

## God's Original Design for Sex – 3 times per Week

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I am almost 65 years old, but many people tell me I look very young for my age. I have recently come to understand that probably the major reason for this is that I have been blessed with a wonderful wife. She understood from the beginning that one of the basic emotional, mental, and physical needs of a man is regular sexual relations about 3 times a week. And we are still doing it.

I have also been blessed in my life in other ways: with some profound spiritual insights and experiences from God; having encountered the revelations from God to Sun Myung Moon when I was 24; and later having a job in the field of marriage enrichment and healing.

Last Sunday after church I had a brief encounter with a man about my age and he revealed that he wanted more sex with his wife. He was the third man in 3 days that had revealed that to me in a two minute conversation. In the car on the way home a strong impression came over me to write this essay for the sake of all my brothers and sisters who could be so much happier and fulfilled if they knew about and practiced sexual relations in their marriages according to God's Original Plan.

### The Image of God – A New Revelation

We all are familiar with the idea that we are made in the image of God. Genesis 1:27 says, "So God created man in His own image, in the image of God he created him, male and female he created them. God revealed to Rev. Moon that the oneness of husband and wife is designed to be a more complete "image of God" than any individual. Eternal happiness and joy emerge from a marriage centered on God, not celibacy.

The following verse says, "God blessed them and said to them, 'Be fruitful and multiply, and fill the earth and subdue it'" Clearly God's Original Plan was for them to have heavenly sexual relations. After the creation was finished, God pronounced it "very good".

### The Fall of Man was a Sexual Problem

Well, what happened to the "very good"? As we all know, the world has tremendous problems related to sex from sex trafficking and slavery of young girls, to sexually transmitted diseases, to issues between the vast majority of husbands and wives surrounding sex.

Sun Myung Moon's divine insight is that our original ancestors screwed it up. The Adam and Eve in the Bible story were similar to immature teenagers having sex before they reached a spiritual oneness with God ("be fruitful"). God had warned them not to "eat the fruit" until it was the right time when they could handle it. If they were not mature and very unselfish, a true family of love cannot be created.

Look at what a dysfunctional "first family" we descended from. The first son, Cain killed his younger brother Abel. Is it any wonder we are all screwed up in male-female relationships and brother-brother relationships? This is not the Original Plan that was supposed to be "very good".

### Awkwardness in Sexual Relations

The original parents never grew to spiritual maturity, becoming the image of God individually, so their sexual relations were never blessed by God. Only one man, Jesus Christ, fulfilled that ideal. He was the only one qualified to be married in the eyes of God and have sex according to the original standard.

We're all having sex down here on earth, but we're not supposed to because we are not approved by God. This is what is called the Original Sin. Our children are born under this curse. All throughout history there has been a huge disconnect, insecurity, and dysfunction in sexual relations. We all inherited this in our genes.

Check out this quote from around 1900 by the wife of a Methodist pastor, Mrs. Ruth Smythers, giving advice to young wives. "One cardinal rule of marriage should never be forgotten: GIVE LITTLE, GIVE SELDOM, AND ABOVE ALL, GIVE GRUDGINGLY. Otherwise what could have been a proper marriage could become an orgy of sexual lust. On the other hand, the bride's terror need not be extreme. While sex at best is revolting and at worse rather painful, it has to be endured and has been by women since the beginning of time."

I cringe for days every time I read this.

### **Purpose of the Second Coming of Christ – Physical Redemption**

Obviously Jesus was qualified by God's standards to have sex and "multiply" but he did not marry and have children. Where was there a woman to be his partner? Jesus and his bride in harmonized unity would be the fullest image of God. Where is the female Messiah? This is what women's liberationists are searching for but they don't know it. Jesus was able to forgive sins even while he was on the earth, but he did not get rid of the Original Sin. What happened? Romans 8:23 says "Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies"

At the Fall of Man we were separated from God and not truly His children any more. We need to be adopted back into God's lineage. Original Sin needs to be overcome and forgiven so it is gone from the human race forever. This is the purpose for the Second Coming of Christ, i.e. to undo the sexual mistake of our ancestors and get us adopted back into God's blood lineage.

Jesus' blood was so valuable because it was directly connected to God, like Adam and Eve before the Fall. The Second Coming of Christ will be a physical man and have the same blood lineage as Jesus. He will take a literal, physical bride and they will restore the original position of Adam and Eve, be Blessed in marriage by God's authority, and have physical children who are born sinless. Their victorious restoration of the Fall makes the condition for God to give them authority to forgive the Original Sin on the earth. They can then use that authority to adopt the rest of us back into God's lineage.

This is the redemption of our bodies mentioned in Romans 8:23. For those marriages that receive this forgiveness, called The Blessing, the husband and wife are forgiven of Original Sin and subsequently can produce children that do not inherit the Original Sin. Before God those children are born sinless.

### **The Blessing on Marriages by Rev. and Mrs. Sun Myung Moon**

This is the restoration plan of God. The Process is called The Change of Blood Lineage and involves drinking a special Holy Wine and going through a special 3-Day Ceremony to start the marriage relations consisting of a 3 day ritual of prayer, bathing, and sexual relations. Just as Jesus left baptism and the Eucharist for purification and joining the "body of Christ", The Blessing by Rev. and Mrs. Moon has the authorization by God to free us from bondage to the Original Sin and forgiveness for the past. The Blessing grants us permission from God to have sex. No couples in history ever had this before. This is the physical foundation that will eventually lead to the Kingdom of Heaven on earth.

### **Couples Who Receive The Blessing Truly Are Blessed**

Ever since the Fall of Man, no humans had permission from God to marry and have sexual relations according to His Original Standard. Since The Blessing has come to the earth, that permission can now be received.

### **The Good News About Sex**

The world is in tremendous confusion and upheaval regarding sex because it is being prepared for the dawning of heavenly sex. The so called "Sexual Revolution" and sexual liberation have not liberated us at all, but have broken our families and society apart instead. It has left people searching to "true" sex. The Good News is that The Blessing is here and true freedom in God's love and God's original plan is at hand.

### **What is Heavenly Sex?**

Going back to the truth that male and female are in the image of God and that husband and wife bound in love together for all eternity under God is the complete manifestation of God's image, we want to ask ourselves, "What would a true sexual relationship look like?"

Imagine that Jesus were to take a wife. What would their sexual relations look like? Would it be the Hollywood version of sex? I don't think so. Well, probably it would look about the same externally as your average male and female bodies having sexual intercourse. Obviously the internal spiritual nature would be the big difference.

What about when Jesus and his wife get to be 65 years old? What does it look like then? I heard that Rev. Moon once said that a husband and wife should make love 5,000 times before they pass into the next life. That sounds like a good goal. (My wife and I are currently at 3,561.) God's Original Plan was harmonious

oneness between husband and wife, father and mother, where they would reflect His loving image to their children and society. Sexual intimacy is a prerequisite for making that oneness.

### **Scientific Research on Sex**

We are fortunate to live in a time of great scientific knowledge about the human body. Research has confirmed that male and female bodies are governed by totally different neurotransmitters; testosterone for men and oxytocin for women. We know that testosterone levels rise in men every 2 to 3 days, pushing them to seek out their wives for sex. Otherwise they would probably be off on some project or other pursuit. Women seek relationships because oxytocin is increased from the giving and receiving in sharing. This actually leads to better health for them. Women can get energized by heartfelt conversations. But that's just the beginning of new research. Our brains are totally different and work differently. [1]

God has created the perfect complimentary relationship in male and female. He wants them interacting regularly and intimately to build harmony and oneness. God's plan is surely a "win-win" for joy and happiness for both partners.

Some people may think that women got a really bad deal in the creation. They are in the position to "serve" their husband's sexual desire. This can't be true once we can identify God's original plan. The design has to be a win-win-win for all men, all women, and for God as well. If a woman had a wonderful husband like Jesus, what would sex be like?

God did not create women with the same innate bodily desire for sex as men. Their bodies are not only for sexual pleasure but for carrying the reproductive organs for God's offspring. There is a necessary monthly cycle that was required. Study the new research on process of reproduction sometime. It is unbelievably fascinating and intricate.

God made men to be fertile every 2 or 3 days. He had to. If not that way and more like a monthly cycle, it would be much, much more difficult to produce children because the male and female fertility periods would not synchronize.

The Marriage Enrichment movement is now touting the solution for women who most of the time don't feel like sex when the man does. It's called "quicky sex" which is intimacy that lasts only 10 to 15 minutes and satisfies the man's physical need. Often some KY Jelly might be helpful as well. But I'm here to tell you how grateful a man will be. Not only do I say "thank you" to my wife in bed, but I'm saying "thank you" to her all day long in many other ways. If a woman could get a much nicer husband by giving up 15 minutes 3 times a week, most all of them would jump for the deal.

### **God's Plan for Sex is 3 times a week**

A man doesn't want sex 3 times a week because he is a fallen, evil dude. It's the way his body was made by God. The Fall of Man messed up everything about our relationship with God and every other person, but it didn't change the way our bodies were designed. Now, through The Blessing Ceremony, we can be granted permission from God to freely enjoy sex with our spouse. And God is happy about it.

One problem we have is all the "baggage" from the past when sex was part of the evil realm. Also we need to establish an understanding of what the new concept of sex will be, what I call Heavenly Sex. Even the best marriages typically have all kinds of issues around sex.

### **Numerous Benefits Discovered from Having Sex Often**

Research has shown a great number of benefits from having sex for both the man and the woman. Below is a link to "20 Reasons To Have Sex When You Don't Feel Like It". [2] But I'm sure there are many more. I'm eternally grateful to Tim and Beverly LaHaye who wrote the book, *The Act of Marriage*. My wife read it before our wedding day. Here are some samples of the truths she absorbed from that book.[3]

"In the early years of marriage, frequency of sex is often the source of conflict and disagreement. Usually because the wife doesn't share or understand the sex drives of normal healthy men."

"For a man, sex influences his personality, work, motivation, and almost every other characteristic of his life."

"Sex drive is intimately linked with his ego. A sexually satisfied husband will develop self confidence in other areas. Being unsuccessful in bed equals failure in life."

"A secure man becomes a better father, uses better judgment and improves his capacity to love the whole family."

There is even research that indicates that semen has ingredients that improve the physical health of women. This is no accident. God's original plan was wonderful in every way for both partners. [4] [5]

### **New Hope for the Frustrated**

Many couples for whatever reasons are not practicing sex the way God designed it as explained above. If not, the words may seem harsh and judgmental. Maybe some will feel remorse if their couple has challenges around sex or they have fallen out of the habit all together. Don't worry, I have just the thing. I highly recommend a new book that has come out called The Bead Method.[6] The whole book is about a woman who was struggling in her marriage and was divinely inspired to give her husband 40 beads for his birthday. Whenever he dropped a bead in a bowl, she committed to having sexual relations with him within 24 hours. The book is the story of how it saved her marriage and how she started telling others about it and all the good things that happened in their marriages too.

### **Oneness with God**

Again note that the most important benefit of sex in the eyes of God is making spiritual oneness with each other and with Him. "They shall become one flesh." (Mark 10:8) That was the goal. God wanted to create His own image, male and female, and see them together in oneness as co-creators of His future grandchildren, His blood lineage, and a loving world.

Again, think about Jesus as a literal father married to a female messiah. What kind of family environment would their children grow up in? What kind of neighborhood would we have if we were all like that? What would our cities and countries be like? All your aunts and uncles, the businessmen, the politicians, the artists would all be filled with the love of God and expressing it in their own unique way. Sounds like the Heavenly Kingdom to me.

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### **Notes:**

[1] 10 Big Differences Between Men's and Women's Brains by Amber Hensley.  
[www.mastersofhealthcare.com/blog/2009/10-big-differences-between-mens-and-womens-brains/](http://www.mastersofhealthcare.com/blog/2009/10-big-differences-between-mens-and-womens-brains/)

[2] "20 Reasons To Have Sex When You Don't Feel Like It" pps 148-150 from the book, How To Improve Your Marriage Without Talking About It by Patricia Love and Steven Stosny.  
[www.themarriagelibrary.com/Articles/20 Reasons for Sex.pdf](http://www.themarriagelibrary.com/Articles/20%20Reasons%20for%20Sex.pdf)

[3] Tim and Beverly LaHaye, The Act of Marriage. Updated 1998. \$7.19 on Amazon.com.

[4] Daniel G. Amen, MD. Author of Change Your Brain, Change Your Life.  
<http://www.cerebromente.org.br/n16/opiniaao/seven-ways3.htm>

5. "Make Love For Your Brain In a series of studies by Winnifred B. Cutler, PhD and colleagues at the University of Pennsylvania and later at Stanford University it was found that regular sexual contact had an important impact on physical and emotional well-being of women. Sexual contact with a partner at least once a week led to more fertile, regular menstrual cycles, shorter menses, delayed menopause, increased estrogen levels, and delayed aging. Brain imaging studies at UCLA have shown that decreased estrogen levels are associated with overall decreased brain activity and poor memory. Enhancing estrogen levels for women through regular sexual activity enhances overall brain activity and improves memory. In Dr. Cutler's study the occurrence of orgasm was not as important as the fact that sex was with another person. Intimacy and emotional bonding may be the most influential factors in the positive aspects of sex. As a psychiatrist I have seen many people withhold sex as a way to show hurt, anger, or disappointment. Dr. Cutler's research suggests that this is self-defeating behavior. The more you withhold the worse it may be for you. Appropriate sex is one of the keys to the brain's fountain of youth."

[5] "Semen Has Benefits for Women" by Jim Stephens.  
[www.themarriagelibrary.com/Articles/Mar 12, 2013, Semen Has Benefits For Women.htm](http://www.themarriagelibrary.com/Articles/Mar%2012,%202013,%20Semen%20Has%20Benefits%20For%20Women.htm)

"Semen has ingredients that include mood enhancers like estrone, cortisol, prolactin, oxytocin, and serotonin; a sleep enhancer, melatonin; and of course, sperm, which makes up only 1%-5%."

[6] The Bead Method, by Carolyn Evans and Mark Gungor. \$15.  
[www.thebeadmethod.com](http://www.thebeadmethod.com)