Sexuality and conyugal

SPIRITUALITY

An invitation to dialogue

1.

FIRST TOPIC

Marital sexuality, *the great gift of God.*

What did God want when he made us sexed?

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1°.- REFERENCE:

"Marital morality is predicated, what is allowed and what is prohibited is said; however, not one sole book is offered to married Christians about how to make love well, about enjoying intercourse well (tell me if you know of any, for I don't)"[1], states Father Caffarel. God only knows, only wants and only can love

It is difficult to locate oneself in the mind of our God! For Him, sexuality is the nicest and fundamental reality of our existence. He made us man and woman to be sanctified loving each other, as Father Caffarel said in Chantilly. And with what eyes do we look at sexuality? With clean eyes? Or with tearful, frightened eyes? Or with joyous and vital eyes? The following story perhaps suggests something to us:

2°.- IT IS ONLY A STORY:

Two monks were up to cross a river when a young girl appeared and asked for help to cross. One of the monks gave his mat to the other, carried the girl in his back and together they crossed the river. The monks continued their walk and while one whistled and enjoyed the view of nature, the other walked annoyed and absorbed in his own thoughts. "Let´s rest for a moment, we are tired" said the first one to his irate companion. "You made vows not to touch a woman and you dared to carry the girl". "Now I understand your anger" said the happy monk, and added: "I only carried

1.Father Caffarel. Chantilly Conference 1987.

the girl to help her cross the river, while you brought her in your thoughts up to here!"

In the Song of Songs, we can see how God wanted sexuality:

> *"I belong to my beloved,*
> *and his desire is for me.*
> *Come, my beloved, let us go to the countryside,*
> *let us spend the night in the villages.[a]*
> *Let us go early to the vineyards*
> *to see if the vines have budded,*
> *if their blossoms have opened,*
> *and if the pomegranates are in bloom—*
> *there I will give you my love."*[2]

If God is defined as LOVE, it is logical that he made us sexed to love. "Let him kiss me with the kisses of his mouth.[3]

Kissing each other is like praying together to the Lord, for "Kissing is praying"[4].

3º.- SOME REFLECTIONS:

God wanted us to be MAN or WOMAN. Different, so that we were attracted, desired each other and became a couple. Father Caffarel says that the vertex of creation is not the individual but the couple. Therefore he made us man and woman: two different genders: masculine and feminine. And how did God want us to have relations between ourselves? How did he want us to live our sexuality?:

2.- Song of Songs, 7, 11-14
3.- Song of Songs, 1,2
4.- Title of the book of Wunibald Müller. Edt. Sal Terrae, Santander -2005

God wants that sexuality is the source of spirituality: He made us different so that we had the deepest relationship and in order to meet him in our interior. "Sexuality is the true source of spirituality"[5] He wanted us man and woman to love each other because He is the one that loves the most and He likes that we love each other. Our sexual encounters may become a prayer if we live them from our equality and in communion with God. When we love each other angels fly with envy and nature is delighted and beautified. That is God's message in The Song of Songs.

He has made us man and woman so that the force of sexuality helps us to live intensely[6]. In our daily life we feel that spirituality and sexuality are the two most intense vital forces. Separating these forces is like breaking the heart of men and women. If we happily join religion and sexuality we make that our religion blooms. Sexuality is not a force to be repressed, or to enclose it in a tower, it is a gift God has given us so that we enjoy it with happiness.

God wants us to harmonize the two forces he has deposited in us: We are frequently told that God clashes with sexuality. We have heard that eroticism is the enemy of sexuality. Wrong. God has made us erotic and spiritual and He wants us to put both things together. When we separate eroticism from religion we trivialize eroticism and make out of religion something cold and little human. Eros isolated from love is egotistic, dehumanizer, idealist and chauvinist. God gave us eroticism and a heart to love. Together, Eros

5.- Anselm Grün, quoted by Wunibald Müller in "Kissing is praying"
6.- Anselm Grün, Intimität und zolibatares",Leben , Würzburg 1995

and intercourse give our spiritual life enthusiasm and joy. Sanctity demands that we are human, and being human demands that our sexual encounters are a mutual gift reflected in hugs and caresses and in our common devotion.

With sexuality God awakes in us a need and at the same time He tells us how to satisfy it. We all have the need to be touched, embraced, caressed and supported by the other. It is a basic need. And the force of sexuality is what moves us out of ourselves and drives us to deliver our love, to give ourselves and to become one sole flesh. Many Christians feel that sexuality nourishes their hope and charity and allows them to go towards God.

God is the one that loves the most. The one that most wishes our well-being. For Him, human love is the best evidence of His love. Therefore our greatest sin could be to separate and detach human love from God's love. If we desire each other, if we feel the attraction force that leads us towards love, everything comes out agreeable and all signs of live are enlightened. Sexuality places us in the deepest part of the other, where God is found.

Eros, hand in hand with love makes life joyful, covers nature with beauty, livens up the hearts of lovers and the heart of God, who is happy with them. "He who cannot feel emotion in his soul may be successful as an official of the Administration, but shall not transmit enthusiasm to the people."[7].

7.- W. Müller, "Kissing is Praying". Sal Taerre . ST Breve. Santander 2005

4º.- IN ORDER TO HAVE A DIALOGUE:

After being silent for a while we will see God naked, free of caricatures that distort Him, as we see each other: naked, without prejudice, without deceit or dissimulation. Let us look at our eyes and surely we shall see God in them, who wishes that we look at sexuality in a positive way. And, let's ask ourselves:

1st - What is SEX for us?

2nd – What is SEXUALITY for us?

3rd – How does God regard sex and sexuality?

Look for the answer in your heart, without any other reference than your love and the Gospel. (After dialoguing about these questions, read the following and compare it with your recent comments):

SEX is not part of us. It is not the genitals with which we obtain pleasure or we procreate. Sex is you and her, man and woman, masculine and feminine genders. Sex is your whole and her whole, built throughout all our life; it is our biography.

SEXUALITY is the way we accept, assume and identify our gender. It is the way we exist and have relations. And it is the mode to desire us, to love each other, to give our love, to find and give our mutual love and to organize our life as sexed beings.

5º.- WE HOLD OUR HANDS AND HAVE A MOMENT OF SILENCE - PRAYER

After this simple reading it is possible that you have reached the following CONCLUSION: We are sexed beings because God wanted so. Gender makes that we are either a man or a woman. And God wants us to have mature and deep relationships and that we get close to the Reign of Love. God wants us to accept our sexuality and that we have joyful encounters. Taking into account these desires of God…

We pray[8]:

Lord, give us clear ideas so that we live with peace and joy our encounters….. and when we look at each other in silence, we see in our eyes the loving eyes of God…. and

We pray:

Lord, give us clear ideas so that we live with peace and joy our encounters….. and if we look at this God with love, we shall see that he laughs at the silliness we have said and done around sexuality.

We kiss each other convinced that with the kiss we pray, we desire each other, we get out of ourselves and we both deliver ourselves to this God that keeps us Company… and together

8.- The suspension points we use in all the PRAYER moments indicate times of silence.

We pray:

Lord, give us clear ideas so that we live with peace and joy our encounters….. …… and we read slowly in an attitude of prayer:

"Earthly love is just the transit towards celestial love" says W. Müller. Let's not forget that sexuality is praying and kissing, it is passion, fire and desire. And also looking, touching, setting the table, holding our hands, speaking affectionately, sweeping the kitchen and making the bed… All that can make us feel that we are close and when we feel close we get close to God and feel touched by Him.

And we pray:

Lord, give us clear ideas so that we live peaceful and joyful encounters…..

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