Life Lessons from 1 Corinthians, Chapter 7

Maybe the title of this post made you giggle or perhaps raise your eyebrows. Or, if you listened to the radio in the 90s, you may have finished the title by singing or humming a popular song from that era. "Let's talk about sex, baby; let's talk about you and me.." I won't continue with the lyrics because they aren't glorifying God!

But shouldn't we talk about s-e-x?

In Chapter 7 of 1 Corinthians, Paul answers the Corinthian believer's questions about marriage, sexual relations, singleness, and divorce. Paul began by addressing the issue of sex and marriage. The Corinthians had asked Paul if it was good for a man to abstain from sex.

"Now for the matters you wrote about: "It is good for a man not to have sexual relations with a woman." [2] But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband." [1 Corinthians 7:1-2](#)

Possibly, the immature believers in Corinth were concerned that sexual relations were not something in which a Christian could or should participate. And in Roman culture, men had sex with their wives to procreate and with other women for pleasure. Paul answers their concerns and questions, reminding them that sexual relations, while something to abstain from for the single person, was good and needed within the marriage relationship *only*.
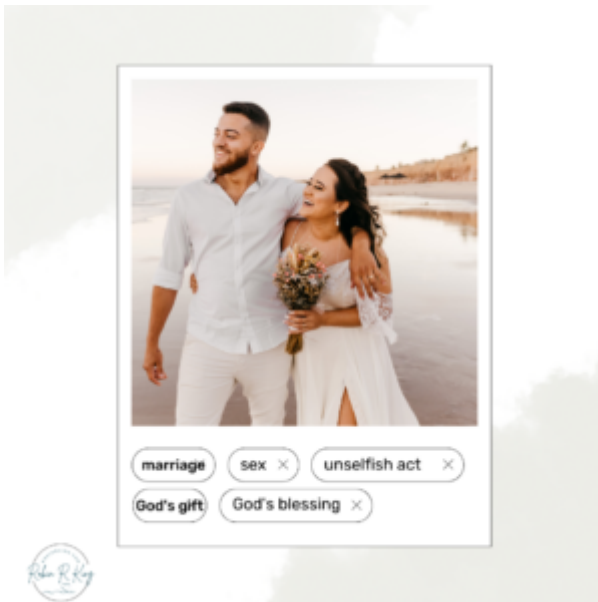
"The husband should fulfill his marital duty to his wife, and likewise the wife to her husband.[4] The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife". [1 Corinthians 7:3-4](#)

God's intention for his people in marriage was to have one spouse. And in that monogamous marriage, the husband and wife have a healthy and fulfilling sex life. Paul points out that the husband's and wife's bodies belong to each other. And God has given the blessing of sex to be enjoyed by both the husband and wife. Both should be attentive to the other's needs, and sex should be an unselfish act.

[5] Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." [1 Corinthians 7:5](#)

Paul tells husbands and wives not to deprive each other of sex unless mutually agreed upon, and it should only be "for a time." Then sexual relations should resume, so neither party will be tempted to have their needs met elsewhere due to our human "lack of self-control." Satan knows our weaknesses and knows precisely when and how to attack.

Why would God include Paul's letter and advice in His Word? Because all of the Bible, including Paul's epistle, is inspired by God (2 Tim 3:16). God created marriage and sex as a gift and blessing for a husband and wife. Sex is not a dirty word or an act to be cheapened by culture, jokes, or songs.

"So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it." ***Genesis 1:27-28a***

"The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man."[24] That is why a man leaves his father and mother and is united to his wife, and they become one flesh." ***Genesis 2:23-24***

Let's be honest. Sometimes we may not "feel like it" due to illness, tiredness, mental stress, or physical changes in our body. Could that be "for a time"? It's during that time that we need to remember our body doesn't belong to ourselves but our spouse. It's that time that we need to seek to be unselfish. And it's that time we need to be open and honest with our husband or wife and seek a solution together. It's during that time we should "talk about sex, baby."

© 2022 Robin R King

Share this:

- Tweet
- Pin it
- Print