



ABBA Ministries

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Illuminating Life through Scripture

Ultimate Sex

Nothing raises greater interest, and embarrassment, than sex. While some denigrate sex as nothing more than a "biological function", others elevate sex as a "mystical cure-all" for every ill. Finding the greatest sexual satisfaction involves improving several aspects of one's attitude and relationship.

Personal Acceptance:

Sex is God's idea. By design, everyone has a sexual nature and a prescribed means for expressing that sexual nature. Rejecting one's sexual nature is tantamount to rejecting God's design. Accepting that God knew what He was doing in giving us a sexual nature allows us to experience the joy, fulfillment, and pleasure He also intends for us. But going beyond God's prescribed means for expressing our sexual nature also works against the joy and pleasure He intends. Personal acceptance includes exercising both freedom and self-control in expressing all that we are created to be.

Security:

Sex is best in a secure relationship. By secure, I mean a relationship of absolute fidelity, commitment, and selflessness. Mutual fidelity is essential because a couple having sex only with each other forms a closed system which eliminates several fears commonly associated with sex. Fear blocks spontaneity and freedom, both of which greatly enhance enjoyment of a sexual relationship. Commitment allows both partners to be human, to try new and awkward things without fear that they will be ridiculed or abandoned. And selflessness frees both partners from the fear that anything they do together will in some way harm or humiliate themselves. Security allows for spontaneity, freedom, ingenuity, and self-abandonment -- all ingredients of ultimate sex.

Respect:

A respectful relationship is also necessary for the best sex. While some confuse sex with power, seeking to dominate because they really feel powerless, or allowing themselves to be dominated because they really feel useless or unworthy, sex is best when both partners know themselves to be equals. Such mutuality allows for couples to really share their lives and builds the companionship which blends the afterglow of one sexual encounter into the foreplay of the next. In this sense, true companions are constantly making love to one another.

Fun:

People always look forward to repeating a pleasurable experience. While couples rarely agree about how frequently they would like to have sex, I commonly suggest that they have sex whenever either one desires it. A willingness to explore different positions, places, techniques, etc. keeps sex fresh and more interesting. In general, the only limits to variety are what remains respectful of one another. And of course, when the guidelines suggested above are followed, the level of passion, anticipation, and excitement keep sex the standard by which all other fun can be measured.

Ultimate sex is only possible when personal acceptance, security, respect, and fun come together. While bringing all these components together takes a good deal of effort, couples making this investment find their sex to be well worth their efforts. The illusion of satisfying sex based solely on new partners and new frictions keeps many people from ever experiencing what they desire. Ultimate sex includes the whole person, given freely and completely to another, and finding that the other cherishes the gift and reciprocates in kind.