



Say to wisdom, “you are my sister” And make understanding your closest friend. For they will keep you from the immoral woman.  
Proverbs 7:4-5a

**Women’s Discipleship Group – 2006**  
**HELPMATES, HANDMAIDENS & HARLOTS ONLINE BIBLE STUDY**  
**FAMILY LIFE SERIES**

**LESSON # 4 – Women and Sexual Desires**

**Website: [www.wdgonline.org](http://www.wdgonline.org)**

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**Definitions: Helpmate – Handmaiden – Harlot**

**Helpmate:** A married woman who is committed to the well-being of her husband.

**Handmaiden:** A married or unmarried woman who is committed to serving the Lord.

**Harlot:** A married or unmarried woman who will sacrifice her soul and body for personal gain.

**OPENING STATEMENT:**

Satan loves to manipulate a woman’s desires by using her most important sex organ...her mind.

*2 Peter 1:3a-4 As we know Jesus better, His divine power gives us everything we need for living a godly life...And by that same mighty power, he has given us all of his rich and wonderful promises. He has promised that you will escape the corruption all around you caused by evil desires.*

• **Satan can fill a married woman’s mind with the following desires:**

1. The desire to use sex for personal gain.
2. The desire to avoid sex with her husband without cause.
3. The desire to fulfill her unmet sexual needs outside of her marriage.

**The Consequences of Satanically Inspired Desires For A Married Woman:**

1. When a wife uses sex for personal gain, her husband will eventually feel unloved and seek a meaningful relationship outside of the marriage.
2. When a wife avoids sex with her husband (without a legitimate reason\*) it creates resentment that can lead to adultery, disease and even divorce.
3. When a wife is sexually unfulfilled by her mate and seeks other avenues of sexual fulfillment, it can lead to disease, violence and divorce.

\*Health, family crisis, short term ministry and infidelity are legitimate reasons for withholding sex.

*Genesis 39:7 – Now Joseph was a very handsome and well-built young man and about this time, Potiphar’s wife began to desire him and invited him to sleep with her. But Joseph refused.*

*Galatians 5:17b – And the Spirit gives us desires that are opposite from what the sinful nature desires.*

*James 4:5 (Living Bible) – What do you think the Scriptures mean when they say that the Holy Spirit, who God has placed within us, jealously longs for us to be faithful? He gives us more and more strength to stand against such evil desires.*

- **Satan can fill a single woman’s mind with the following desires:**
  1. Fantasy based desire of meeting the perfect man and having fantasy sex.
  2. The desire to commit fornication with the person she is dating.
  3. The desire to break fellowship with God to be with an ungodly man.

**The Consequences of Satanically Inspired Desires For A Single Woman:**

1. When desires are fantasy driven it can cause a woman to miss the **real man** that the Lord is preparing for her.
2. Sexual intimacy before marriage leads to the following: a. No guarantee that the relationship will end in marriage. b. Disobedience that sabotages God’s plan for the marriage.
3. Breaking fellowship with God to be with a man will exclude God’s blessings and bring a curse to your relationship.

*Proverbs 14:8 – The wise look ahead to see what is coming, but fools deceive themselves.*

*James 1:14 (Living Bible) But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.*

*Psalms 37:4 – (NIV) Delight yourself in the Lord and He will give you the desires of your heart.*

- **Satan can fill a wounded woman’s mind with the following desires:**
  1. The desire to have her sexual needs met without emotional ties.
  2. The desire to justify self-destructive or perverted sexual behavior.
  3. The desire to deny or reject her sexual feelings all together.

**The Consequences of Satanically Inspired Desires For A Wounded Woman:**

1. Sexual encounters without emotional ties damages your ability to bond and experience real intimacy.
2. Wounded women who suffer from guilt, shame and low self-esteem can easily become involved with sexual predators and perversion including lesbianism.
3. To deny or reject sexual feelings hinders the potential for a healthy (male/female) relationship to flourish in a woman’s life.

*1 Peter 2:11b (Living Bible) – So I warn you to stay away from evil desires because they fight against your very souls.*

*2 Timothy 3:6 – These men are the kind who work their way into people’s homes and win the confidence of weak-willed women who are burdened with the guilt of sin and swayed by all kinds of evil desires.*

*2 Timothy 4:3 (NLT) – For a time is coming when people will no longer listen to right teaching. They will follow their own desires and will look for teachers who will tell them whatever they want to hear. (i.e. homosexual churches)*

- **Satan can fill an ungodly woman’s mind with the following desires:**

1. The desire to use sex to get what she wants out of life.
2. The desire to use sex to control or manipulate people.
3. Completely pervert and enslave her sexual desires and actions.

**The Consequences of Satanically Inspired Desires For An Ungodly Woman:**

1. Using sex to get “things” leads to an inability to give or receive love.
2. Satan knows that people who attempt to control and manipulate others create a breeding ground for strife and hatred.
3. When a woman remains involved in ungodly sexual practices, Satan will eventually make her a slave to perverted thoughts and acts that she cannot control or overcome by her own will.

*Ezekiel 11:21 (NIV) but as for those whose hearts follow the desire for their detestable things and their abominations, I will recompense their deeds on their own heads.”*

*Romans 6:12 (Living Bible) Do not let sin control the way you live; do not give in to its lustful desires.*

*Romans 13:14 – But let the Lord Jesus Christ take control of you and don’t think of ways to indulge your evil desires.*

## **OBSERVATIONS AND PERSONALIZATION:**

Read Proverbs 27:20.

1. Can human desire be satisfied?
2. In what areas of your life are you dissatisfied?
3. How do you deal with your dissatisfactions?

Read Ezekiel 36:26.

1. Can the Lord help you to desire the right things?

2. How has your relationship with the Lord changed your desires?
3. What actions can you take to overcome ungodly desires?

Read Galatians 5:17-24

1. How does the Holy Spirit help us with our desires?
2. What happens when we give in to ungodly desires?
3. How would you encourage someone who is struggling with sexual desires or is involved in an ungodly sexual relationship?

Read Romans 1:28-32

1. What happens to those who refuse to bring their human desires under control?
2. What consequences have you experienced as a result of not bringing your human desires under control?
3. How did the Lord help you or someone close to you escape from ungodly sexual desires?

## **Too much sex and too little enjoyment?**

### **Dear Terri:**

My husband and I were trying to figure out what happens to the passion after you say, "I do." Why is so hard to feel "sexy" once you enter into holy matrimony? Is it the word "holy" that is throwing us off? When sex was "sin" it was something I couldn't wait for. Now that it's sacred, the excitement is gone. Between the bills, the kids and the mortgage, I have been on a quest to find that "sexy and saved" side of myself. I have been married for 10 years and I know that my husband would welcome a change in my attitude about sex. I find myself treating him more like a brother-in-the-Lord, rather than someone who lights my fire. Butterflies fluttered in my stomach before we were married, but they all came to a screeching halt. Sex is a duty, an obligation that I have to fulfill and that's all. There are still times when it brings pleasure to me, but that's not my first thought when I think about sex with my husband. My focus is on meeting his needs, more than what I'm going to get out of it.

### **My Dear Sister:**

When I was a little girl I loved my grandmother's strawberry shortcake. One Sunday when she was not home my grandfather said that I could cut my own slice of cake – as big as I wanted it, but I had to eat every drop. I cut a huge slice of strawberry shortcake and I was in heaven as I took the first bite. But before I was half done my stomach was starting to feel upset. My grandfather looked at me and said, "You cut it, now you eat it."

That's how it is with sex. Before you get married you can't wait to have sex. Every kiss is a promise of a lifetime of blissful sexual encounters. But once you're married it's all about, "you cut it, now you eat it." Too much of a good thing can lose its appeal.

So what's the answer when you've got too much sex and too little enjoyment? I am persuaded that there is a connection between sexual intimacy and worship. When you really love the Lord, private worship becomes a part of your lifestyle. You never get tired of worshipping the Lord because it makes you feel so good inside. You go to God in secret and tell him how much you love and adore him. You weep and give thanks and pour out your heart to him. Some women don't mind a public display of affection toward the Lord. They run, dance, cry and shout out his name.

Sometimes when we get busy or discouraged, we fail to worship the Lord the way we should. Soon we hear the Holy Spirit calling out to us to spend some time, to show some affection to the Lord. Your husband is no different. He wants your time and your affection. If you are in a reasonably healthy marriage, when you are spiritually satisfied and spiritually refreshed, the desire for sexual intimacy with your husband is a natural progression. If you are both in tune with the Spirit, he will sense your need to be held, or touched, or to have sex.

Ask the Lord to bring healing and restoration to your marriage. Ask him to refresh your sexual desires and to do the same for your husband. Sex is a lot like preparing a good meal. Ask the Lord to show you creative ways to bring the flavor back into your sex life.

## **How can we get around having sex before marriage?**

### **Dear Terri:**

I am planning to marry in the spring, but it is so hard to abstain from sex with my fiancé. Can it really ruin our relationship? How can we get around having sex before marriage?

### **My Dear Sister:**

Unfortunately, we live in a world where people feel that they are free to do whatever they choose – including Christians. Whether it's 2006 BC or 2006 AD, the principles of God's laws never change. They are designed to protect us and to guide us into a life of peace and abundance. Sexual discipline is a must if you want to build a strong marital relationship. Let's say that before you get married, you and your intended husband demonstrate to each other that you cannot control your sexual desires. You try but you are both too weak to abstain from sex. Then, after you are married, you find that you have to be separated from each other for business travel, military duty, illness or some other reason. You have already proven to each other that you cannot abstain from sex, so now you both must face the frightening possibility that one or both of you will be unfaithful. Abstinence during dating and/or engagement demonstrates 3 important factors:

1. My love for the Lord comes first and I will not disobey his commandments.
2. If our marriage ever comes to a place where we are not able to have sex, we have both proven that we have enough discipline to remain faithful.
3. The belief that the Lord will richly bless our marriage because of our obedience to his Word.