

## **406 – Sexual Maladjustment**

### **I. Introduction**

**A. Our \_\_\_\_\_**

**B. Our \_\_\_\_\_**

**C. Our \_\_\_\_\_**

### **II. Case Study: Martha Anne Coplin**

#### **A. Review of Letter**

1. How would you like to be the recipient of the letter?
2. What practical help would you give?
3. What books or tapes would you recommended?

## **B. Symptoms of Martha Anne**

### **Solutions for Martha Anne**

1. Identification
2. Healing Relationship with \_\_\_\_\_
3. Assuming Only \_\_\_\_\_
4. Forgiveness
5. Acceptance
6. Yielding \_\_\_\_\_

7. Recommended Books:
  - a. *The Confident Woman*
  - b. *Lifetime Guarantee*
  - c. *Love Life for Every Couple*
  - d. *The Act of Marriage*

### **III. Sexual Maladjustment Issues**

#### **A. Masturbation**

##### **1. Possible Problems and Issues**

1. Defrauds the spouse
2. Masturbation is Associated with the Depression Cycle.
3. What About the Single Person?
4. The Effect of a \_\_\_\_\_ Mentality

## **B. Fantasies**

1. Lust vs. Fantasy
2. Types of \_\_\_\_\_
  - a. Pornography
  - b. Daydreaming
  - c. Internet or Telephone
3. Possible Causes
4. Is Fantasy a Sin?
5. Victory is won at the threshold of the \_\_\_\_\_

## **C. Other Sexual Deviations**

1. Homosexuality
2. Transvestites

3. Exhibitionism

4. Sexual Addiction

**D. Victory Through the \_\_\_\_\_**

1. Teach the reality of death and \_\_\_\_\_

2. \_\_\_\_\_ change follows identity change

3. Acceptance of the person is \_\_\_\_\_

## **IV. Sexual Frustrations and Problems**

**A. Lack of Response in \_\_\_\_\_**

1. Physical or Medical Causes

2. Psychological Factors

3. Spiritual Factors

4. Number 1 Cause of Lack of Response is \_\_\_\_\_.

A man thinks ***“if we have sex, everything is OK”*** and a woman thinks, ***“if everything is OK, we can have sex”***.

5. Helps in Treating Lack of \_\_\_\_\_

a. Reading and listening material

- *The Act of Marriage* , Tim and Beverly La Haye. (Contains a complete description of the use of Kegel exercises.)
- *The Gift of Sex*, Clifford and Joyce Penner
- *His Needs/ Her Needs*, Willard Harley
- Dr. Ed Wheat's tapes "*Sexual Techniques and problems in Marriage*"
- Every Man's Battle* – Arterburn & Stoeker
- It's Intended for Pleasure* – Ed Wheat

b. Counseling

- Replace false beliefs
- Teach God's plan
- Forgiveness and Surrender of rights
- Healing for trauma

c. Refer when needed

**B. Male Premature \_\_\_\_\_**

1. Causes and Factors
2. Information for wives
3. Remedies for Premature Ejaculation
4. Repetition Release Method:

### **C. Male \_\_\_\_\_**

1. Definition:
2. Causes
3. Treatment
  - a. Education
  - b. Teach Identity
  - c. Surrender rights
  - d. Be willing to fail
  - e. Refer when needed

### **D. Other Issues**

1. Frequency
2. If Sex is a Need, is it:
3. Responsibility

## **V. Celebrating God's Grace**

### **A. Resist Satan's \_\_\_\_\_**

1. Perfect love does not have to include sexual \_\_\_\_\_
2. Sexual frustration is not necessarily a \_\_\_\_\_.

3. Remove all the \_\_\_\_\_ from yourself

## **B. A Healthy Sex Life is to be Shared**

1. We should give our best \_\_\_\_\_
2. Giving Our B.E.S.T.
3. Healthy Dialogue
  - a. Learn to \_\_\_\_\_ yourself
  - b. Know your own \_\_\_\_\_
  - c. Make \_\_\_\_\_ with your own sexuality

## **C. God Invented Sex**

1. Procreation
2. Illustration
3. Recreation



## Bibliography

Heitritter, Lynn & Jeanette Vought. *Helping Victims of Sexual Abuse*. Bethany House Publishers: Minn. 1989.

La Haye, Tim and Beverly. *The Act of Marriage*.

Penner, Clifford and Joyce. *The Gift of Sex*

Wheat, Ed, M.D. And Gayle Wheat. *Intended for Pleasure*. Revell:Grand Rapids 1997.

## SELECTED SCRIPTURE PASSAGES REFERRING TO SEX AND THE FAMILY

Genesis 1 and 2	Creation of male and female
Genesis 2:26-28	Sex relations in marriage
Genesis 26:8	Sex play before intercourse
Genesis 38:9	Avoiding conception
Genesis 39:9	Fornication
Exodus 22:16-17	Seduction
Exodus 22:19; Leviticus 18:23	Bestiality
Leviticus 18:22	Homosexuality
Leviticus 20:13	Incest
Leviticus 20:10	Adultery
Deuteronomy 22:23-27	Rape
Book of Hosea	Hosea's marriage to a harlot and his subsequent forgiveness is likened to the relationship between God and Israel as Israel played the harlot and breaks her covenant with God.
1 Samuel 2:22	Temple prostitution
2 Samuel 22:12	David and Bathsheba (lust)
Proverbs 5:18-20	Rejoice in your wife
Proverbs 23:27-28	Prostitution
Song of Solomon	Love poetry regarding bride and groom
Matthew 5:27-28	Adultery (lust)
Matthew 5:31-32; 19:3-9	Divorce
Matthew 10:35-36	Family relationships
Matthew 15:19	Fornication
Romans 1:19-27	Sex deviations (e.g. homosexuality)
Romans 7:2-3	Death of husband gives freedom to remarry
1 Corinthians 6:9-10, 15-25	Adultery
1 Corinthians 7:2-9	Marriage
1 Corinthians 7:5	Abstinence
1 Corinthians 7:10-11	Divorce
1 Corinthians 11:8-9	Woman created for man, submits freely and in joy to her husband
Galatians 5:19-21	Punishments for immorality
Ephesians 5:5	No immoral or impure man has any inheritance in the kingdom of God
Ephesians 5:25	Love of husband and wife
Ephesians 5:28-33	Love of husband and wife
Colossians 3:18	Instruction to wives
1 Timothy 5:10-14	Advice to mothers, widows
1 Peter 3	Instructions to wives and husbands
1 John 4:7-11	Love for one another

## WHAT THE BIBLE SAYS ABOUT SEX

	OLD TESTAMENT	NEW TESTAMENT
Sex	Sex is good in God's sight Sex is for pleasure Sex play is recognized as normal Sex is openly discussed	Sex is approved
Fornication	Forbidden	Inferred
Adultery	Forbidden	Forbidden
Harlotry	Forbidden	Forbidden
Masturbation	Nothing stated	Nothing stated
Homosexuality	Forbidden	Forbidden
Incest	Forbidden	Forbidden
Rape	Forbidden	Forbidden
Sex thoughts	Nothing stated	Lustful thoughts should be controlled

### FORNICATION/PREMARITAL SEXUAL RELATIONS

1. In some passages, fornication refers to all sexual immorality in general. (John 8:41; Acts 15:20-29; 21:25; Romans 1:29; 1 Corinthians 5:1; 6:13, 18; 2 Corinthians 12:2; Ephesians 5:3)
2. In two passages, the word fornication is used as a synonym for the word adultery. (Matthew 5:32; 19:9)
3. In two passages, fornication refers to voluntary sexual intercourse between unmarried people or between an unmarried person and a married person. (1 Corinthians 7:2; 1 Thessalonians 4:3-5)

#### Fornication (porneia)

- a. Out of 39 passages, 37 include the concept of premarital sexual intercourse as being opposed to the plan and will of God. The only exceptions are the two passages using fornication as a synonym for adultery.
- b. Four passages distinguish between fornication and adultery.
- c. In two passages, Paul specifically objects to premarital sexual intercourse.

## **I CORINTHIANS 7 - PRINCIPLES OF SEX**

1. Sexual relations within marriage are holy and good. God encourages relations and warns against their cessation.
2. Pleasure in sexual relations is not sinful but assumed (the bodies of both parties belong to each other. (Song of Solomon; Proverbs 5:18-19)
3. Sexual pleasure is to be regulated by the principle that one's sexuality is not to be self-oriented but other-oriented (rights over one's body are given in marriage to the other party). All homosexuality and masturbation are out of accord with this fundamental principle. The idea here, as elsewhere, is that "it is more blessed to give than to receive."
4. Sexual relations are to be regular and continuous. No exact number of times per week is advised, but the principle is that both parties are to provide such adequate sexual satisfaction that both "burning" (sexual desire) and temptation to find satisfaction elsewhere are avoided.
5. The principle of satisfaction means that each party is to provide sexual enjoyment (which is "due" him or her in marriage) as frequently as the other party requires. But, of course, other biblical principles (moderation, seeking to please another rather than oneself, etc) also come into play. Considerations for one's mate is to regulate one's requests for sexual relations. But, this must not be used as an excuse for failure to meet genuine needs; on the other hand, requests for sexual satisfaction may not be governed by an idolatrous lust.
6. In accordance with the principle of "rights," there is to be no sexual bargaining between married persons ("I'll not have relations unless you....."). Neither party has the right to make such bargains.
7. Sexual relationships are equal and reciprocal. Paul does not give the man superior rights to the woman. It is clear, then, that mutual stimulation and mutual rights involves also the obligation of mutual responsibility. This means, among other things, mutual active participation in the act of intercourse.
8. Women need not be timid about taking the initiative in requesting or suggesting sexual relations. Paul's words plainly indicate that there is a mutual need that each partner is required to satisfy. Women should not hesitate to cooperate in, or even to initiate, foreplay in sexual relations.

## **Men and Women in Relationship**

Marriage is a union of two incompatible people with fun but aggravating gender differences---Genesis 1:27 "And God created mankind in His own image...male and female He created them."

### **Characteristics of Men:**

1. Need to feel significant and have their egos stroked
2. Get more identity from what they do and work accomplishments
3. See life as a competitive arena that needs to be challenged (defensive)
4. Take risks more easily (eg. no disability insurance)
5. Flatten out feelings or lack the skills to express them
6. Enjoy leading and providing but need limits or become self-centered
7. Ask questions for information and often keep conversation very superficial
8. Are more one track (eg. can't watch television and listen at the same time)
9. Can be left-brained with analytical logic---prone to finding solutions
10. Tune in more visually to erotic cues and are prone to be more superficial and obsessive in thought-life and behaviors
11. Can be childlike/adolescent in a fun, spontaneous way in their enjoyment
12. Are more predictable in what arouses them

### **Characteristics of Women:**

1. Need to feel secure and to have safety and emotional needs attended to
2. Get more identity from who they are related to
3. See life as more of a cooperative community with interaction and support
4. Don't take risks as readily
5. Have greater need to feel connected and included and are freer in expressing emotions---value feeling special and cherished
6. Enjoy nurturing and protecting, but often don't take care of own needs
7. Are better at asking connecting question and engaging in connecting conversation---feel a need to give advice and correct those they love
8. Remember details and can bring up the past ten incidents of the present grievance as they desire change but don't confront effectively
9. Can be right-brained with creative tendencies and a feelings-orientation
10. Enjoy sensuality and tune in visually to the whole person as well as erogenous zones
11. Desire romance and emotional affiliation
12. Are unpredictable in sexual arousal, both mentally and physically

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Mr. Lee LeFebre  
Grace Fellowship International  
Denver, CO

November 29, 1978

Dear Sir:

Last summer at Lone Point Christian Camp, we heard John Martin of Christian Ministries speak to us. I had a chance one afternoon to talk with him and I mentioned that my husband and I have a serious problem concerning our sex relationship. He recommended Grace Fellowship International and gave Mr. Solomon and your names to me.

The problem is looming large in my life right now and I have a lot of different feelings in me, and I imagine Mark does too. I mentioned to him that we try to make an appointment with a counselor at your fellowship and he did not seem anxious. From a statement he said, "I don't know whether I could go along with them if they have the same philosophy as John does", evidently John talked to Mark about our problem when he was up here a few weeks ago for a "Quiet Time Conference."

But because I am so upset by our problem, I want things to be okay...I want our marriage to be good. I am writing you by mail in hopes you can write back and in some way be able to help me. I called the office and the secretary said I would be very welcome to write. When I sat down to type this, I didn't know quite where to begin and when the problem has been existing for 15 years, there is sort of an air of hopelessness that hangs over any chance I grasp at to try to get help. But I keep hoping some day we'll find an answer.

The problem is that he says he can not get stimulated by me. (I might mention here that my folks were upset about our getting married and by the time May came around I was very upset wondering if I was doing the right thing and on our wedding day I can remember wondering what I was going to do if I was married to someone I didn't really love. I cried a lot and for the first few months of marriage I did not respond as a loving wife because I was worried that I had made a mistake by marrying Mark and I was too proud to talk to anyone about this. It seemed a messy thing I had to put up with, and I wasn't getting pleasure out of it because I feel I was wrapped up in feelings of doubt.) So I can't help but wonder that the excitement we felt toward each other before we were married was lost because I didn't respond as a loving wife.

In the meantime, because there was a coolness that he felt from me, he would masturbate quite a bit and then I got upset about this thinking he was doing something sinful or wrong. I can remember going to a counselor because of this, but I can't remember anything said that I can remember that helped...but it probably at least helped me by being able to do some talking.

In the meantime, because he was masturbating a lot, he thought of stimulating things. We moved to Wyoming from Oregon and while there the problem of God not accepting me, or feeling I was saved, grew and grew and I went to a man at Indian Hills Christian College to try to get help. I made numerous trips and he felt that being accepted by God wasn't my main problem, but was only a part. We had quite a few sessions and I can remember doing more crying than talking it seemed. And from these sessions I learned to at least accept Mark...in that he masturbated. I had already accepted him as a husband and loved him...and not to be all upset because he masturbated.

I had about talked myself out in these sessions and he came up to Silver Creek Christian Camp for a meeting and he had said we would have our session there as I wouldn't have to drive so far and he informed me that that would be our last session. So there I was...talked out and hoping there would be some answers coming...and it was over. So I lost some faith in thinking counseling could ever help.

I should state, that after several months of marriage, Mark walked me to work one day and he cried and said he could not understand why I was the way I was. He said he had to have a wife who would respond, or he was going to get some loving from somewhere else. Well, this really got me to thinking and that day I really realized I loved him. So what my folks had thought before got to seem smaller in the face of the fact that I might lose him. So I went home after work intending to tell him right away how I felt. But before I could open my mouth he apologized and hugged and kissed me and said he would never make love to someone else. Then I told him all that I was feeling since we had been married. About how I was doubting our love...wondering if I had married the wrong person. Anyway, we began to tell each other our feelings and we still talk over things.

Still, making love seemed a necessary thing, a messy thing. I would think "sex, sex, sex, that's all he thinks of." I cannot remember it being pleasurable for me and oft times I've wondered if something is wrong with me.

Oh yes, two years after we were married, a nurse at the hospital I worked at recommended a book and the author said sometimes the husband would have to stimulate the wife's clitoris and that would be the way she could get a climax. So two years after we were married Mark would give me a climax this way. So I do get pleasure in our love making when he is doing this.

About five weeks before we moved out here I went to a counselor near Topeka. But we moved and because I had done some talking, I was okay again for a while. Then it built up and I talked to an elder friend here in the church and again, no answers. Then I(we) talked to our doctor a year or two ago...and now it has all built up again.

So the situation seems to be this...he cannot get stimulated thinking or talking to me as a wife. He gradually grew to the point where he would think of fantasies and tell them to me out loud. I did not like this...I wanted him to say things...nice things about me so that I'd know I was turning him on. I feel I never can do things to please my folks enough and I feel that I'm evidently not enough for Mark either. I wanted to please him. John mentioned that if we love someone, we try to do the highest good for them. So after camp that summer and wanting to please Mark...when he wanted me to act like I was making love to some other man...I did as I thought I should do everything that I can to please him. Only I felt like crying all the time afterwards as I was so unhappy. I want to be a woman to him. When John was here last...I talked a little about this and I asked him if I were seeking Mark's highest good if that meant I had to go on trying to talk and to play act like I was making love to someone else when it bothered me so much. And he said no, I didn't and he felt it was not what a Christian relationship between a man and wife should be. Well, if you ever want to call John and discuss more how Mark feels...he might be able to tell you as they talked when John was up last.

I just don't know how to handle this problem. I try to talk myself into not letting it bother me...but it just crops up again. When we are making love I think, "Well, what should I think about?", as I know he is off in some fantasy and I resent it: I resent that even when he does give compliments, I don't know if they are coming genuine from him...or from the guy he is pretending to be. So I find it hard to accept them. In the back of my mind I feel like what he is doing is wrong...but then maybe I'm all wrong in expecting a husband to be able to be satisfied with just thoughts and actions concerning his wife. Maybe it's okay to act out stuff...but I get so jealous or angry inside me. I don't like to go to bed with him now...I do because the Bible says I should and I know we would grow apart if I didn't. I've tried to put on sexy things and do different movements and really give myself into kissing my best, thinking that way I'd know I was the one to stimulate him. But he'd turn it into a fantasy and I would feel hurt and angry and I've gotten to the point where I don't give myself to him when I kiss...I don't try to act especially sexy as it's going to be his thinking that turns him on anyway and he doesn't reach a climax for 30 to 45 minutes most always and he has got to be thinking his thoughts or he can't reach a climax. He said he's been conditioned to thinking those thoughts and he likes it better when I talk, but if I won't, then he will just try to not say anything at all. I can hardly stand it when it takes so long and there is no pleasure in it for me.

So if he will not say anything at all and he is able to get a climax with his thoughts...what am I supposed to be thinking in the meantime? I can't speak to him as a husband...calling his name...Mark, or he says it turns him off. I don't feel I should think of other men and it's hard to think of Mark when in real life he doesn't want to think of me to get stimulated. I guess I feel put down. And I try to be rational and think...so what...I love him otherwise and we get along okay...so why make a big deal out of the love situation...but it builds up and I do.

He has always been willing to go with me to counseling sessions. The fellow in Topeka tried to get me to see there was no harm in Mark looking at Playboy Magazine. But I get jealous of him looking at those and then masturbating. I feel angry when he looks at them and then wants me...as if I weren't enough.

We talked about making an appointment with you and coming out in January if we could pay as we could...as we live from check to check. But when he found out John recommended you, then he wanted someone who would be more "humanistic". Perhaps he would come out if I wanted us to go but he would be on the defensive.

So please, can you tell me what a Christian wife should be responsible for as far as what she should be thinking of while her husband is making love to her. And how do I keep on top of myself so I don't grow angry and bitter towards him? I'd like to have him desire me for me...in the meantime, perhaps for the rest of my life...how in the world do I cope with this?

Right now we are going to try to make love just in silence...then Mark says he won't offend me. Big deal! So what do I think about and what is loving about that? He's off in his fantasy...am I supposed to be off in a fantasy of my own? Is this wrong or right? If you can help me in any way...I will be so thankful. I've prayed about this and I am so hoping we can find a solution.

Sincerely,



Martha Anne Coplin

P.S. Mark feels he's been conditioned this way. He finds it pleasurable to think stimulating thoughts and he doesn't see any reason to change; although he says he will try to not say things out loud that he thinks about because it bothers me. He is a minister and has a Master's Degree in Counseling.

Please thank your secretary for being so nice. If we get paid tomorrow, I'll enclose some money. If not, I will send some in a following letter.