

“Intimacy in Marriage”
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“Human intimacy is reserved for a married couple because it is the ultimate symbol of total union, a totality and a union ordained and defined by God. From the Garden of Eden onward, marriage was intended to mean the complete merger of a man and a woman—their hearts, hopes, lives, love, family, future, everything. Adam said of Eve that she was bone of his bones and flesh of his flesh, and that they were to be ‘one flesh’ in their life together [see Genesis 2:23–24]. This is a union of such completeness that we use the word seal to convey its eternal promise. The Prophet Joseph Smith once said we perhaps could render such a sacred bond as being ‘welded’ one to another [see D&C 128:18]” (Jeffrey R. Holland, *Ensign*, Nov. 1998, 76).

“Within the enduring covenant of marriage, the Lord permits husband and wife the expression of the sacred procreative powers in all their loveliness and beauty within the bounds He has set. One purpose of this private, sacred, intimate experience is to provide the physical bodies for the spirits Father in Heaven wants to experience mortality. Another reason for these powerful and beautiful feelings of love is to bind husband and wife together in loyalty, fidelity, consideration of each other, and common purpose” (Richard G. Scott, *Ensign*, Nov. 1994, 38).

“In the context of lawful marriage, the intimacy of sexual relations is right and divinely approved. There is nothing unholy or degrading about sexuality in itself, for by that means men and women join in a process of creation and in an expression of love” (Spencer W. Kimball, *The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball, 311).

“God made sex, and pronounced it good, and in the case of human kind, He pronounced it very good. Sex was sacred. It was holy. Actually, it was divine. And therefore he pronounced it very good.” (Mark E. Peterson, *Chastity*, Pamphlet containing talk given at BYU 3 Feb. 1953, reprinted July 1970).

“What is more amiable and pleasant than those pure, innocent, endearing affections which God has placed in the hearts of the man and woman, who are united together in lawful matrimony? With a love and confidence pure as the love of God... they live together in the fear of God, enjoying nature's gifts uncorrupted and undefiled as the driven snow, or the crystal stream.” (John Taylor, *The Government of God*, Chapter 5).

Paul: “. . . let every man have his own wife, and let every woman have her own husband. Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. *Depart ye not one from the other (JST)*, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency” (1 Corinthians 7:3-5).

“Divorces often occur over sex, money, and child discipline. If you study the divorces, as we have had to do in these past years, you will find there are one, two, three, four reasons. Generally sex is the first. They did not get along sexually. They may not say that in court. They may not even tell that to their attorneys, but that is the reason” (Spencer W. Kimball, *Teachings of Spencer W. Kimball*, 312).

“No one remains young and beautiful, or young and handsome, forever. Stormy weather will hit every household. Connected inevitably with the whole process of marriage is pain—physical, mental, and emotional. Every couple can expect to find challenges along the way. There is much stress and struggle, fear and worry” (Gordon B. Hinckley, *Standing for Something*, 131).

“The words ‘none else’ eliminate everyone and everything. The spouse then becomes preeminent in the life of the husband or wife, and neither social life nor occupational life nor political life nor any other interest nor person

nor thing shall ever take precedence over the companion spouse. We sometimes find women who absorb and hover over the children at the expense of the husband, sometimes even estranging them from him. The Lord says to them: ‘Thou shall cleave unto him and none else.’ Marriage presupposes total allegiance and total fidelity . . . Any divergence is sin . . .” (Spencer W. Kimball, *Faith Precedes the Miracle*, 143).

“I have encountered good marriages that retained their vitality despite an unsatisfactory sexual life and bad marriages that survived mostly because of a terrific physical relationship; but both are uncommon. For the most part, the quality of the marriage is reflected in the quality of the sexual relationship (Carlfred Broderick, *Couples*, 138).

“In the Lord’s plan, it takes two—a man and a woman—to form a whole. Indeed, a husband and wife are not two identical halves, but a wondrous, divinely determined combination of complementary capacities and characteristics. Marriage allows these different characteristics to come together in oneness—in unity—to bless husband and wife . . . Each has individual traits that best fit the role the Lord has defined for happiness as a man or *woman*” (Elder Richard G. Scott, *Ensign*, November 1996, 74).

The Purposes of Physical Intimacy in Marriage as Spoken of by Church Leaders

1. To unify emotionally and spiritually
2. To enhance and exalt the relationship
3. To procreate
4. To provide an expression of love
5. To experience pleasure and joy

(Source: Stephen E. Lamb and Douglas E. Brinley, *Between Husband and Wife*, 2008, 19-30)

Women’s Expectations in Marriage

5. Family commitment
4. Financial security
3. Trust and fidelity
2. Conversation
1. Affection

Men’s Expectations in Marriage

5. Praise and admiration
4. Domestic support
3. Attractive wife
2. Recreational companionship
1. Sex

(Source: Willard F. Harley, Jr., *His Needs/Her Needs*, 1986)

Differences between Men and Women

- Women have a desire for emotional and physical intimacy.
- For women, emotional intimacy is a prelude to physical intimacy. They see physical intimacy in the context of the relationship as a whole.
- For women, sexual desire is related to psychological, emotional, and biological factors.
- Men have a strong desire for sex and can compartmentalize this facet of marriage. Although things may not be going well in other areas, their desire for physical intimacy can remain strong.
- Men express their love through physical intimacy and are validated by their intimate experiences. A lack of sex is often interpreted as a lack of love.
- For men, sexual desire is strongly related to biological urges, but is modulated by other factors as well.