

Sermon Series: Song of Us – Week 6

“Better than you imagined. Exactly what you were made for.”



Pastor Chris Kouba – United City Church
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Introduction

As we continue in our study of the Song of Solomon, we come to a topic that is often misunderstood, misused, or avoided altogether in the church—sexual intimacy. Yet Scripture speaks openly and honestly about it because God created it. Sex is not something God tolerates; it is something He designed with purpose, beauty, and boundaries.

In today’s culture, sex is often treated casually, reduced to physical pleasure, or detached from covenant commitment. But God’s design reveals something much deeper. Healthy sexual intimacy is emotional, spiritual, relational, and deeply connected to covenant love.

Key Scriptures

Song of Solomon 4:1–16; 5:1

1 Corinthians 7:3, 5

Romans 8:1

Joel 2:25

God Is Pro-Sex

One of the biggest misconceptions in modern Christianity is that God is anti-sex. The truth is exactly the opposite. God invented sex and designed it to be enjoyed within the safety, commitment, and covenant of marriage.

Song of Solomon celebrates attraction, desire, affection, and covenant intimacy. God does not shy away from this conversation—neither should the church.

Sex Starts with the Mind

Healthy intimacy begins long before physical connection. What we think about, dwell upon, and allow into our hearts shapes how we experience intimacy.

A common observation is: “Men often give romance to get sex; women sometimes give sex to get romance.” Though simplified, it highlights an important reality—men and women often experience connection differently. Healthy marriages seek to understand and honor those differences.

Comparison is one of the quickest ways to destroy intimacy. In a culture filled with unrealistic expectations, couples must intentionally guard their eyes and hearts. Comparison steals gratitude and damages contentment.

Prayer: “God, give me eyes to see beauty only in my spouse.”

Guarding your eyes is ultimately about protecting your heart, your covenant, and your marriage.

Sex Is Not Just Physical

Sex is emotional because vulnerability is involved. It is spiritual because covenant is involved. It is relational because trust is involved. God designed intimacy to unite body, mind, heart, and soul.

This helps explain why casual sexual relationships often leave wounds deeper than expected. When intimacy is disconnected from covenant, confusion, insecurity, and hurt frequently follow.

The Gift of Sex

1. Enjoy the Gift

Within marriage, sexual intimacy is meant to be enjoyed—not ignored, manipulated, or endured. 1 Corinthians 7 reminds spouses to care for one another with mutual love, sacrifice, and attentiveness.

God’s design for intimacy is joy, closeness, connection, and unity. Healthy intimacy strengthens marriage.

2. Protect the Gift

Sex is a uniquely bonding act. God designed it to create deep connection physically, emotionally, and spiritually.

Casual sex often creates destructive attitudes, emotional confusion, attachment issues, comparison, and pain. Protecting the gift means protecting boundaries, your mind, your covenant, and your spouse.

Prayer: “God, give me eyes to see beauty only in my spouse.”

3. Redeem the Gift

For many, this conversation brings regret, wounds, or brokenness. But shame is never the final chapter with God.

Romans 8:1 says: “There is therefore now no condemnation for those who are in Christ Jesus.” No matter your past, grace is available.

Joel 2:25 reminds us that God restores what feels lost: “I will restore to you the years that the swarming locust has eaten.” God redeems stories, rebuilds trust, heals wounds, and restores intimacy.

Application

- Guard your mind and eyes—healthy intimacy starts before the bedroom.
- Pursue emotional and spiritual closeness alongside physical intimacy.
- Protect the covenant of marriage through wise boundaries and intentionality.
- Pray for renewed affection and gratitude toward your spouse.
- If there is hurt, regret, or brokenness in your story, receive God’s grace and pursue healing.

Conclusion

God’s design for intimacy is better than we imagine because it is rooted in covenant, trust, and love. Sex is not merely physical pleasure—it is a gift designed to strengthen, unite, and bless marriage.

Enjoy the gift. Protect the gift. And when necessary, trust God to redeem the gift.

Because in Christ, restoration is always possible.