



MAKING LOVE

*The Chapman Guide to  
Making Sex an Act of Love*

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*Making Love: The Chapman Guide to Making Sex an Act of Love*

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## — Introduction

“*L*et’s make love.”

“Let’s have sex.”

Is there a difference? Most definitely. In fact, the two are worlds apart.

Sex is the joining of two bodies; love is the joining of two souls. When sex grows out of love, it becomes a deeply emotional, bonding experience. When having sex is viewed as nothing more than satisfying biological urges, that’s all it does. It is never ultimately fulfilling. It is more animal than human.

Throughout human history, love and sex have always been related. However, in contemporary culture, love and sex have been equated. The common perception today is that *making love* means “having sex.” Love is defined as a romantic feeling, and sex is its logical expression. Sex outside of marriage has become as common as sex within marriage. Sex has

been separated from commitment and is viewed as a form of casual entertainment, much like being on a roller coaster or some other amusement-park ride. When it's over, we look forward to the next ride. This view of sex has left thousands feeling emotionally empty and longing for something to fill the void of the soul.

I believe that the Christian faith, which is built upon the Jewish faith, offers a wealth of insight on making love, not just having sex.

For example, both the Jewish faith and the Christian faith view sex as a gift from God. Both teach that God has given us guidelines on how to relate to each other sexually. It's interesting that recent sociological research has come to the same conclusions as those found in the ancient Jewish and Christian Scriptures. One such conclusion is that sex within marriage is much more meaningful and satisfying than sex outside of marriage.<sup>1</sup> While this truth is not popular in secular society, it bears the support of both research and Scripture.

The purpose of this book is to explore the Judeo-Christian teachings on love and sex and on how love and sex relate to each other. I believe sex without love will never be ultimately fulfilling, but sex that grows out of love will take a marriage to a whole new level of satisfaction. I feel certain that thousands of marriages can be greatly enhanced as couples learn to make love, not just have sex.

This book is not designed to be a comprehensive sex manual. My goal is to show you the difference between making love and simply having sex. Ideally, you and your spouse will read the book together, answer the questions at the end of each chapter, and then share your answers with each other. If you choose to do so, I believe you will find yourselves on the way to becoming real lovers.

However, if your spouse is not willing to read and discuss the book with you, it will still be well worth your time to read it yourself. I strongly urge you to follow the suggestions made in the book. Reach out to your spouse. Extend the opportunity for your husband or wife to respond to your efforts to stimulate growth in your relationship. I'm sure

you know that you cannot force your spouse to do anything, but you can greatly influence your spouse by means of a loving attitude expressed in loving words and actions.

I have intentionally kept this book brief because I know you are busy. You can probably read it in less than two hours. You will find that reading this book will be a good investment of your time. At the end of each short chapter, you will find practical suggestions on how to weave these ideas into the fabric of your own marriage.

If you desire greater sexual satisfaction, you must learn to love.

# 1



## LOVE AND SEX: THE PERFECT COMBINATION

*C*ontrary to popular belief, Hollywood did not invent sex. According to the most ancient Jewish writings, the Book of Beginnings, God looked at the man he had created and said, “It is not good for the man to be alone. I will make a helper suitable for him.” The Creation narrative continues, “God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man’s ribs and closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.” The man exclaimed, “This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was



taken out of man.” Then the Creator declared that the two would “become one flesh.” The account concludes with these words: “The man and his wife were both naked, and they felt no shame.”<sup>1</sup>

## **SEX IS BEAUTIFUL**

Based on this ancient Creation account, Jews and Christians have always viewed marriage as a sacred relationship between a husband and wife, instituted by God. The sexual union between the husband and wife is seen as a living symbol of their deep companionship. That Adam and Eve were naked and unashamed indicates that from God’s perspective, sex is beautiful.

Throughout the Old and New Testament Scriptures, God repeatedly affirms the beauty of sexual intercourse within the marital relationship. While the Bible records incidents of polygamy, fornication (sex outside of marriage), adultery, homosexuality, incest, and rape, these distortions of sexuality are never approved by God. Sexual intercourse from God’s perspective is an act of love that binds the souls of a husband and a wife to each other in a lifelong, intimate relationship.

## **THE PURPOSE OF SEX**

It is obvious that one of the purposes of relating to each other sexually in the context of marriage is for reproduction. God himself said to Adam and Eve, “Be fruitful and increase in number; fill the earth and subdue it.”<sup>2</sup> Husbands and wives who love each other and express their love sexually provide the healthiest context in which to rear children. It is interesting that contemporary research supports this ancient biblical pattern.<sup>3</sup>

However, procreation is not the only purpose, nor the primary purpose, of sexual intercourse within marriage. Far more basic are the psychological and spiritual dimensions of making love. As a husband and wife give themselves to each other sexually, they are building a psychological and spiritual bond that unites their souls at the deepest possible level. Together they can face the challenges of life because they are soul partners. Nothing unites a husband and wife more deeply than making love.

On the other hand, if the married couple is simply having sex without love, this bonding does not take place. Thus, the couple becomes estranged,

and their union will eventually dissipate. For some, divorce is the culmination of this estrangement. Having sex without love builds resentment and, later, hostility.

God intends marital sex to be an experience of extreme pleasure. This pleasure is not limited to the physical sensation of orgasm. It also involves the emotions, the intellect, and the spirit. Sexual intercourse within marriage is designed to give us a taste of the divine. It involves the total person and brings waves of pleasure as we make love.

### **AN ANCIENT EXAMPLE**

The books of Hebrew poetry found in the Old Testament seek to capture this pleasure. Here are the words of a husband speaking to his bride: “You have stolen my heart, my sister, my bride; you have stolen my heart with one glance of your eyes, with one jewel of your necklace. How delightful is your love, my sister, my bride! How much more pleasing is your love than wine, and the fragrance of your perfume than any spice! Your lips drop sweetness as the honeycomb, my bride; milk and

honey are under your tongue. The fragrance of your garments is like that of Lebanon. . . . You are a garden fountain, a well of flowing water streaming down from Lebanon.” His bride responds, “Let my lover come into his garden and taste its choice fruits.”<sup>4</sup>

A short time later, the wife says of her husband, “My lover is radiant and ruddy, outstanding among ten thousand. His head is purest gold; his hair is wavy and black as a raven. . . . His cheeks are like beds of spice. . . . His arms are rods of gold. . . . His legs are pillars of marble. . . . His mouth is sweetness itself; he is altogether lovely. This is my lover, this my friend.”<sup>5</sup>

Obviously, these ancient lovers are finding great pleasure in relating to each other sexually. They are discovering what it means to make love, not just have sex.

### **ACCENTUATE THE POSITIVE**

Notice particularly in the passages above that the husband and the wife each accentuated the positive characteristics of the other.

Contemporary couples, in contrast, often tend to focus on the negative. Even though there were many, many positive characteristics that drew them to each other when they first met, when conflicts begin to emerge, they focus on the negative. They verbalize these by saying such things as, “I can’t believe you are so lazy.” “I have never known anyone as selfish as you.” “You are just like your father. No wonder your mother left him.” Such statements create hurt, anger, and resentment. And typically an offended spouse reciprocates with more negative statements. When we focus on the negative, we draw out the worst in our spouse.

On the other hand, when we choose to focus on the positive, we stimulate a positive response. The wife who says, “Wow. Do you ever look tough tonight!” will likely receive not only a smile but also positive words about the way she looks. The spouse who says, “Thanks for cooking the meal; it was delicious,” stimulates warm, positive feelings in the heart of the one who prepared the meal. When we focus on the positive and verbalize our appreciation and admiration for each other, we cre-

ate a climate in which sex can become a genuine expression of love.

Sex was designed by God to be a mutually satisfying experience whereby husbands and wives express their love, intimacy, and commitment to each other. A husband and wife may engage in sexual intercourse without feelings of love, intimacy, and commitment, but this has never been God's ideal. God's intention is for couples to make love, not just have sex.

## **PUTTING THE PRINCIPLES INTO PRACTICE**

1. How would you explain the difference between making love and just having sex?
2. On a scale of 1–10, with 10 being the highest, how would you rank your success at “making love”? How do you think your spouse would rank you?
3. What would you like your spouse to do (or stop doing) that would make the sexual relationship more meaningful for you?

4. What could you do (or stop doing) to make the sexual relationship more meaningful for your spouse?
5. Would you be willing to share your answers to the above questions with your spouse?



## SOME THOUGHTS WORTH REMEMBERING

- ☛ Throughout human history, love and sex have always been related. However, in contemporary culture, love and sex have been equated.
- ☛ Christians have always viewed marriage as a sacred relationship between a husband and wife, instituted by God. The sexual union between the husband and wife is seen as a living symbol of their deep companionship.
- ☛ A husband can desire to have sexual intercourse even when things are not right



in the relationship. In fact, he often thinks that having sex will solve the problems.

- ☛ On the other hand, a wife wants things to be made right before having sexual intercourse. Sex itself does not solve problems for her.
- ☛ It often requires far more energy, effort, and time for a woman to experience orgasm than it does for a man. Sometimes, because of fatigue or other distractions, a wife simply does not desire to go through the entire process.
- ☛ If a husband and wife simply do “what comes naturally,” they will never learn to make love. The best that may happen is that one of them will find partial fulfillment and the other will feel used.
- ☛ Making love is about giving, not demanding. When we focus on creating an atmosphere of love in which we are genuinely



WHAT HUSBANDS WISH

*W*hat do you wish your wife would do—or stop doing—to make the sexual relationship better for you? Check  the wishes you would like to share with her.

- I wish she would learn to enjoy sex rather than looking at it as an obligation.
- I wish we would communicate our sexual interests earlier in the day. If both of us are on the same page at bedtime, it can prevent disappointments and create a great time.

- I wish she would not talk about my weight.
- I wish she would wear sexy clothes and “light my fire.”
- I wish my wife wanted to have sex more often. She is so busy.
- I wish she would join me in an exercise program.
- I wish she would watch more romantic movies with me.
- I wish we could spend more quality time together.
- I wish she would be open to oral sex.
- I wish my wife would initiate sex more often. It is measurably more enjoyable for me when she is more active in getting things started.
- I wish she would open up more and talk about this part of our marriage.



*W*hat do you wish your husband would do—or stop doing—to make the sexual relationship better for you? Check  the wishes you would like to share with him.

- I wish he would work with me a little more to find out what feels good for me.
- I wish he would take better care of his body so that I would be more physically attracted to him.
- I wish that he would stop coming on to

me constantly so I could make the first move once in a while.

- I wish he would not rush into lovemaking—more foreplay.
- I wish he would make sex spontaneous rather than ask for it and would hold me more.
- I wish he would stop waiting for me to initiate sex.
- I wish my husband would spend more time talking and cuddling instead of just jumping right in.
- I wish he would realize that things he does throughout the day affect sex that night.
- I wish I had more say about when the sexual experience would end; often he stops too soon.
- I wish he would spend time listening to me without the computer, radio, or television competing for his attention.



## ADDITIONAL RESOURCES

**Kevin Leman, *Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage* (Tyndale House, 2003)**

Get ready to make beautiful music together! Dr. Kevin Leman's practical guide will help any couple stay "in tune" for an active, God-designed sex life. He addresses a wide spectrum of individuals—with positive, negative, or no experience—and his frank descriptions, line drawings, and warm and friendly tone will help couples find greater harmony through intimacy.

## INTRODUCTION

1. Linda J. Waite and Maggie Gallagher, *The Case for Marriage* (New York: Doubleday, 2000), 79.

## CHAPTER 1

1. Genesis 2:18-25.
2. Genesis 1:28.
3. Waite and Gallagher, 124–140.
4. Song of Solomon 4:9-11, 15-16.
5. Song of Solomon 5:10-16.

## CHAPTER 2

1. Deuteronomy 24:5 (NLT).
2. Kevin Leman, *Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage* (Wheaton: Tyndale House, 2003), 103.
3. Ibid.

## CHAPTER 3

1. See Ephesians 5:25.
2. 1 John 4:19 (NKJV).
3. Song of Solomon 4:1-7.
4. Song of Solomon 4:16.
5. Song of Solomon 5:1.

## CHAPTER 5

1. Gary Chapman, *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* (Chicago: Northfield Publishing, 1992, 1995).
2. 1 Corinthians 8:1 (NKJV).

## CHAPTER 6

1. Proverbs 18:21.

## CHAPTER 7

1. 1 John 1:9.
2. See Ephesians 4:32.
3. Romans 5:8.
4. Romans 5:5.



## *About the Author*

Dr. Gary Chapman is the author of the perennial best seller *The Five Love Languages* (more than four million copies sold) and numerous other marriage and family books. He is currently working with best-selling author Catherine Palmer on a new fiction series based on *The Four Seasons of Marriage*. Dr. Chapman is the director of Marriage and Family Life Consultants, Inc.; an internationally known speaker; and the host of *A Love Language Minute*, a syndicated radio program heard on more than one hundred stations across North America. He and his wife, Karolyn, live in North Carolina.