

God's Original Design for Sex – 3 Times a Week

By Jim Stephens

Sometimes you have a moment when you can look back on your life at many, many things that have happened to you, and things you learned, and realize that it was all leading up to this certain experience. This article came out of such a moment.

I am almost 65 years old, but many people tell me I look very young for my age. 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, husband, and father is regular sexual relations about 3 times a week. And we are still doing it.

I went to college in engineering and I like things that are practical and down to earth. I encountered the revelations of Sun Myung Moon when I was 24 after hitchhiking to California in 1973. Over the last 40 odd years I've had some profound spiritual insights and experiences with God. For 5 years I co-lead with my wife the Blessed Family Department and studied all about marriage enrichment. More recently I became a certified practitioner of an energy healing technique.

Recently 3 men in 3 days revealed that to me in 2 minute conversations that they wanted more sex with their wives. Then the pieces began falling into place and a strong impression came over me to write about this topic. My brothers and sisters could be so much happier and fulfilled in their marriages than they are. The understanding that God "downloaded" to me I'm calling God's Original Design for Sex – 3 Times a Week.

The Image of God – A New Revelation

We have all heard 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 further revealed to Rev. Moon about the full potential of the oneness of husband and wife centered on God. It is designed to be a more complete "image of God" than any individual. It manifests God's masculine and feminine natures in the oneness and harmony. It inherits God's greatest creativity. It can be "heaven on earth".

The Fall of Man was a Sexual Problem

After creating Adam and Eve, God said it was "very good". 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.

Unificationism says 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, 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

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

All throughout history there has been a huge disconnect, insecurity, and dysfunction in sexual relations. We all inherited this in our genes. [1]

Purpose of the Second Coming of Christ – Physical Redemption

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 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 for "physical redemption". 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 forgive us for the sinful past. The Blessing grants us permission from God to have sex. No couples in history ever had this before. The Blessing has come to the earth, that permission can now be received.

This is the physical foundation that will eventually lead to the Kingdom of Heaven on earth.

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. It has left people searching for "true" sex.

What is Heavenly Sex?

If husband and wife become the Image of God, what would a true sexual relationship look like? What is sexual intimacy for a husband and wife who have reached the level of maturity that Jesus did?

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. Therefore we have to conclude that sexual intimacy through frequent physical oneness is required.

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.

God must have 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 in God's original design. There has to be a win-win-win for all men, all women, and for God as well. Imagine a woman married to Jesus. What would their sex be like?

God created men to be fertile every 2 or 3 days. He had to. If it was more of a monthly fertility cycle, then conception would be much, much more difficult because the male and female fertility periods would not synchronize.

God's Plan for sex is 3 times a week.

A man doesn't want sex 3 times a week because he is fallen. 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. The sexual organs become the new "Holy of Holies" where we meet God.

Numerous Benefits Discovered from Having Sex Often.

Research has shown a great number of benefits from having frequent 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]

The book, **The Act of Marriage** for Christians shares some profound concepts. [3]

There is even research that semen carries 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

For couples wanting to become more ideal but needing some help, I highly recommend a new called **The Bead Method**. [6]

Oneness with God

"They shall become one flesh." (Mark 10:8) That was the design.

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 and movie makers would all be filled with the love of God and expressing it in their own unique way.

Sounds like the Heavenly Kingdom to me.

[1] 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 GRUDINGLY. 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.

[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.

"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."

[4] Daniel G. Amen, MD. Author of **Change Your Brain, Change Your Life**.

<http://www.cerebromente.org.br/n16/opinioao/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.

[http://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. <http://www.thebeadmethod.com/>

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.