Christian Sexuality – Teresa Utley

I have a passion for helping couples celebrate their “sexuality in a Christian manner.” Since moving to Tuscaloosa in 1997, I have found living in the “Bible Belt” has some limitations regarding getting couples to talk about their sexuality from a Christian perspective. The Bible clearly states that God wants us to celebrate our sexuality and he created us as sexual beings. In 1 Corinthians 7:1-7 KJV it states:

1Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman.2Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.3Let the husband render unto the wife due benevolence:\* and likewise also the wife unto the husband.4The 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.5Defraud ye not one the other, 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.6But I speak this by permission, and not of commandment.7For I would that all men were even as I myself. But every man hath his proper gift of God, one after this manner, and another after that.

Stress and anxiety can take a toll on a marriage and especially on the “intimacy and sexual desire between couples.” In my sessions I help couples come together by communicating their desires, wants and dreams to one another. They are given tools and resources to learn how to overcome daily stressors and keep the passion alive. More times than not, it is a matter of learning to balance stress, work, family and time management. I suggest couples have two date nights a week, one with all the family and one with just the husband and wife. I have found that when the children are included with one date night they don’t feel left out and are happy for the parents, not resentful. If once a week is not obtainable then work out a schedule and be consistent.

I also help individuals with challenges they may have in life with aging and sexuality. For example, women and men have very distinct differences in how their body ages and the challenges it presents in being sexual. I provide an environment where these challenges can be discussed.

Please feel free to call the office to make an appointment with Teresa Utley at (205) 242-6261.