for those feminine qualities, both practical and spiritual, which only a wife can supply. On the other hand, a woman desires the strength, protection, and provision which only a man can give.

God designed sex to be both necessary and delightful within the context of love. It is holy and right when it is expressed in God's will and purpose. The sexual relationship is a divinely approved act of marriage, but outside of marriage it is a sin that was judged worthy of death by stoning in the Old Testament.

Built into man's nature is a strong urge to mate, and it is woman's nature to desire motherhood.

#### Biblical Teachings

Many marriages experience difficulty because proper adjustments are not made in physical relationships; there is lack of understanding of the sexual needs of partners. Sometimes emotional problems on the part of the man or the woman interfere, and counselling is needed. Since Christians are taught that sex is sinful before marriage, one partner or the other may have difficulty making the transition to the attitude that sex is appropriate and approved of God within marriage.

The Bible teaches that both the man and the woman should bring undefiled bodies to marriage. In marriage, their bodies do not belong to themselves but to their partners: "Let the husband fulfill his duty to his wife, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does"(1 Cor. 7:3-4, NASB). Our puritan heritage has caused us to be reluctant to talk openly about sexual relations and adjustments in marriage, but the Bible approaches this aspect of marriage with frankness.

*Man and woman are incomplete without one another:*

- 1. Man yearns for the f \_\_\_\_\_ qualities which a wife supplies.*
- 2. Woman desires the s \_\_\_\_\_, p \_\_\_\_\_, and p \_\_\_\_\_ which a husband gives.*

*(Compare your answers with the text.)*

*Two biblical teachings that are important in the physical relationship are:*

- 1. Both the man and woman should bring undefiled \_\_\_\_\_ to marriage.*
- 2. In marriage, their bodies do not belong to themselves but to their \_\_\_\_\_.*

*(1. bodies, 2. partners)*

Two extremes have been followed with regard to sex. The materialistic theory holds that it is only an expression of the flesh and can be satisfied in extra-marital relations. When sex attraction no longer exists between partners, adherents of this view advise divorce. This theory holds that sex is a private matter and should not be restricted by law except to prevent one person from forcing another.

The theory of asceticism goes to the other extreme by over-emphasizing the spirit and denying the significance of the flesh. According to this theory, flesh is evil and should be denied; therefore, sex is considered sinful. Abstinence is a virtue.

Christianity does not go to either extreme. It brings the spirit and the flesh together to cooperate as a total unity in the life of each person. The Christian view is that a successful marriage requires a good sexual adjustment, but the expression of sex must be within the bonds of marriage.

### The Physical Needs of Man and Woman

The traditional view has been that sex is man's prerogative and that his wife should submit to him and remain passive and silent. The Bible contradicts this view: "The husband must give the wife what is due to her" (1 Cor. 7:3, NEB). The passage implies that women have a definite need for sexual experiences in marriage.

Because of emotional problems and lack of understanding, some women have concluded that they are incapable of response and sex must be endured rather than enjoyed. Women are not frigid by nature, but many have been taught directly or indirectly that sex is evil. They think that sex is necessary only for reproduction; otherwise, it is sinful. These ideas limit their normal responses. If these false ideas are replaced with Christian concepts, wives can gradually learn to adjust and to enjoy a normal, happy sex life in marriage.

Often both the young man and young woman are uneducated about the nature of sex. They may enter marriage with little knowledge about their own sexual nature and less about their partner's. Adjustments are rather difficult for them to make. Since the man's sexual arousal is much more rapid than that of the woman, they may conclude that the woman's needs are less. Perhaps her frequency of need is less than that of his, but her needs are just as great. If promises of a satisfactory experience frequently occur but are never completed for her, she may develop emotional tensions.

Dr. Herbert J. Miles points out that the sexual vitality of women is vindicated by their ability to have several orgasms during one experience while the male

*As you read, write a short description of these two extreme views of sex.*

*Materialistic theory* \_\_\_\_\_

*(Compare your answer with the text.)*

*Ascetic theory* \_\_\_\_\_

*(Compare your answer with the text.)*

*The Christian view of sex brings the \_\_\_\_\_ and the \_\_\_\_\_ together to cooperate as a total \_\_\_\_\_ in the life of each person.*

*(spirit, flesh, unity)*

*Read all of the topic The Physical Needs of Man and Woman before doing the following exercise.*

*Three reasons why the erroneous conclusion has been made that a wife's sexual needs are less than her husband's are:*

- 1. Tradition holds that sex is man's p \_\_\_\_\_ and his wife should submit and remain p \_\_\_\_\_ and s \_\_\_\_\_.*
- 2. Many wives have gotten the impression that sex is only for r \_\_\_\_\_ and otherwise it is s \_\_\_\_\_.*
- 3. The wife's response is s \_\_\_\_\_ and her needs less f \_\_\_\_\_.*

*(1. prerogative, passive, silent; 2. reproduction, sinful; 3. slower, frequent)*

is limited to one.<sup>1</sup> After doing research with 151 young married couples, he discovered that fifty per cent of the wives stated that they would like to have sex relations as often or more frequently than their husbands. The research did not prove that women are more or less sexual than men but that God created them as sexual equals.

### Right Attitudes for Physical Adjustments

The right attitude is important for both husband and wife in the physical relationship. One authority has stated that "sex education is twenty per cent education and eighty per cent attitude." Two concepts are extremely important as the foundation of successful physical relations: the act of marriage was designed by God and, therefore, it is good; love rather than selfishness on the part of each partner should prevail during the relationship.

Love has been defined as the giving of oneself in meeting the other person's need. Perhaps Paul had this attitude in mind when he instructed the husband to meet his wife's sexual needs, and, likewise, the wife her husband's. In this cooperative experience, the total needs of both are continually met. In the act of adultery or rape, the person has no concern for the other individual but selfishly acts to meet his own desires. Paradoxically, such an attitude prevents even the selfish person from realizing satisfaction. The physical relationship can become a sublime expression of love only when two people are committed totally to each other.

The writer of Hebrews expressed concisely the Christian concept of sex in marriage: "Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge" (13:4). Paul indicated to the Thessalonians that they should do the will of God by abstaining from sexual "immorality; that each one of you know how to take a wife for himself in holiness and honour, not in the passion of lust like heathen who do not know God" (1 Thess. 4:3-5, RSV). According to the Bible, the marriage relationship is a sexual relationship: "Wherefore they are no more twain, but one flesh" (Matt. 19:6). It is also a spiritual relationship: "What therefore God hath joined together, let not man put asunder" (Matt. 19:6). "Sex, as a God-created experience, cannot be separated from spiritual-emotional-mental attitudes and feelings."<sup>2</sup>

<sup>1</sup>Sexual Understanding Before Marriage (Grand Rapids, Mich.: Zondervan Publishing House, 1971), p. 72.

<sup>2</sup>Herbert J. Miles, Sexual Happiness in Marriage (Grand Rapids, Mich.: Zondervan Publishing House, 1967), p. 39.

*List two concepts which are important for successful physical relations.*

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

*(Compare your answers with the text.)*

*Give three Scriptures which approve of sex in marriage but condemn it outside of marriage.*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Be sure to read and study these Scriptures for yourself.*

*(Compare your answers with the text.)*

Attitudes of love and happiness between husband and wife promote successful physical relations, but fear, frustration, shame, guilt, and unhappiness hinder. The sexual feelings are tied in with and become the channel of emotions from various sources.

The word love is used to describe the attitudes and feelings that bind partners together. Love includes both mental attitude and physical feelings. It promotes romance but is more than that; it requires a commitment to one another and an attitude of self-giving concern. It is characterized by devotion, self-sacrifice, and efforts to enrich the total personality of each other. Sex is a medium through which love is expressed.<sup>3</sup> Love is spiritual in nature and is expressed physically through sex and other ways. The woman has a special capacity for expressing her love in the act of marriage and through numerous deeds in the home. Modern women who have rebelled against cooking and other "ordinary" household chores have not learned the meaning of love and how to enjoy it, or perhaps the problem lies with their husbands who are blind to the numerous expressions of a woman's love.

#### Emotional Differences

The emotional responses of man and woman differ greatly. Men are stimulated by sight while most women are not. Jesus warned men "that whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart" (Matt. 5:28). He gave no such warning to women, since most women do not have the problem of looking at a man and lusting after him. Publishers of pornographic magazines recognize the emotional differences between men and women. Numerous magazines of scantily clad and nude women are being published for men, and they have a ready market, but there are few such magazines being published for women, and they have limited sales.

While the man responds to sight, the woman responds to kindness and tenderness. Her emotions respond more slowly and are under greater control than those of men. Many cultural customs reflect these differences, and particular roles for men and women have been formulated, even though the majority of people may not understand why. One of the falacies of the women's liberation movement is failure to recognize the emotional differences in men and women. One of the reasons for many divorces is the poor sexual adjustments made because a husband and wife do not understand their emotional differences.

<sup>3</sup>Oscar E. Feucht, ed., Sex and the Church (St. Louis: Concordia Publishing House, 1961), p. 224.

1. True marital love includes both mental  
a \_\_\_\_\_ and physical f \_\_\_\_\_.

2. It is more than romance; it is a  
c \_\_\_\_\_ and an attitude of  
self- \_\_\_\_\_ and d \_\_\_\_\_.

(1. attitude, feelings; 2. commitment, giving, devotion)

The emotional responses of man and woman to sex are different:

1. Man responds to \_\_\_\_\_.

2. Woman responds to \_\_\_\_\_ and  
\_\_\_\_\_.

3. Woman responds \_\_\_\_\_ and has her  
emotions under greater \_\_\_\_\_.

(1. sight; 2. kindness, tenderness;  
3. slower, control)

These emotional differences explain certain expectations on the part of women. They respond to tender affection and kind words and wait for their husbands to take the initiative in an affectionate kiss upon leaving in the morning or upon returning from work in the afternoon. Ordinarily the wife waits for the husband to take the initiative in physical relations because her sexual needs are deeper and respond more slowly. Also, she may have incorrectly concluded that only the male is to be the aggressor. If the wife does not understand the differences between herself and her husband and has concluded that sex is evil, she may think that her husband is interested only in her physical body. Since she does not respond as rapidly and may resist the frequency with which the husband desires relationship, he may conclude that she is cold or indifferent and simply does not love him. It is very important for both husband and wife to be aware of their emotional differences in order to make adequate physical adjustments in marriage.

Emotional Needs

It is important for wives to experience satisfaction in the physical relationship as well as husbands. A satisfactory act leads to an emotional climax of sexual excitement on the part of each. This experience is referred to as orgasm, and the experience binds the two more closely together. Since the husband responds more rapidly, often the wife does not experience orgasm. Many uninformed or selfish husbands satisfy their own needs but leave the wife's needs unsatisfied. It is not necessary that she experience orgasm during every relationship, but the husband should learn how to bring her to that experience each time she desires it.

Requirements for Physical Harmony

Since the woman responds more slowly, the physical relationship must be preceded by love-play and tender affection to lead her to the same level of readiness that he experiences almost immediately. The wife should be open to sharing with her husband what is pleasing to her rather than expecting him to understand her responses intuitively. Unfortunately, the husband has never been able to experience the feminine response nor the wife the masculine response; therefore, both are at a disadvantage in understanding one another. There must be open communication and preparatory instruction, either from a counsellor or reading material, in order to understand more adequately one's partner.

A commitment of love to one another, an understanding of one another's nature, and a wholesome attitude towards sex should enable a couple to make satisfactory adjustments. Unselfishness, patience,

*List two wrong conclusions that a husband and wife may make if they do not understand their differences.*

1. \_\_\_\_\_

2. \_\_\_\_\_

*(1. Wife may conclude that husband is interested only in her body. 2. Husband may conclude that wife is cold, indifferent, or does not love him.)*

*Three conditions which should enable satisfactory physical adjustments are:*

\_\_\_\_\_

\_\_\_\_\_

concern for the needs and rights of other, reticence to blame or condemn, and willingness to learn are required traits for satisfactory adjustment. If problems persist, the couple should see a doctor or counsellor.

### Man's Biological Nature

God made man and woman with special reproductive and sexual organs: "Male and female created he them... And God said unto them, Be fruitful, and multiply, and replenish the earth ..." (Gen. 1:27b-28a). Woman was taken from man and designed for him: "And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man" (Gen. 2:22). The two were to become one flesh. "Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the Lord" (Gen. 4:1). This verse implies both companionship, "Adam knew Eve," and reproduction, "she conceived."

The sexual and reproductive organs are not the same, but they are complementary. Reproduction involves the union of the male sperm with the ova, or egg, from the female ovary. The sperm is produced in the male gonads, or testicles, which are enclosed in the scrotum. In addition to producing sperm, the testicles produce the male sex hormone called testosterone which plays a vital part in producing male body characteristics such as body shape, voice, and hair. The testicles begin producing sperm cells at approximately thirteen and mark the beginning of puberty.

The newly-produced sperm cells pass into the epididymis, a coiled tube attached to the top of the testicle. Here they remain for a time during maturation. They are transported from the epididymis by the vas deferens, which is a long tube connecting the epididymis and the urethra. The vas deferens joins the seminal vesicle, which produces a secretion that causes the sperm to become active. It passes through the prostate gland which adds another secretion to carry the sperm cells. The urethra has two functions: it drains the bladder and serves as the tube to transport the sperm from the vas deferens through the external male organ, or penis. During physical relations, the sperm cells are deposited in the vagina of the female to bring about conception.

The organs previously described are reproductive. The organ which brings primary sexual pleasure is the glans penis (the head of the penis). It is very sensitive and triggers the eruptive emission of semen during the sexual act. The penis is composed of porous tissue which is filled with blood during sexual stimulation, thus causing erection which is essential for the sexual act.

Most boys have not been informed that after reaching puberty they will experience nocturnal emission (wet dreams). Their reproductive organs begin to function and build up semen. While asleep and

*Read Genesis 1:27b-28a; 2:22; 4:1 again. Give two purposes for the way God made man and woman.*

1. \_\_\_\_\_
2. \_\_\_\_\_

*(1. companionship, 2. reproduction)*

*To achieve reproduction there must be a union of the male \_\_\_\_\_ and the \_\_\_\_\_ of the female.*

*Give two functions of the gonads, or testicles. 1. \_\_\_\_\_*  
*2. \_\_\_\_\_*

*(Compare your answers with the text.)*

*The reproductive and sexual organs are not the same but are complementary.*

*What is the function of the sexual organs?*

*(To bring primary sexual pleasure)*

dreaming at night, they will emit semen. Unless the boy is informed of this normal physical reaction, he may be fearful that he is abnormal.

The Woman's Biological Nature

God designed specialized reproductive and sexual organs in the woman to complement those of the man. Her body contains two ovaries, one on each side of her abdomen, located between her hip-bones. They correspond to the male testicles, and they produce eggs. At birth, a girl's ovaries contain as many as 400,000 little follicles called ova, or eggs. Only three or four hundred will mature and be released from the ovaries during her lifetime. As she matures, the ovaries begin to secrete the female sex hormones which cause her to develop feminine characteristics. Her breasts begin to develop in preparation for nourishing her offsprings. Her hips begin to broaden, and she takes on the feminine appearance. Sometime between the age of ten and fifteen, she experiences her first menstrual period. For the next thirty or thirty-five years she will experience this cycle monthly, except when she is pregnant.

The menstrual period is caused by the preparation of the womb to receive the fertilized egg in the process of conception. The ovaries release an egg approximately every twenty-eight days. The egg is directed into the fallopian tube by finger-like projections. The fallopian tube transports the egg to the uterus. The egg remains in this tube approximately seventy-two hours. If sperm are deposited in the vagina during this time, they travel quickly through the cervical opening into the uterus and then into the fallopian tubes. The first one which makes contact with the egg fertilizes it, and conception occurs at that moment. The fertilized egg then moves down into the uterus which has been prepared to receive it. It becomes implanted in the wall of the uterus and gradually develops for a period of approximately nine months. The foetus, or unborn infant, is fed from the blood supply of the mother's body in the uterus.

While the egg cell is being developed in the ovary for release, the lining inside the uterus increases in thickness and receives an extra supply of blood. This change is for the purpose of receiving the fertilized egg and nourishing it. If the released egg is not fertilized, it soon dies and the uterus returns to normal by eliminating the special preparation which has been made for conception. The increased lining and supply of blood are expelled from the body through the vagina. This process of reproduction causes the monthly menstrual cycle which is an indication that God has prepared the woman's body for reproduction.

The uterus, or womb, is the area in which the baby grows during pregnancy. It is a pear-shaped organ which can be greatly expanded as the infant

List two functions of the ovaries.

1. \_\_\_\_\_

2. \_\_\_\_\_

(1. produce eggs, 2. produce sex hormones)

What causes the menstruation cycle or period?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(If the released egg is not fertilized, it soon dies and the uterus returns to normal by eliminating the special preparation for conception--the increased lining and blood supply.)

increases in size. The vagina is the muscular passageway from the uterus to the outside of the body. Several organs surround the external opening of the vagina. These organs are referred to as the major and minor lips and the clitoris. They are very sensitive, especially the clitoris, and serve as the sexual organs which enable the woman to experience excitement and satisfaction during physical relations.

The vagina is partially closed by a membrane called the hymen. This membrane is usually broken during intercourse and may cause temporary discomfort, but not lasting physical damage. It may cause the bride to associate pain with sexual relations. If the membrane is thick, minor surgery may be required.

### Birth Control

The possibility of pregnancy can occur each month after the egg is released by the ovary. Since the egg remains in the fallopian tubes approximately three days, conception will take place at any point during this time if a sperm cell reaches the egg. The egg is released at about the middle of the menstrual cycle; that is, a new egg is released about fourteen days after the beginning of the last menstrual period. Many couples conclude that the safe period for avoiding pregnancy extends from the thirteenth through the fifteenth day after the beginning of the last menstrual period. They should realize that the male sperm can live within the female organs for several hours. Also, the egg is not released always on schedule. The twenty-eight-day menstrual cycle is approximate and may vary. The cycle is more constant in some women than in others.

Birth control is important for several reasons. It is possible for couples to have more children than they can care for properly, and the wife's health is endangered if her body is required to support and bear a child too often. A healthy woman could possibly give birth to more than twenty children during her child-bearing period. Often fear of pregnancy causes a poor adjustment in the physical relationship. With the rapid increase of world population and the danger of widespread starvation because of over-population, couples should take seriously the responsibility of bringing numerous children into the world. On the other hand, the potential problems of over-population should not cause a couple to have no children.

In recent years, a pill has been developed which controls the time when the ovaries will release the egg. As long as the woman takes one per day according to the doctor's prescription, the danger of pregnancy is reduced to a minimum. Many women who are on this prescription become pregnant because they are careless in taking the pill at the right time.

*Two reasons the safe period for avoiding pregnancy is difficult to determine and, therefore, is not a dependable means of birth control are:*

1. \_\_\_\_\_
2. \_\_\_\_\_

*(1. The male sperm can live in the female organs for several hours. 2. The egg is not always released on schedule.)*

*Give four reasons why birth control is important.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

*(Compare your answers with the text.)*

One of the best known and most widely used contraceptives is the condom, a latex sheath worn by the male. If it is used properly, it is one of the safest birth control methods. It should be tested for leaks by blowing it up like a balloon or filling it with water. Vaginal creams or jellies, which contain chemicals that kill the sperm, are readily available and provide a degree of protection. Diaphragms, fitted by doctors, and withdrawal are other methods for controlling conception. Some couples resort to sterilization of either the husband or wife when they have had as many children as they desire. If further information is needed concerning birth control, a doctor should be consulted.

### Achieving Adjustments

On the wedding night, the groom should remember that his bride may have strong reservations about the sexual relationship. She may have received the impression from her mother that sex is to be endured and is a necessary evil of marriage. Or she may fear pain or experience anxiety as she enters into this new experience. Some of the problems are resolved if both husband and wife have received adequate marriage counselling before the ceremony.

It is unrealistic to expect two persons of such different emotional natures to achieve adjustment immediately. Sometimes the partners become defeated because they expect too much too soon. They should allow as much time as necessary to establish physical compatibility.

Since the woman responds more slowly, ample time should be allowed for the arousal period. Either husband or wife may indicate the desire for sexual relations, but the husband will need to learn techniques for preparing his wife. Romantic expressions may precede their retiring. The arousal period may begin with kisses and proceed with the husband's gentle caressing of the wife's sensitive areas. These areas may vary to a degree with different women, but usually include the neck, ear lobes, nipples of the breasts, inner thighs, and external sexual organs, especially the clitoris. Sight of his wife preparing for bed is usually sufficient for the husband. She should communicate which actions are most pleasing to her and should indicate when she is ready for intercourse. With experience, each should be able to experience orgasm even though it may not be at the same time.<sup>4</sup>

<sup>4</sup>Herbert J. Miles, Sexual Happiness in Marriage (Grand Rapids, Mich.: Zondervan, 1967); Tim and Beverly LaHaye, The Act of Marriage (Grand Rapids, Mich.: Zondervan, 1976); and Ed Wheat, M. D. and Gaye Wheat, Intended for Pleasure (Old Tappan, N. J.: Fleming H. Revell Company, 1977) discuss this subject in detail from a Christian perspective.

List two possible reasons for a new bride's strong reservations about the sexual relationship.

1. \_\_\_\_\_
2. \_\_\_\_\_

(Compare your answers with the text.)

As you continue reading the topic Achieving Adjustments, note some principles that can guide a couple in their adjustments.

Achieving adjustments take t \_\_\_\_\_.

(Compare your answer with the text.)

The husband needs to learn techniques for p \_\_\_\_\_ his wife.

(preparing)

Proper sexual adjustments are dependent on adjustments in other areas as well. Joyce Landorf emphasizes the necessity of "showing affection in the kitchen."<sup>5</sup> Romance and gentle love should be expressed at various times during the day. The wife must be assured that she is important to the husband in areas other than their physical relationship.

Tim and Beverly LaHaye, in The Act of Marriage, have suggested five kinds of love that are important to the woman. She looks upon marriage as a perpetual companionship and craves her husband's attention and company when he arrives home from work. Oftentimes, the man is glad to get away from crowds and wants a period of solitude instead. Couples learn how to be good companions before marriage but sometimes fail to cultivate that relationship after marriage. In addition, the woman needs compassionate love. She is an expert in expressing compassion for her husband and children when they have needs. She needs to receive this kind of love also. Most women are more romantic than men. A man may fail to understand the need of his wife for romance. She appreciates unexpected gifts, such as flowers and candy, and an occasional night out. Women also crave affectionate love expressed by kisses of appreciation and warm embraces. These areas of love are essential for satisfactory passionate love.

The first few months or years of a marriage are crucial in developing patterns. Poor patterns frequently develop because of the lack of biological and psychological knowledge. To achieve satisfactory adjustments, both have to be open to learning and diligent in making the relationship work. Successful physical relationships require cooperation. If one partner's thoughts and interests are in another direction when the other thinks of passionate love, conflicts may arise. These emotional and psychic differences may delay adjustment in physical relationships. Uncertainty, awkwardness, and tension often occur in the initial relationship. After the couple has lived together for a few months or years, they learn what to expect and gradually build a successful and happy relationship. If wrong attitudes or emotional problems exist, satisfactory relations may not be achieved apart from counseling.

For successful adjustments, each partner must learn to give support to the ego of the other. A negative attitude or critical remark can hinder the emotional relationship which interferes with the physical. On the other hand, expression of affection, assurance of love and appreciation, and communication between partners are essential elements to satisfactory adjustments. Fatigue, unpleasant surroundings, or danger of interruption hinder relations.

<sup>5</sup>Tough and Tender (Old Tappan, N.J.: Fleming H. Revell Company, 1975), p. 122.

*Continue noting some principles that can guide a couple in their sexual adjustments.*

*Sexual adjustments are dependent on adjustments in other a \_\_\_\_\_.*

*(Compare your answer with the text.)*

*Both must be open to l \_\_\_\_\_ and diligent in making the relationship w \_\_\_\_\_.*

*(learning, work)*

*Each partner must learn to give support to the other's e \_\_\_\_\_.*

*(ego)*

Some couples are concerned about the frequency of physical relations each week. There are no set rules about what is right or even customary. It is determined by the mutual desires of the couple. Frequency varies from less than once per week to four or five times. The majority of married couples engage in physical relations more often than twice per week. Physical health, kind of work, and emotional tensions will affect desire. The couple will need to make adjustments in frequency. The wife may desire less frequent relations than the husband, but she may accommodate his needs. If agreement is not reached, much unpleasantness may develop in the marriage relationship. Marital difficulties may begin to arise on the part of the husband if his sexual desires are thwarted. Wives who are frustrated may have less frequent needs, but their frustration is equally demoralizing to a marriage.

The time of interest for husband and wife may vary. Since fatigue and emotional distress are distracting, the end of the day may not be the best time. On the other hand, one or the other may be a slow starter in the morning or not desire to be awakened during the night. Often the wife, who may have no specific periodic desire, may be capable of intense response even though she does not initiate the physical relationship. Probably no couple achieves perfect mutual agreement at all times, but if both are understanding, satisfactory adjustments can be achieved.

Another area of sexual adjustment has to do with f\_\_\_\_\_.

(frequency)

Are these statements true or false?

1. A couple can expect to achieve perfect mutual agreement. \_\_\_\_\_
2. If both are understanding, satisfactory adjustments can be achieved. \_\_\_\_\_

(1. false, 2. true)

### Home Study Exercise

Basic activity (Levels 1, 2, and 3). Do the following exercise.

1. What indication is there that man and woman are incomplete without each other? \_\_\_\_\_  
\_\_\_\_\_
2. List two biblical teachings that are important in making physical adjustments. \_\_\_\_\_  
\_\_\_\_\_
3. Give two extremes that are followed with regard to sex. \_\_\_\_\_  
\_\_\_\_\_
4. List three reasons why the erroneous conclusion is made that a wife's sexual needs are less than her husband's. \_\_\_\_\_  
\_\_\_\_\_
5. Name two concepts that are important for successful physical adjustments. \_\_\_\_\_  
\_\_\_\_\_

6. List three Scriptures which approve of sex in marriage but condemn physical relations outside marriage. \_\_\_\_\_  
\_\_\_\_\_
7. Describe true marital love. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. List three differences between men and women in their emotional responses towards sex. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Name three conditions which should enable satisfactory physical adjustments. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. List two functions of the gonads, or testicles. \_\_\_\_\_  
\_\_\_\_\_
11. Distinguish between reproductive and sexual organs. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. What are ovaries? \_\_\_\_\_  
\_\_\_\_\_
13. What causes the menstrual period? \_\_\_\_\_  
\_\_\_\_\_
14. Give two reasons why the safe period for avoiding pregnancy is difficult to determine. \_\_\_\_\_  
\_\_\_\_\_
15. Give four reasons why birth control is important. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
16. Give two reasons why a bride may have strong reservations about the sexual relationship. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
17. Select five principles that can guide a couple in achieving adjustment in physical relations. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Supplementary activity (Levels 2 and 3).

Read pages 375-378, 385-390, and 391-399 in The Marriage Affair, edited by J. Allan Petersen, and answer the following questions.

1. According to David Mace, how does the impelling motivation for marriage differ for man and woman?
2. List the seven Scriptures discussed by Herbert Miles, and give a brief summary of the teaching of each on the place of sex in marriage.
3. Regarding J. Allan Petersen's position on birth control: (1) Does he consider birth control to be a basic moral issue? Why? (2) Why does he advocate that parents should have a limited number of children? (3) What are the dangers of parents' having too many children? (4) What are his arguments that birth control methods are not wrong?

Advanced activity (Level 3).

Read pages 369-374 and 379-384 in The Marriage Affair, and answer the following questions.

1. What biblical illustrations does Billy Graham use to show that the new permissiveness of today's society is not really new?
2. How does S.I. McMillen define love, and how does he relate it to sex?

Seminar Discussion

1. According to the Bible, is the sexual act primarily the privilege of the husband or the wife?
2. How does God make the two to become one flesh?
3. What emotional differences between man and woman need to be taken into consideration in making satisfactory sexual adjustments?
4. What are the requirements for establishing physical harmony in marriage?
5. What are satisfactory methods of birth control?
6. What are the greatest hindrances to couples' making satisfactory sexual adjustments?