



The Bible is not silent about sex. In fact, the Creator, the Designer, of sex is none other than God Himself.

So what does the Bible say? Inside this booklet you'll find four basic truths that everyone—male and female, married and single, young and old—should know.

Join Dr. Ed Young as he takes a look at the most important aspects of the sexual relationship between husbands and wives and learn how to experience sex the way God designed it.

For more information about the Winning Walk with Dr. Ed Young, visit www.winningwalk.org



P.O. Box 1414
Houston, Texas 77251



Sex by Design

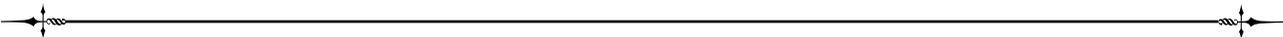
by Dr. Ed Young

SEX *by* DESIGN

By Dr. Ed Young

Sex by Design

By Dr. Ed Young



All scripture quotations, unless otherwise indicated, are taken from the *New American Standard Version*. Used by permission. All rights reserved.

Sex by Design

Copyright © 2004 Winning Walk Family

Winning Walk Family
PO Box 1414
Houston, TX 77251

Second Printing

ISBN: 978-1-934590-00-3

Printed in the United States of America
ALL RIGHTS RESERVED

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission from The Winning Walk.

For information:
Dunham Books
15455 Dallas Parkway, Sixth Floor
Addison, TX 75001
dunhambooks.com

Table of Contents

Introduction..... 4

Four Things Everyone Should Know
About Sex..... 8

The Secret to Pleasing a Woman 18

The Secret to Pleasing a Man..... 27

Sex and the Single 34

The Best Sex is “Sex by Design” 43

Sex by Design

By Dr. Ed Young

A brief stroll through a bookstore, a glance at a popular magazine, or a look at the entertainment section of the daily newspaper will confirm that sex is the most popular theme in the world. Countless volumes have been written on the subject, and apparently, its appeal has yet to be exhausted.

Our culture has an almost insatiable hunger for sexual information. We are a sex-obsessed society with sexualized messages permeating every facet of our lives...with kids being exposed to increasingly blatant messages at

younger and younger ages.

And sex sells. Advertisers know so and frequently exploit that fact. They surround us with sexual messages—so many, in fact, that it is nearly impossible to make sense of the noise. And there is great confusion, especially among teens, about what is appropriate sexual behavior.

There is no doubt about it—sex has been the cause of a great deal of trouble in our world. Evidently, it has always been this way. In fact, centuries ago, Augustine wrote that sex had caused so much pain and conflict for mankind, he wished God had “a better idea” for procreation.

Sex has been the cause of a great deal of trouble in our world.

While Augustine missed the

mark by a mile with his conclusion, he was dead right about one thing: sex is God’s idea. He is the designer of this wonderful, mysterious, and powerful gift.

And as such, He knows how it should and should not be used. Any pain and conflict the gift of sex may cause is not a result of faulty design, but because of man’s misuse.

The stats tell the story. America today has the highest rate of sexually transmitted diseases in the western world. And for years we have been the leader in teenage pregnancy. Thousands of teens each year find their lives ruined, while our culture applauds and encourages such behavior.

Sadly, the church has been virtually silent about sex, except to condemn its excesses. The Bible is

not silent, however. It is full of instruction, celebration, warning, and advice about this vital aspect of our humanity. It never shies away from the subject of sex. It is not timid or apologetic in speaking of it.

For this reason, I believe it’s time for those of us who believe in the Bible and seek to follow God to begin to talk candidly about this most wonderful and powerful gift. It’s time for us to talk about sex—its

America today has the highest rate of sexually transmitted disease in the western world.

design, its use and misuse, its benefits, and its potential to harm or to bless. As we do, I think we will discover (or rediscover) what sex is really all about and how we’ve “missed the mark” when it comes to true sexual fulfillment.

Four Things Everyone Should Know About Sex

The Bible teaches four basic truths about sex that everyone—male and female, married and single, young and old—should know.

1. Sex was God's idea.

Hugh Hefner didn't invent sex. Madonna has introduced nothing original. Masters and Johnson didn't discover the differences between men and women in the latter half of the twentieth century.

God designed and established sex. He brought it into being. It is a part of His creation, and it bears the very signature of the Divine. Look at what the Scripture says in Genesis 2:18:

Then the Lord God said, "It is not good for man to be alone.

I will make a helper suitable for him."

Throughout the creation narrative, God views His handiwork as "good," even "very good." But that man should be alone, God said, was "not good." He saw that His created man,

Adam, needed companionship in the form of another creature. He saw the need.

In the beginning, God made two distinctly different sexual beings.

"I will make..." God said, and He took the initiative.

In the beginning, God made two distinctly different sexual beings. It was His idea.

2. Human sexuality is unique.

The Bible makes it clear there is more involved in human sexuality than an instinctual urge. Again,

look at Genesis 2:

And out of the ground, the Lord God formed every beast of the field and every bird of the sky. And He brought them to the man to see what he would call them, and whatever the man called a living creature, that was its name. And the man gave names to all the cattle, to all the birds of the sky, to every beast of the field. But for Adam, there was not found a helper suitable for him (Genesis 2:19-20).

We are not merely animals. We are created in the image of God. And our human sexuality is more complex and multi-faceted than the urge of animals to mate. There was nothing in the beautiful and diverse animal kingdom that satisfied

Adam's deepest longing—he knew it and God knew it. Adam could not communicate with the animals.

There was nothing in them that corresponded to his humanity. Something different, something unique was required to complete him.

3. **Sex involves the whole being.**

The world would say sex is a basic and straightforward need, similar to the hunger for food or the reflex of self-preservation. But to describe it in those terms is to minimize its significance and grossly over-simplify its meaning.

Sex is more than an animalistic urge.

Sex is more than an animalistic urge. It is a total union between two who are different—male and

female—but whose natures are similar. The first man and the first woman were designed to “fit” one another in a union that was more than just physical. It was an emotional, relational, and spiritual “bull’s eye” too.

Notice the sequence in the creation story. God created man. Then He created the animals, male and female together. Then He created man’s counterpart—woman. What is she? She is the other half of him. He is the other half of her. Adam recognized this “whole-being fit” not when he first had sex with Eve, but when he first saw her!

This is now bone of my bones, and flesh of my flesh; she shall be called Woman because she was taken out of Man (Genesis 2:23).

It was as if Adam said, “This is it! I’ve found it! Here is the rest of me!” His body, his soul, his spirit recognized her “rightness” for him, and he knew she offered what the animals he had named could not.

Sex involves the whole being—the physical, the psychological, and the spiritual. In God’s perfect design, the three are not to be separated. To do so is to “go against the grain” of the created universe.

Because sex involves the whole person and is not just a random physical act, it must be protected and held in honor.

4. The Bible teaches us sex has boundaries.

We are not to be sexually intimate with just anyone. Because sex involves the whole person and is not just a random physical act, it

must be protected and held in honor. God's intent for Adam was a free, shameless, beautiful sexual

His plan is still one man with one woman for life.

relationship with the woman Eve. His plan is still one man with one

woman for life. In other words, sex is designed for the context of marriage.

God said it as plainly as He possibly could in Genesis 2:24-25:

For this cause a man shall leave his father and his mother; and shall cleave to his wife; and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

This word, quoted by both Jesus and the apostle Paul in the New Testament, is more than just a

commentary on two people named Adam and Eve. After all, they had no parents to leave.

Instead, it is a record of the birth of an ongoing, human institution called marriage. It describes an exclusive relationship entered into by two people where they can be "naked and unashamed" or intimate in one another's presence. Words like "cleave," "one flesh," "naked," and "unashamed" bear witness to the private (and sexual) nature of marriage.

Marriage is the "home" God designed for sex to reside in. He established boundaries around sexual intimacy between man and woman, not to be a kill-joy, but to ensure their maximum joy!

G.K. Chesterton once said he understood the chief aim of

Christianity's rule and order was "to give room for good things to run wild." Sex is yet another good thing created by God, whose established parameters allow it to "run wild." Men and women who respect those boundaries will discover true freedom. Men and women who disregard the boundaries God has set for sexual expression will learn a very difficult lesson in bondage, not in freedom.

Having established the truth that sex is meant for life, between one man and one woman, let's take a look at the most important aspects of what makes the sexual relationship between husbands and wives work. First, let's focus on the secret to pleasing a woman and then the secret to pleasing a man.

Once we have covered those

two areas, we'll give those who are not married (but desire to be) the secret to preparing now for "a marriage that sizzles."

The Secret to Pleasing a Woman

Psychotherapist and marriage family therapist Dr. Willard Harley contrasts the top five needs of husbands and wives in marriage in his excellent book, *His Needs, Her Needs*. And I say “contrasts” because they are totally different!

Are you surprised? You shouldn't be! These needs become a problem when a man and woman meet, fall in love, and marry because men and women typically give the other person what they themselves long to receive...and then become confused when it does not seem to satisfy their mate.

We are different! We are different! It cannot be said often enough.

Men, would you like to know

what one thing you can do to improve your sexual relationship with your wife? If so, here it is:

Be affectionate!

Your wife's primary need—far and above anything else you might do for her—is to receive your affection. If you want to please her, show her your affection.

I want you to imagine your relationship with your wife as an

empty room. In that room, you use a thermostat to adjust the temperature of the room to keep it at its most

Your wife's primary need—far and above anything else you might do for her—is to receive your affection.

comfortable level, regardless of the weather outside.

Affection is the optimum “room temperature” of your

relationship. It should be the underlying atmosphere between a man and his wife “24/7”—24 hours a day, seven days a week.

“Affection,” C.S. Lewis wrote, “besides being a love itself, can enter into the other loves and colour them all through and become the very medium in which they operate

What does the kind of affection a woman wants look like? The simplest, most readily-mastered example I know is a hug.

from day to day. They would not perhaps wear very well without it.”

What does the kind of affection a

woman wants look like? The simplest, most readily-mastered example I know is a hug. Now, no one feels like hugging all the time, but a caring husband will make the

effort, even when he doesn’t feel like it, knowing there will be few times when his wife will not appreciate that small demonstration of his affection.

Talking is another expression of affection for a woman, and their love of it begins early. Men “covertly” express affection by doing things together. Women talk. Not about basketball scores or the stock market or fly fishing in Montana—they talk about their thoughts, emotions, and relationships.

My wife and I have three grown sons, but our first grandchild was a girl, Lee Beth. A few years ago we were visiting and had spent the better part of a day doing things together I thought she would enjoy. After a while she had another idea:

“Goosie,” (that’s me) she said, “let’s go up to my room. I want to tell you a secret.” So we went up to her room and sat down, and she began to whisper some little things to me and I listened. Then she said, “Now, you tell me some secrets.”

Whew! Not one of my boys ever told me a secret or asked me to tell them one. But this is the way little girls play. They deepen their relationships with talk and sharing. It’s their way of showing affection—and they like to have it returned! (I’m happy to report I managed to think of a secret or two for Lee Beth, and she was thrilled.)

Women, even at the age of four, are communicators. They cultivate intimacy that way. Husbands, talk to your wives. Tell them secrets that are just for their ears. Whisper and

hug and touch. This is the language of love, and it is the secret to pleasing a woman and meeting her need for affection.

When I speak on the topic of sex and the physical aspects of the marriage relationship, I always hear this complaint from women: “My husband is just not affectionate!” Men, in defense, will usually say,

“I’m just not the affectionate type.”

Men, don’t let that be your excuse. In fact, I’ll bet you were the affectionate type when you courted your wife! It may not be your nature to be affectionate, but you do things every day that are “not your

Whisper and hug and touch. This is the language of love, and it is the secret to pleasing a woman and meeting her need for affection.

nature,” and so do I.

It’s not my nature to sit in meetings for several hours, but I sometimes do because I need to. And even though I might not naturally be affectionate, I need to express affection to my mate because it pleases her, and it sets the tone for our entire relationship, including our sexual relationship.

There is, however, one important footnote I need to add here: Men, there should be no ulterior motive in the timing of your affection. There is not a woman alive who does not know the difference between “affection, period” and “affection, comma.”

The affection that satisfies your mate’s desire has no strings attached. A hug needs to be just a hug—not a prelude to further sexual

expression or the announcement that you have just bought a boat. The husband who seldom touches his wife except as an entree to lovemaking needs to understand he is depriving her of something as important to her as the act of sex is to him—the knowledge that she is loved and appreciated by the man she loves, period.

The affection that satisfies your mate’s desire has no strings attached.

Again, let me quote C.S. Lewis. He states, “There is indeed a peculiar charm, both in friendship and in Eros, about those moments when appreciative love lies, as it were, curled up asleep, and the mere ease and ordinariness of the relationship (free as solitude, yet neither is alone) wraps us round.

No need to talk. No need to make love. No needs at all except, perhaps, to stir the fire.”

Moments like these are the bread and butter of true intimacy. A wise man knows this and will work hard to cultivate them.

The Secret to Pleasing a Man

If the greatest need of a woman is affection, that intense desire is matched in men by the need for sexual fulfillment. It is fulfillment that comes from having a mate who is not simply “going through the motions,” but is a willing participant in lovemaking.

If the greatest need of a woman is affection, that intense desire is matched in men by the need for sexual fulfillment.

Consider this letter sent to Dear Abby by “Tired in Lincoln, Nebraska”:

Dear Abby:

At age 50, after 30 years of marriage, I would like to forget about sex altogether. Believe me, I’ve paid my dues. I

suspect that many, if not most, women get very little physical satisfaction out of sex: they just go through the motions because they want to do something for the men they love. Please poll your readers, and if they are honest, I think you'll find I am right.

Tired in Lincoln, Nebraska

Abby subsequently asked her readers if they agreed, and most of the 250,000 women who replied did! Syndicated columnist Jim Sanderson answered this overwhelmingly negative response with a follow-up piece in which he spoke for the men whose wives would willingly give up the act of sex.

“You cannot believe the frustration and ultimately the anger a man feels in trying to excite and

express his love to a woman who, month after month, year after year, is only paying her dues. Quite often her passive resistance finally defeats him. He forgets the joy and strength he once knew. She emasculates him.”

“Tired in Lincoln, Nebraska”

did not understand her husband's need for sexual fulfillment. And if Abby's survey

To see sexual intercourse in marriage as a “duty” is to miss the mark completely.

is representative, many other women share her “take-it-or-leave-it” attitude. “Tired” was willing to forego lovemaking in exchange for affection, but both are integral to a satisfying love life!

To see sexual intercourse in marriage as a “duty” is to miss the mark completely. Sex is not a necessary marital evil. The woman who reasons “sex is here to stay and

there's not much I can do about it," has much to learn about meeting her mate's needs in this crucial area. The wife who resolves to "do her duty" will likely find no pleasure in lovemaking and give little either.

No man longs for a wife who will tolerate his sexual advances. He longs for one who desires him and delights in exploring God's gift of sexuality together with him.

Married lovemaking is not a reward for good behavior. It is a part of a husband and wife's covenant with one another.

The young have no corner on sexual fulfillment in marriage either. "Tired" reasoned that 30 years was long enough, but there is no truth to the notion that as

couples age, sex naturally loses its appeal. Rather, physical love should

increase and improve, becoming more beautiful and more fulfilling with age. Instead of becoming routine or boring, married lovemaking can become more open and creative and satisfying as two partners age. That is part of God's plan.

The two most common errors women make with regard to fulfilling their husband's desires are to use sex as a "bargaining chip" or to consider it a duty. The wife who withholds sex or consents to it based on her husband's "performance" is out of line.

Married lovemaking is not a reward for good behavior. It is a part of a husband and wife's covenant with one another, as the apostle Paul writes in 1 Corinthians 7:3-5:

Let the husband fulfill his duty to the wife, and likewise

also the wife to her husband. The wife does not have authority over her own body, but the husband does, and likewise also the husband does not have authority over his own body, but the wife does. Stop depriving one another, except by agreement for a time that you may devote yourselves to prayer, and come together again lest Satan tempt you because of your lack of self-control.

Ladies, out of the millions and millions of people in this world, your husband selected you to be his wife. One of his greatest needs is sexual fulfillment, and by marrying you, he agreed you are the one woman he desires and looks to for meeting this need.

Other people can serve him

coffee. Others can keep his calendar, answer his e-mail, and schedule his day. Others can even keep his clothes clean and pick up after him, laugh at his jokes, and encourage his dreams. But in God's plan, only his wife can meet his deeply felt need for a willing and loving partner in the act of marriage.

That opportunity is yours and yours alone. Make the most of it by encouraging his sexual desire for you and responding to his advances with enthusiasm!

Now, you may be reading this booklet and are not married. Or you may have a child who is moving into—or already into—those critical teen and single years. If either of these describe you, I do have a word for you regarding God's design for sex.

Sex and the Single

Recently, I delivered a series of messages especially designed for the single adult in our church family. One of those messages was called “Sex and the Single.” Its title appeared both in print and on the marquee of our campus.

The phones began to ring with callers who were really upset. They called and said, “What do you mean, ‘Sex and the Single?’” Others would ask, “What kind of church are you?” Some callers were concerned we were advocating premarital sex.

Let me be clear, the Bible does not condone or advocate premarital sex. But sexuality is an aspect of our nature not limited to married people. God created all of us as sexual beings—including those who are single.

What does God’s Word have to say to adult men and women who are not yet married (but hope someday to be) and yet struggle with their sexual desires? I believe it has several things to say. But first let me share a story with you.

In *The Great Divorce*, C.S. Lewis spins a remarkable tale about a certain ghost who carries a little red lizard on his shoulder. The lizard twitches its tail and continually whispers tempting comments to the ghost who urges him all the while to be quiet.

What does God’s Word have to say to adult men and women who are not yet married (but hope someday to be) and yet struggle with their sexual desires?

When a brightly shining presence appears and offers to rid the ghost of his troublesome

“baggage,” the ghost refuses. He understands that to quiet the lizard, it is necessary to kill it.

At this point, a series of rationalizations begin. Perhaps the lizard need not die, but can instead be trained, tamed, put to sleep gently, or gotten rid of gradually. The presence responds that the gradual approach is useless in dealing with red lizards. It must be all or nothing.

Finally, and only with the ghost’s permission, the presence twists the lizard away from him, breaking its back as he flings it to the ground. Then an amazing thing happens. The ghost becomes a perfect man and the lizard becomes an incredibly beautiful silver and gold stallion, full of grace and power. The man then leaps astride

the great horse, and they ride into the morning as one.

Lewis ends his story with these words, “What is a lizard compared with a stallion? Lust is a poor, weak, whimpering, whispering thing compared with that richness and energy of desire which will arise when lust has been killed.”

If you are among the 44% of the American population today who is single, the best thing you can do to prepare for a thoroughly satisfying sex life is

If you are among the 44% of the American population today who is single... insist on waiting for “the real thing” of rightly-fulfilled desire.

to slay the red lizard of promiscuity and insist on waiting for “the real thing” of rightly-fulfilled desire.

Most singles know the red lizard of lust is relentless. From television and movies to music and advertising, our culture bombards the young and old alike with

Virtually nothing is considered “out of bounds” anymore where sex is concerned.

suggestive messages—and proclaims that the free expression of sexuality is nothing less than

an inalienable right.

Virtually nothing is considered “out of bounds” anymore where sex is concerned. Perversions are called “lifestyles” and are not only routinely condoned, but frequently celebrated! Homosexuality is an acceptable “alternative” to heterosexuality. Trial marriage, or “living together,” is no big deal.

Sociologists, psychologists, and

other voices of our culture have proclaimed a new era where we are no longer bound by so-called old, puritanical, legalistic standards. Everyone is his or her own authority on what is “right” for them.

The key words instead are “intimacy” and “relationship,” and those can be found anywhere with anyone who is willing. Where has our cultural open-mindedness and this atmosphere of sexual freedom brought us? It is catastrophic!

The National Center for Health Statistics reports that Americans are becoming sexually active at an earlier age than past generations, although they are postponing marriage. A recent survey indicated that over 25% of all 15-year-old girls are sexually active, and the number increases to 81% among

19-year-old girls.

And here is a truly horrifying statistic: Nearly 75% of all boys are sexually active by age 17, and 88% by age 19.

The consequences of these kinds of choices are equally alarming. About 50 million abortions have been performed in the United States since *Roe v. Wade*. Thirty-eight different sexually

The world says “anything goes” with regard to sex, but the Bible warns against just such an attitude.

transmitted diseases are currently at epidemic levels in our country, with 3 million adolescents

contracting such diseases each year.

All of these, however, have been totally overshadowed by the presence of the HIV/AIDS virus,

which has become the seventh leading cause of death among 15- to 24-year-olds in the U.S., according to a recent report in the journal, *Medical Clinics of North America*.

The world says “anything goes” with regard to sex, but the Bible warns against just such an attitude, as the apostle Paul states in 1 Corinthians 6:18-20:

Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price; therefore, glorify God in your body.

The “immorality” referred to here comes from the Greek word *porneia*, and is sometimes translated “fornication.” But it can also be understood to mean sexual immorality as expressed in adultery, casual sex, or wrongful sex.

The Bible says quite simply to “flee!” if you are unmarried (remember, marriage is God’s “home” for sexual expression). The most positive, helpful, healthy thing you can do for yourself and your future with regard to sex is to flee immorality. Honoring this “boundary” protects two equally beautiful ways of life: marriage and celibacy. Regardless of which you choose in the future, a life committed to purity now will enhance it.

The Best Sex Is “Sex By Design”

God’s commands to flee sexual immorality and place sexual expression within the confines of marriage are intended, like all His commands, only for our good. He is the designer of this gift that our culture has grossly over-emphasized and sadly undervalued. We have misused it throughout history by either expecting too much of it or too little.

Sex is not the ultimate expression of love. The ultimate expression of love is sacrifice.

Sex is not the ultimate expression of love. The ultimate expression of love is sacrifice. As those who are married, we can express love through sacrifice by

seeking to give our mates that which they most desire.

Husbands, love your wives by giving them the affection they desire 24 hours a day, 7 days a week.

Wives, love your husbands by being the willing, involved, and enthusiastic sexual partner they long for.

When you do this, you cannot help but please your mate and every aspect of your life together, including your sexual relationship, will be enhanced!

If you are not married, resolve today to express love through sacrifice by surrendering your sexual desires to God and waiting for Him to provide the perfect place for their fulfillment. Refuse to go along with the world's invitation to demand your "sexual rights."

Surrender your rights to the One who made you complete with a sexual nature, and trust Him to keep you in His perfect love.

What's the bottom line? Just this: nothing beats "Sex by Design."

That is, sex as it was intended to be expressed by its maker and master-designer—the Lord God. He alone knows and fully understands the delightful complexity of His gift. So celebrate His design! He could not have had "a better idea," as Augustine suggested. His original one was perfect and complete, and when you obey His "operating instructions" you will ensure that it will always be so.

What's the bottom line? Just this: nothing beats "Sex by Design."



