

# Sex Guide For Married Couples

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## Based on Biblical Views

Song 6:3 KJV) I am my beloved's, and my beloved is mine: he feedeth among the lilies.  
(Col 4:6 KJV) Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.

### What's OK? What's Not?

We often get questions like "Is oral sex OK?" or "My husband wants to make a video of us in the bedroom. Is this a sin?"

The reason that we get so many of these questions is probably because the Bible does not specifically speak to everything that a couple can do sexually. Where scripture is silent we must look at Biblical principles to try to build outlines for what is, and is not allowable in the marriage bed.

### Let's start with what the Bible does say.

We are to abstain from immoral sex. The Bible indicates the following are sin:

fornication/unmarried sex (Ga 5:19, 1 Co 7:2 & 36)

adultery (Ex 20:14, Mt 5:27)

homosexuality (Le 18:22, Ro 1:26-27)

bestiality (Le 18:23 & 20:15-16)

prostitution (Le 19:29, De 23:17, Pr 23:27, 1 Co 6:15-16)

incest (Le 18:6)

We are to have sex only in marriage - one man with one woman.  
(Mt 19:4-5, 1 Ti 3:2 & 12)

We are to lovingly meet the legitimate sexual needs and wants of our spouse.  
(1 Co 7:3-5)

### The preceding are all direct Biblical commands.

In addition there are requirements set out for us as believers, and as husbands and wives, which add the following restrictions:

Love for our spouse, and respect for the bodies and minds God created, requires us to avoid anything which can cause serious problems: (Eph 5:29 & 33, 1 Co 6:19)

physically  
medically  
emotionally  
mentally  
spiritually  
relationally

We should never push our spouse to compromise their beliefs. (Ro 14:1 & 14 & 23)

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We are not to be controlled by anything. (1 Co 6:12 & 10:23)

Anything that does not violate these principles should be okay within the marriage bed. That said, it's important that our sexual activities benefit our sense of intimacy and oneness as a couple. It's also important for a couple to have regular intercourse, if they are able to. While the Bible does not speak to this, science has shown that all sex is not alike, and intercourse has effects on our bodies, minds, and emotions (and we believe our spirits) that no other sex act can match. On the other end of the spectrum, there are those who say it's a sin for a man to ejaculate anywhere other than a woman's vagina, but we can find nothing in the Bible which even hints at this. So, we see no reason to limit sex or climax to intercourse, but a couple who frequently avoids either intercourse and climax during intercourse is cheating themselves out of something God intended them to have.

Now let's consider some bedroom activities and apply the principles above. Please keep in mind that we are not specifically recommending any of these activities, we are only trying to give couples a framework for deciding what sexual activities will build their marriage, and which may damage it. Most of these things will be influenced by personal preferences, past experience, and your understanding of the Word.

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### **Manual Sex**

Manual sex is using the hands to sexually stimulate a spouse's genitals. It can be done as foreplay, or as a way of causing orgasm. Manual sex does not violate any of the

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principles we have given, and there are even strong hints of it in the Song of Songs. We can see no reason to not use our hands to arouse each other before intercourse, or to have an orgasm before, after, or instead of intercourse.

Manual sex can be a good way to deal with seriously-mismatched sex drives. While some people think of manual sex as a "juvenile" act of limited pleasure, it's possible to become very skilled at giving a great deal of pleasure with your hands.

## Oral Sex

Oral sex is using the mouth to sexually stimulate a spouse's genitals. It can be done as foreplay, or as a way of causing orgasm. As with manual sex, there are no hints of prohibition in the Bible, and many scholars of the Song of Songs are convinced that several passages describe oral sex being performed on both the man and the woman.

(Song 2:3 KJV) As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste. - the woman performing oral sex on the man, and

(Song 4:16 KJV) Awake, O north wind; and come, thou south; blow upon my garden, that the spices thereof may flow out. Let my beloved come into his garden, and eat his pleasant fruits. -for the man doing it to the woman) and possibly

(Song 8:2 KJV) I would lead thee, and bring thee into my mother's house, who would instruct me: I would cause thee to drink of spiced wine of the juice of my pomegranate.

### **One common concern is cleanliness.**

In reality the genitals of a healthy man or woman are actually "cleaner" than our mouths. The taste or odor of the genitals may put some off, but often this is more of a mental response than a physical one. In fact, many husbands and some wives are aroused by the smell of their partner's clean genitals.

Some folks have a strong aversion to the idea of oral sex. Often this is the result of some teaching that is less than accurate, or a negative feeling about the genitals or sex in general. Pressuring such a person for oral sex can only result in arguments and hard feelings. On the other side, there are those who think they are missing one of the best things sex has to offer if they don't experience oral sex. This is probably due to the influence, directly or indirectly, of pornography. While oral sex can be very enjoyable, it is not the end-all of sexual acts, and there are other ways (especially manual sex) of producing similar pleasure. Couples who are at odds over oral sex need to give each other some room, and they should privately examine their feelings about oral sex.

One word of caution medically - blowing into the vagina can be dangerous, particularly if the woman is pregnant.

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### Sex During Menstruation

The Old Testament law had many rules about "body fluids," including not having sex during menstruation. Because of the sacrifice of Jesus on the cross, we are no longer under the Law, and we do not have to avoid eating pork, avoid clothes made of two materials, or avoid marital relations during menstruation. Some suggest abstaining from sex during menstruation is a part of the Law we are supposed to still keep, but these same people ignore all the other restrictions given for a menstruating woman; among other things menstruating women were not allowed to cook or share a bed with their husband. There is no Biblically - valid way to separate the Old Testament instructions regarding menstruation into two categories, so we must either follow all of them or be free from all of them. The same holds true to sacrificing animals in the Old Testament. Christ made us free from ever having to do that again. Likewise, Christ has set us free. (John 8:36 KJV) If the Son therefore shall make you free, ye shall be free indeed.

From a medical standpoint sex during menstruation is not a problem for most couples. There is an increased risk with regard to sexually transmitted diseases, but this should not be a concern for married Christian couples. In women without such diseases the menstrual flow is not contaminated or dangerous, and intercourse poses no danger to her or her husband. Outside of marriage the risk of infection is highly possible.

#### **In fact, sex during menstruation seems to be beneficial to a woman's health.**

Orgasm releases natural painkillers into the blood stream, and the contractions associated with orgasm can help reduce cramping. Additionally, a recent study done at Yale suggests that regularly having an orgasm during menstruation may reduce the incidence of endometriosis. The current hypothesis is that the uterine contractions of orgasm helps to expel fluid from the uterus, reducing the chances of fluid going the wrong way up the Fallopian tubes and into the body. Also, some women find that sex during menstruation speeds up the flow afterwards, shortening the length of their period.

On the downside, there is some evidence, which shows a weak link between orgasm during menstruation and very heavy bleeding in the last few years before menopause. However, heavier periods at this time of life are common, and what is not known is if orgasm causes an actual increase in total fluid for the cycle, or if it just causes the fluid to be released more heavily for a shorter period of time. If a woman-approaching menopause is having a problem with heavy periods, abstaining from orgasm during her period might help and might not - but it would certainly be worth trying.

### **Anal "Intercourse"**

Anal intercourse involves inserting the penis into the anus instead of the vagina. Many believe that the Bible speaks against this, but it does not. Homosexual anal sex is forbidden, but then so is homosexual manual sex or even homosexual kissing - thus we cannot use homosexuality as a way of proving that anal sex is wrong.

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On the other hand, there are some very real, and potentially very harmful, medical considerations with regards to this activity. First, the anus is not "clean" from a bacterial standpoint, and anything, which comes into contact with the anus, can spread disease or infections.

Another problem is that the anus is not designed for "two-way traffic," nor is it designed to be stretched open as far and for as long as anal sex can cause. Those who practice anal sex repeat the mantra of "go slow and use lots of lubricant;" unfortunately this is not always enough. We have had discussions with a couple of women who suffered permanent problems from anal sex even though they followed "the mantra." While such damage may be very rare, it can be very serious, and may even require surgery. Finally, the anus is not as sturdy as the vagina, and does not heal as easily. This can lead to tears that can be annoying at the very least.

So, while the Bible does not prohibit anal intercourse, there are medical considerations, which make it a gamble.

## Anal stimulation

Aside from anal intercourse, some folks stimulate the anus with an inanimate object, their fingers, and (sorry about this) their mouths. Unless the object used is large, this kind of stimulation is far less likely to cause physical damage. Oral stimulation is clearly a problem, and all other forms of stimulation do pose a cleanliness problem. This form of stimulation is far less dangerous than anal intercourse, but it is not without risks.

## Sex Toys

Sex toys cover a broad spectrum of items that are designed to enhance physical pleasure. Because of the variety of items, it's hard to discuss them as a group. Note: we could include things like lingerie and flavored lubricants in this category, and the same considerations apply. We see no scriptural prohibition on toys, nor any way in which toys violate any scriptural guidelines. In general this is going to be something each couple has to decide for themselves, but below are a few things to consider.

Some items may not be safe to use. For example, there are devices known as penile rings, which are placed around the base of the penis to improve or maintain an erection. Most of these rings are safe, but a fixed ring that has no release could be very dangerous if it's too small. It's also noted by most manufacturers that the rings should not be used for more than 30 minutes at a time. Vacuum devices and anything used to restrain a person also pose potential problems if they are not properly designed and used.

Some items designed to resemble parts of the male or female body are actually "modeled" after a real person, usually an actor or actress from pornographic movies. While it's not clear that this is a sin to use such a product, most Christians are opposed to it for obvious reasons. If an item is not advertised as being modeled after someone, it's just a generic sculpture.

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If a sex toy is used, it should be as an enhancement, not the center of attention. If it brings the couple closer, and results in one or both of them enjoying sex more, that is good. If it results in either person feeling badly, that is not good.

The biggest obstacle to sex toys for most Christians is probably finding a way to buy them without being exposed to objectionable products and pornography. In Europe some items are available in respectable shops, but in most of America this is not the case. Some lingerie shops may have small assortments of toys, but in general most Christian's choices are mail order and web shopping.

We are not aware of a mail order company we could feel good about recommending. Additionally, many mail order companies sell their mailing lists, so ordering from a company that sells sexually oriented items could result in you receiving mail for other companies which sell things you don't even want to know exist!

Web shopping may be safer, but the chance of having your mailing address sold still exists. The one web site we are can recommend for such items is <http://book22.com>, a Christian site with no porn or nudity. They do not share information with third parties, and do not send mailings by snail or e-mail.

### Phone Sex

Phone sex is sharing sexual thoughts and fantasies on the phone, and it is often done while masturbating. As long as this is done privately with one's spouse, we see no reason why it would be wrong, and if a couple must be separated it can be a good way to deal with sexual tensions while remaining somewhat sexually connected. Just be sure co-workers or children on an extension phone are not listening you in on!

### "Dirty" Words

Can we use slang terms to refer to sex organs and acts? What about words that have both a sexual and profane meaning? The Bible certainly warns us about the words we use, but is that warning about the word, or the meaning of the word? Many words that we use in everyday communication have alternative meanings that are rude, gross, or profane. If some group starts using the word "baptize" to refer to an orgy in a pool, must we abandon that word because someone has given it a meaning we do not agree with or approve of?

It seems to us that it is the meaning of our words, which is important, not the sound the words make and what others may mean by the same sound. Because those around us cannot know what we mean when we use a word, we must be careful not to offend; but in our marriage we can discuss various words and know what they mean to us. If a couple agrees that a word is simply a reference to a part of the body or a sex act, and if neither person finds the word offensive, then we see no harm in the words, no matter what they are.

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But why not just use the "proper words" someone will ask? Unfortunately the proper words we have to communicate about sex tend to be cold and clinical. Trying to express the emotion and desire of sex with these words is difficult to impossible. Do phrases like, "Please initiate coitus immediately" or "My sexual climax is imminent" communicate the thoughts and feelings as well as a more "colorful" phrase would?

### Sexually explicit material

We have used this term instead of erotica or pornography, because sexually explicit material covers a broad spectrum of material. Some want to reject anything which has any hint of sexuality in it, but in the original Hebrew, the Song of Songs is extremely erotic, and very explicit. A truly accurate translation of the Song would be so sexual you could not broadcast it over the radio in the United States!

This makes the issue much less clear than we would like it to be. Any attempt to define a "line" for sexually explicit material could cause some to walk into sin, by encouraging them to do that which they do not have the ability to do without sin. A line could also be a source of condemnation for some who are not in sin. Check here for a more complete discussion of the dangers of pornography; in this article we will limit ourselves to giving some parameters each couple should apply when deciding what is and is not acceptable for them as a couple.

The Bible tells us not to do anything that will offend the "weaker brother" (Ro 14:1-23). If your spouse thinks it's a sin to eat meat, then you are not to eat it in their presence, even though you know it's not a sin. Surely we need to apply this same thinking to any sexual materials we may read or view. If it troubles your spouse even a little bit, that is enough of a reason to not own the material in question - even if it's a Christian book with nothing more than sketches, or this web site!

Everything a couple includes in their sex life should build them up, and direct them towards each other. Sexually explicit material can easily cause unrealistic or impossible expectations, cause doubt about how we look, or make us feel inadequate. Obviously these things are destructive, and any material that causes such feelings should be excluded.

God is concerned with our hearts, not just our actions. If what we read or view causes us to desire or fantasize about sinful sexual activities, then we have sinned in our hearts.

Finally we are told that there are things, which are not sinful, but are also not profitable. We must decide if there is any good to come from something, and weigh that against any bad that could come from it.

### Masturbation

It is our belief that masturbation is not inherently wrong (for more on that see the masturbation section), but there do seem to be some very valid concerns about

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masturbation by married folks. We are commanded to meet our spouse's sexual needs, and any masturbation, which limits our ability to do this, is wrong. Additionally, if we feel a need to masturbate, that is a sign our spouse is not meeting our needs, but what if one person has a much stronger sex drive? It seems to us that this does not "relieve" the less-interested person of responsibility for meeting their spouse's sexual needs. If masturbation is needed more than occasionally it may well be a sign of a problem. It is also a concern if a person's spouse is unaware of masturbation, or is unaware of how frequent it is.

And what if one spouse is unable to have sex because of sickness or physical limitations? In this situation masturbation seems a reasonable option, but we would suggest it is best done in the presence of the spouse. This significantly reduces the chances of wrong thoughts, and allows the partner to be a part of the activity by holding the one masturbating, offering some form of stimulation, or describing what they could be doing if they were both able to have sex.

A different issue is a couple watching each other masturbate. Most men, and many women, find this very arousing, and it can also be informative. As a frequent alternative to more interactive sex it could be a problem, but we know of no Biblical or medical reasons why it would be wrong or unwise to do this from time to time.

## Public nudity

**In America** there seems to be a trend of established clothing-optional environments having older crowds while the young skinny-dipping goes on in private and at parties (with the help of alcohol). Maybe at older ages people are finally less self-conscious. There's far less freedom to be naked in the 'land of the free' than European countries. Random example, in Munich Germany (pop. 1.2 million), people lay out naked in the grass in the 900-acre 'Englischer Garten' right in the middle of the city. The park is crowded and the area where people are naked is in no way separated from anything or anyone else. There is no signage. No one gets arrested. The park isn't '18 up'. German kids don't stop and stare or become sexual deviants at the sight. (Seems like a lot of America's conservatism is in the name of 'protecting the children', etc.)... People lay out naked in the sun in public as they care to without disturbing anyone. Go lay out naked in the nearest public park in America and see what happens... now why is that if we are the land of the free?

There are those who call themselves "Christian nudists." While this seems obviously wrong to many, there are those who ask "why?" so we will try to address that question.

Some suggest they are just returning to the way Adam and Eve were before the fall. The problem with this theory is that we are still a fallen people - redeemed yes, but not yet perfected. There will always be that group of people who will always pervert things no matter what precautions you take. There will always be the perverts who will look at others and will think perverted thoughts whether you are clothed or not. In fact, many times it is not what a person sees that attracts them, but rather what their imagination tries

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to reveal. That was one of the main reasons why Playboy magazine in its early years was so accepted was that they marketed to the imagination of its readers rather than revealing the whole package. The type of clothing we wear can excite the imagination to want to open the package many times more than just seeing everything and getting past the unknown. Like the old joke: one nudist said to the other nudist, WOW, I wonder what she would look like in a sweater!

Many will say, we are still subject to the same temptations and lusts, and how can we justify doing something, which could be used by another for sin? If we should avoid eating meat in the presence of those who lack such faith, how much more should we avoid being nude? Even if "I" can see others naked and not lust, how can "I" know that everyone else is also able to do that? I can't, so public nudity is risking being an offense or stumbling block to others.

### **Nudists will also say "it is not about sex." But what does the Bible and biology say?**

**Scripture:** When God give us a list, in Leviticus, of people we are not to have sex with (incest), He does not say "don't have sex." Instead, He tells us not to "uncover" or "discover" their nakedness. *Even though this phrase was always associated with the act of Sex and not just nudity.*

Given how explicit God is in other parts of the Bible, we cannot dismiss this as a euphemism designed to avoid talking plainly. God limited nakedness because He knew that nudity is inherently sexual, and fallen people often lack the self control to avoid falling into lust, and following that lust to sex acts. You will also find that in Jesus day that many could not afford the luxury of modest clothing. Nowhere will you find Jesus making an issue out of a person being naked. The woman who was cast at his feet naked, Jesus was more concerned about her than her lack of clothing. (John 8:7 KJV) So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her. When Jesus dismissed her to go home and sin no more, he did not clothe her. He just sent her home.

The manic that was in the tombs was first seen without clothes and possessed with devils. When Jesus restored him, Jesus sent him home the way he found him, naked. Jesus did not make his lack of clothing an issue. Then later we read where he sat with Jesus, clothed and in his right mind.

**(Mark 5:15 KJV)** And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his right mind: and they were afraid.

**Science** has shown that certain parts of the body are inherently sexual. Not because of our culture, but because of the biology God gave us. Pheromones (we call them airborne hormones) can have a major effect on others: they are what causes women who live together to "cycle" together, and they cause a man to have a slight rise and fall in his sex drive that follows his wife's cycle. There are certain parts of the body that emit a lot of these sexual pheromones. The underarms, the genitals and the aureolas of men and

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women, and the navel of women are the "biggies." When these parts of the body are covered with clothes, the clothes capture most of the pheromones. When we are naked the quantity of pheromones reaching others rises significantly. So, being nude means you are sending a lot stronger sexual signals to those you are with.

For another look at this topic, we have an article by a former "Christian naturalist" who argues that nudism may not be wrong in and of itself, but that it damages marriages and inhibits a believers ability to follow Jesus and be a witness for Him. See also <http://iwantobenude.com/pdf/BibleAndNakedness2.pdf>

## The Pope's Insight On Nudity. Pope John Paul II

"Sexual modesty cannot then in any simple way be identified with the use of clothing, nor shamelessness with the absence of clothing and total or partial nakedness. There are circumstances in which nakedness is not immodest... Nakedness as such is not to be equated with physical shamelessness. Immodesty is present only when nakedness plays a negative role with regard to the value of the person... The human body is not in itself shameful, nor for the same reasons are sensual reactions, and human sensuality in general. Shamelessness (just like shame and modesty) is a function of the interior of a person." Pope John Paul II (Karol Cardinal Wojtyla) ("Love & Responsibility," 1981)

**Billy Graham:** The August 20, 2007 issue of Time magazine features an excerpt from the upcoming book *The Preacher and the Presidents* by Nancy Gibbs and Michael Duffy about evangelist Billy Graham. The book notes that Graham has been a spiritual guide to United States presidents from Truman through the current administration. Besides interesting insights into U.S. politics and spirituality, the book also reveals that weeks after John F. Kennedy's assassination, Graham was summoned to Washington by a shaken Lyndon Johnson "to talk, pray and go skinny-dipping in the White House pool." [Read an excerpt at Time.](http://www.time.com/time/nation/article/0,8599,1627139,00.html)  
<http://www.time.com/time/nation/article/0,8599,1627139,00.html>

## Role Playing and Fantasy

This is another area, which is difficult because it covers a very wide array of things. There is certainly a difference between fantasizing you and your spouse are making love on the beach of a deserted island, and pretending to be having an adulterous affair.

Since God cares about our thoughts, not just our actions, there must be a line in this that we should not cross, but where is that line? A safe way to approach this is to say it's wrong to fantasize or act out anything it would be wrong to actually do. This means you must always play yourselves, not a real movie star or someone you know. It also means you must be married in the fantasy.

However, we do not think this means you must limit yourself to things you might actually be able to do. If you want to pretend it's several hundred years ago and you are a ship captain and a damsel saved from pirates, go for it (you got married at the nearest port). Or

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maybe you are husband and wife on a spaceship, exploring the bounds of the universe and the bounds of weightless sex.

### Private photos and videos

This involves the private use of cameras or video cams. Since there is no prohibition of seeing each other naked, there would seem to be no prohibition of seeing pictures of each other naked. But there are issues to consider. While there are places, which will develop such pictures, this means letting others see them - see public nudity above. Video cameras, Polaroid cameras, and digital cameras on the other hand allow you to take and view pictures without anyone else seeing them. Then the issue is making sure the pictures stay private. If you have anyone in your house that is able to turn a doorknob, you need to secure your pictures to keep that, which you want to keep private, private. Lock up pictures and videotapes, and encrypt digital photos on your computer, or transfer them to a floppy or CD that you can lock up.

### Fetishes

An individual with a fetish either can't have sex, or can't enjoy sex, without engaging in the fetish, or at least fantasizing about it. Common fetishes are items like leather or high heels, activities like spanking or a man dressing up as a woman, or even an inordinate fascination with body parts like feet or certain sized breasts. It's often hard to draw a clear line, since a preference is not a fetish until it becomes required for normal sexual function. For example, some people have an oral sex fetish, but most who enjoy oral sex do not have a fetish and can have sex without it.

Many folks say "It's harmless, just go along." But the Bible tells us not to be controlled by anything (1 Cor. 6:12), and we feel a fetish violates this scriptural principle.

Fetishes are far more common in men than in women, and most fetishes seem to be a result of something that happened fairly early in life or early in a person's sexual awareness. Fetishes can be dealt with through therapy, but only if the person wants to change.

### Adult Nursing

Adult nursing means the wife nurses the husband. While this would include a man, "sampling" breast milk while his wife is nursing a baby, having an "adult nursing relationship" means much more than this. Serious adult nursers continue long after the children have stopped nursing, maybe even after they have grown and left home. Others come to adult nursing after the woman has stopped nursing children, working very diligently to "re-lactate" so the woman has milk for the husband.

Those who have this kind of relationship say it is a real blessing to them, and their marriage. Most freely admit it is at least partly a sexual thing, but many say it is far more than just sexual. Having done some searching we can not find any evidence that there are

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health reasons to avoid adult nursing, nor can we find a Biblical principle that would preclude it. For some it may be a fetish, but for some it is not. As long as both husband and wife understand the dedication it takes to keep the milk flowing, and both are fine with that, we cannot see a reason to say adult nursing is wrong.

### **Bondage, Spanking and BDSM**

**BDSM** is bondage, discipline (or domination), sadomasochism: (or slave-master). This is a wide category with unclear boundaries; at "low levels" playing at these things is fine provided both husband and wife enjoy them. But all these things can be, or can become, fetishes, and then are wrong for that reason (see above). BDSM is openly sexual, and is different than so-called "Domestic Discipline".

**Bondage:** Tying a partner up can be very arousing for both of the one tied and the one who is not tied. It can show a sense of trust, and can allow the bound person to feel free to do nothing and just receive. If bondage is mutually enjoyed and not extreme, we see no reason not to make it a part of a couple's sex life. Some people practice bondage in a way that causes pain, making it a form of S&M.

**Spanking:** There are valid biological reasons why mild pain can be arousing. Spanking, scratching and biting all fit into this category. We can find no scriptural or scientific reason to avoid this so long as both partners agree to it. However, if the pain is more than mild, this moves into S&M.

**S&M:** Causing pain sexually arouses a sadist; receiving pain sexually arouses a masochist. Aside from the fact that this is virtually always a fetish, we do not see either behavior to be compatible with which God has called us to be. Desires for S&M may be a result of sexual or physical abuse in the past, or may reveal problems with self-image or self-confidence.

### **Dominance and Discipline:**

Sexual arousal from dominating or punishing another, or from being dominated or punished. This involves humiliation and degradation, and again we do not see it as compatible with who God calls us to be.

### **Water sports and Scat:**

**Using urination** (as opposed to female ejaculation) and defecation as a part of sex.

**Scat:** Because feces are bacterially unclean, defecation as a part of sex is unwise for medical reasons.

**Water sports:** Urine is normally sterile, so there are no medical issues. On the other hand, there is no good evidence that urine has inherently biological reasons for being

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sexual or sexually simulating, so it's likely that this is usually, if not always, a fetish. In addition, most people would see this as degrading to the person being urinated on.

Surely we have not covered everything in this article, but hopefully we have given you a framework for discussing things and a way of determining whether something will build or harm your marriage. May all that we do be done to the glory of God. Remember, it was God that created man and women and it was God who created us to be sexual in nature. Sex is to be enjoyed and looked upon as a gift from God for husbands and wives to enjoy and enhance their relationship with each other.

I pray that this article has been received as a blessing to those who have read it. I pray that it has helped to answer some of the questions that most preachers and churches refuse to address which only leave the believer in a state of confusion and distress.

To those who will condemn this writing, my thoughts are:

1. You could have chosen not to read it.
2. You could have quit reading it
3. What other solution have you offered to help answer the questions to believers?

To God Be The Glory Forever And Ever, Amen.