

# SEXUALITY GOD'S WAY



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## Why Is It Important to Understand What God Has to Say About Human Sexuality?

**HUMAN SEXUALITY DEFINED: It is everything in a person that has to do with being sexual, maleness and femaleness, including the intellectual, emotional, social, spiritual and moral parts of our being.**

- We begin with the 1<sup>st</sup> premise that God made each person; therefore, He knows all about us. Because God is our Maker, He knows more about our sexuality than we do and how we can be at our best sexually.
- God has a great deal to say about human sexuality and the relationship/s that will bring out the best sexually, for each individual, his/her family, community, and nation.
- Individuals going outside God's prescription for healthy sexuality bring untold misery and destruction. Therefore, it is important that those who claim to follow God be equipped to communicate His message with understanding, knowing the times in which they live.

⇒ SEXU 01

⇒ SEXU 02

**1 Chronicles 12:32 “..Isaachar had sons who understood their times and had a knowledge of what Israel should do.”**

⇒ REFR 01

- AIDS is, in the first place, a sexually transmitted disease and exists because people lack understanding regarding sexuality God's way, and the consequences of expressed sexuality outside of God's prescription for fulfillment. Consequences include: diseases, untimely deaths in catastrophic numbers especially from AIDS, broken relationship/s, dysfunctional families, spousal abuse, divorce, unwanted pregnancies, killing of unborn by abortion, rape, and sexual abuse, etc.
- The AIDS pandemic worldwide is a direct result of so-called sexual freedom without adequate personal responsibility. Strategies to curb the epidemic outside of sexuality God's way, have failed worldwide and AIDS continues to spread unabated.
- In the past, the Christian Church remained relatively silent on human sexuality. At best, the church presented a moralistic set of rules for sexual behaviour that often gave a negative message, without teaching about God's love and empowerment for sexual health His way. Failing to know the God behind the rules, the benefits of godly life-style, motivation to righteousness, grace and compassion were many times lost.
- Personal empowerment through Jesus Christ and heart change is the ONLY answer to the moral breakdown of society and the resulting devastation such as AIDS.
- Christians in the Church need to not only teach moral purity (abstinence before marriage and faithfulness in marriage), but Christians need to show the world that it is possible and desirable to keep sexually pure, benefiting both short and long term.
- Christians need understanding about God's character: His purity, love, grace, compassion, and empowerment. Their decision to stay sexually pure should be based on both their love for God and their fear of God.
- It is only within the context of a relationship with God that sexual morality makes sense.
- The World Health Organization holds that abstinence and faithfulness in a monogamous relationship is the single most effective control for the spread of AIDS.
- It is past time that the Christian Church leads the nation(s) with meaningful solutions to the moral dilemma and resulting AIDS, rather than by criticizing non-Christians who are struggling to find solutions.

⇒ SEXU 21

⇒ SEXU 28

⇒ SEXU 09

## Today's Sexual Ethos Compared to the Past

These principles that governed sexual behaviour in past generations and were generally supported by the community are:

- Sexual expression outside of marriage was wrong.
- The family was the primary source of information and life-style building, with the community structures supporting family life (school, recreation, etc.).
- Sexual activity outside of marriage was considered “damage”. The offenders were accountable to the family. Damages were paid, and consequences followed. This brought about (whether negatively or positively) personal responsibility for one’s sexual actions, rather than just self-gratification.
- Most young people remained virgins, at least through their teen years. In America and most nations through the 1960s, only about 8% of high schoolers were sexually active (around 18 years or older). Then, if you were younger and became sexually active, you remained silent about it because it was shameful to admit.
- Most couples got married before they were sexually active together. Having children born out of wedlock was considered shameful.

⇒ STAT 17

⇒ STAT 18

The changes in principles that govern sexual behaviour in today’s society are:

- Belief that people are basically good and will not abuse the power of sexuality. Individuals with sexual difficulties are often stereotyped (e.g. those BAD people, criminals, prostitutes, gay people, etc.). It is important to realise that many people battle with their sexual drives, expressions, and moral behaviour.
- The family has been replaced by the media (TV, radio, newspaper, magazines, etc.) in teaching children about sexuality. Hollywood’s standards of sexuality are sweeping the globe and being copied by today’s youth.
- The family structure is disintegrating so children lack role models, and are self-taught in lifestyle. Peers, rather than parents, have become the great influencers in their lives.
- Marriage is now “un-cool”. Living together and sexual intimacy outside of marriage is now becoming desirable. Stable relationships are now “revolving” relationships. Young men feel pressure that sexual experimentation equals manhood. Young women feel pressure that they are undesirable if they are not taken to bed, or that they must prove their fertility. Children are now commonly born out of wedlock and often do not relate to their biological parent/s.
- Sexuality is now a matter of “my rights” or “my needs” rather than personal responsibility and relationship. Sexual virginity before marriage is now considered “backward, unprogressive and unattainable”. Sexual faithfulness in marriage is considered boring and old-fashioned.
- Many nations in the 1990s have 80-90% of high schoolers either sexually experimenting or sexually active. Many teens end up psychologically scarred and physically ill with sexually transmitted diseases. The sexually transmitted diseases (STDs) we were dealing with then, which numbered five in 1950, now number more than fifty. Most of these are either incurable or leave lasting physical implications.

⇒ STAT 19

⇒ SEXU 22

⇒ SEXU 23

⇒ SEXU 35

⇒ STAT 20

- Good sex is the goal rather than a deep relationship with another human being. Revolving-door relationships are becoming normal (as one lover goes out, the next one moves in).
- Personal independence is now treasured over family interdependence or contribution to family and community.
- There is now no absolute RIGHT or WRONG. Truth is a matter of personal taste and opinion. What is true for you may not be true for me. There is no objective standard of truth against which to measure our actions. Each has his/her own opinion!

### What is God’s Standard for Human Sexuality?

- The Bible teaches that God’s standard for sexual purity, sexual fulfillment, and sexual wholeness is: abstinence from sexual activity until married; faithfulness in marriage to one man and one woman for life or until parted by death. ➡ SEXU 24
- God created each one of us in His image. We receive our value from being God’s unique creation, not from our sexual performance. God created each person special and worthy of respect and dignity of others. This includes women and girls, as well as men and boys. Both are equally valuable in God’s sight. ➡ SEXU 71
- Sexuality means more than just having sex. Sex is to be a loving expression of “oneness” between a man and a woman who are committed to each other for all their lives in marriage. Sexual expression is not just a feeling one has in his/her private parts or a biological urge. Sexuality is the most intimate expression that flows out of the marital relationship affecting our bodies, our emotions, our spiritual being, our intellect, our morals and values, our family, and our community. ➡ SEXU 25  
➡ SEXU 04  
➡ SEXU 06
- Marriage is a covenant between a man and a woman for life – the sexual act is the celebration of this covenant, just as holy communion is the celebration of our covenant with Jesus Christ, God’s Son. Sexual expression is not just a “love” feeling. The sexual expression is backed up by trust, faithfulness, commitment, responsibility, and respect demonstrated through both good and bad times by the married couple. ➡ SEXU 08  
➡ SEXU 26
- Sexuality is not blind “feeling or hormones”. It is created within each person by God and includes the ability to make choices. Animals do not have these choices, but people do because it is a gift of God. With this freedom comes the responsibility of the consequences of our choices. If a person chooses rightly, then the consequence/s will be beneficial and good. If a person chooses wrongly, then the consequence/s will be harmful, destructive, and damaging. ➡ SEXU 64  
➡ SEXU 27  
➡ SEXU 63
- **Deuteronomy 30:19** *“I have set before you life and death, blessing and cursing; therefore choose life that both you and your descendants may live.”* ➡ REFR 01
- God created man and woman as two parts of a whole, complementing each other. Each is equally important, but have different roles within a marriage and family structure. Each is to seek the other’s good, and by doing so will bring good to himself/herself and to subsequent children and family. ➡ SEXU 29
- **Genesis 2:1** *“It is not good that man should be alone; I will make him a helper comparable to him.”*
- **Matthew 19:4-5** *“Have you not read that he who made them at the beginning made them male and female and said: For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh? So then, they are no longer two, but one flesh. Therefore what God has joined together, let man not separate.”* ➡ REFR 02

- Marriage is so important to God that He performs this spiritual union and sanctifies every marriage. Marriage is not just a legal matter; it is a spiritual union done by God and should not be taken lightly or be a revolving-door situation.

⇒ SEXU 30

**Hebrews 13:4** *“Marriage is honourable among all, and the bed undefiled; but fornicators and adulterers God will judge.”* Sexual intercourse within marriage is sacred in God’s sight. It is meant to build strength into the marriage and not only to create children and/or meet the biological needs of the spouses.

⇒ REFR 03

**2 Timothy 2:22** *“Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.”*

**Galations 6: 7 & 8** *“Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.”*

### What Are Reasons Given Today for Premarital and Extramarital Sex?

The Church must be able to address this worldly thinking with biblical, no-nonsense answers that show these reasons to be weak, negative, and harmful in the long-term. God’s way always makes good sense if one will listen and apply it. God’s ways are not just rules to make our life restricted, unhappy or legalistic. His ways do truly bring abundant life with long-lasting benefit for everyone. This is the Church’s business to teach and demonstrate. The following are the “wrong” reasons to engage in sex:





⇒ SEXU 31


- **That personal rights including acting out your feelings are the most important thing.** So, “if it feels good do it” has become the rule for today’s generation. However, acting on a feeling can often leave the other person hurt, damaged, and forever disrespected. No one has the right to do that to another creation of God!
- **Everyone is “doing” sex and I don’t want to be different.** Firstly, “everyone” isn’t doing it. Many unmarried and married persons make quality decisions to be sexually pure, true to God and themselves, and accomplishing it! God did not create us to do what everyone else does. He gave us brains and ability to be individuals and determine our own destiny. Certainly, the consequences of our actions, whether good or bad, will not be reaped by the “group”. Rather, consequences are an individual matter. Our life direction also is an individual matter, not the “group’s”.
- **Abstinence before marriage and faithfulness in marriage until death parts is not manageable or attainable.** Modern society tells us this lie! For generations people have had pressure to violate their morals sexually, yet the majority in the past did not. While it is true that today’s sexual pressure to immorality is greater than ever before, it is also true that a moral life-style is possible. God sent His Son, Jesus Christ, to live inside of us through salvation. He empowers us to live godly, sexually pure lives. He will do that for you if you ask Him.
- **Sexual immorality is more fun in life and brings more satisfaction than does morality.** Ruined families, ruined marriages, sexual addiction, sexually transmitted diseases, sickness, death, AIDS, and damaged minds prove that sexual immorality has a very costly but hidden price tag. Sex outside of God’s prescription has a price tag – and the cost in human lives is beyond description. Having sex outside of marriage never brings good results; it always damages and causes pain.
- **Adults do it and sex makes me feel grown up when I do it. Having sex proves that I am grown up.** Particularly young people need understanding that doing “adult” things means taking “adult” responsibility. Having sex brings adult responsibility towards oneself, the other person, towards health, towards the

⇒ SEXU 12


⇒ SEXU 32


subsequent children that are born, and to society. It is better for a young person to WAIT for sex until marriage to prepare himself for married responsibility, and then to fulfil adult responsibility well. Otherwise, the alternative is having sex without responsibility, which hurts both oneself and others.

- **It looks exciting on TV and I want excitement.** Remember, TV is a make-believe, fake world. The viewer of TV-sex never sees under the blankets, or into the lives of those who portray this image. Usually, their lives are the most messed up.  SEXU 33
- **I'm lonely and I need someone to love. No one will love me if I don't have sex.** Indeed, the opposite is true. Most people who want to have casual sex with you will drop you after they are finished with you. Not only will you be lonelier, but you also will end up with a hurt heart and hurt mind.  STAT 34
- **My boy/girl friend and I love each other; therefore it is right to have sex to prove our love.** Wrong! Sex proves nothing. Commitment, trust, honesty, respect and honor prove love. Doing sex is an easy way to say, "Make me feel good; satisfy my urges." That is using another person, not love!  SEXU 10
- **I have feelings in my private parts and I have difficulty controlling them. I don't think I can wait that long for sex.** There are things each person can do to avoid sexual indulgence. These are discussed in Chapter 6. You can take personal steps to control your sexual urges. One of the best things to do when you feel sexual temptation is to NOT play with those feelings. Immediately run from any situation that causes you to want to be sexually impure. Run quickly!  SEXU 08

**1 Corinthians 6:18** "*Flee (run away from) sexual immorality.*"  REFR 03

### What are the Lies of the Media about Sex?

- **Without sex a relationship has no meaning.** That has been proven incorrect over many generations. Unions that have sex first with little depth to relationship are self-centered, hurtful, and brief. Sex is NEVER the main strength of any lasting relationship.
- **Getting formally married makes no difference.** Yes, it does. Statistics prove that couples who do NOT engage in sex before marriage, plan their marriage, and go through a formal marriage are three times less likely to divorce than those who sleep together before marriage or just sleep together without formalizing their marriage. Getting married has many benefits, especially for those who honour and work at their marriage relationship.  SEXU 35
- **I want to be like the TV actors!** In most cases, especially from America, actors have sad lives of multiple and unfulfilled sex partners, drug abuse, spousal and child abuse, and generally messed up lives. TV actors who live stable and honourable lives, producing emotionally stable children are indeed rare!

**The plain fact is, that SEX in the media sells...**and sex in the media is about money not about your good! Those who fall for this lie are falling into the money trap that is filling the pockets of exploiters. Remember, it is not your pockets that will be filled, but some one else's. Sex depicted by the standard of the media will leave you bankrupt, empty, and damaged at your expense!  SEXU 36

### What are the Consequences of Sex Outside of Marriage?

#### Physical

- Sexually transmitted diseases like herpes, gonorrhoea, and syphilis

- AIDS
- Pelvic inflammatory diseases leading to an inability to have children
- Unwanted pregnancy
- Abortion

### **Emotional**

- A damaged self-image and feeling used
- Jealousy within the relationship
- Unable to trust partner
- Unable to make full commitment later on in life--easier to stick to casual sexual relations than a committed relationship
- Feelings of rejection when relationship breaks up...emotional scars
- Sometimes gender confusion leading to homosexuality
- Feeling guilty
- Fear that parents, etc., might discover truth
- Frustration/insecurity
- Emotional pain and scarring
- Disappointment

### **Intellectual**

- Pregnancy and the financial pressure of having to raise a child may lead to inability to finish education
- Inability to further qualify oneself in occupation of choice
- The need to give up some of your dreams and goals
- Driven to justify sexual lifestyle

### **Moral**

- Subsequent searing of conscience—increasingly unable to distinguish right from wrong
- Stress caused by awareness that one's actions are wrong, but unable to stop...sexual addiction
- Difficulty staying faithful in marriage if accustomed to casual sex before marriage
- Lack of character development. (Note: Reputation is what others think of you; character is what you are in the dark.) Many people spend much time and energy on their reputation, while God is interested in building His character in people.

### **Social**

- Difficulty in enjoying uncomplicated, non-sexual friendship with opposite sex because of increased sexual awareness
- Being labeled as someone with loose morals/loss of reputation—never sure whether partner is interested in you or only in having sex
- May have to give up care-free activities enjoyed by peers because of premature parental responsibility
- Relationships with friends of opposite sex strained because of jealousy—never sure who might be next boyfriend/girlfriend
- Exploitation by others; exploitation of others
- Life has to take on a dimension of deceit, lying, etc., to hide sexual habits

### **Spiritual**

- Feeling far from God because sin separates from God
- Feeling guilty and dirty inside
- Unable to freely worship God

- Unable to freely pray to God; unable to apply God's Word to one's life
- Difficulty in resisting temptation and saying "No" to sex...one's relationship with God becomes distant
- Inner person becomes depraved and spiritually empty

### **What are the Benefits of Sexual Purity? (No sex outside of marriage)**

#### **Emotional**

- You avoid emotional stress
- You avoid shallow relationships
- You spare yourself emotional hurts and scars
- You spare feeling of being used just for sex
- You avoid the hurt of break up
- You value your own body and sexuality as a gift, not as something to be thrown around

#### **Relational Benefits**

- You learn REAL communication and not a cheap substitute
- You develop TRUST, HONOUR, COMMITMENT, HONESTY, FAITHFULNESS and VALUE in yourself and the other person
- You don't risk being compared to someone else
- You develop relationships for WHO you ARE and not just for your body

#### **Psychological Benefits**

- You build your own self-worth and that of the other person
- You don't risk sexual addiction
- You don't risk sexual perversion
- You don't have bad memories accompanied by guilt and regret

#### **Physical Benefits**

- You protect your own self-worth
- You will not be judged on "sexual" performance but loved for WHO you are
- You will not risk getting sexually transmitted diseases, including AIDS that can make you sick, be transmitted to your unborn child/children, or even cause you to die

#### **Spiritual Benefits**

- You will know a sense of personal well-being
- You and your future family will be protected
- You will develop character
- There will be no personal bruises including guilt
- You will grow in personal strength
- You are protected from God's judgement on immorality

### **Key Bible Verses Regarding Human Behaviour and Sexuality**

**Psalms 119: 9, 11** *"How can a young man cleanse his way?...Your word I have hidden in my heart that I might not sin against you."*

⇒ REFR 04

**Ephesians 4:22-24** *"...that you put off the old man which grows corrupt according to the deceitful lusts and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness."*

**Philippians 4:13** *"I can do all things through Christ who strengthens me."*

**James 1:14-15** *"But each one is tempted when he is drawn away by his own*

⇒ REFR 05



*desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.*”

**Ephesians 5:22, 25** *“Wives, submit to your own husbands, as to the Lord.... Husbands, love your wives, just as Christ also loved the church and gave Himself for her.”*

**Isaiah 62:5** *“.....as the bridegroom rejoices over the bride, so shall your God rejoice over you.”*

**1 Peter 5:8** *“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”*

⇒ REFR 05

**Ephesians 5: 13-17** *“But all things that are exposed are made manifest by the light, for whatever makes manifest is light. Therefore He says: Awake, you who sleep, arise from the dead, and Christ will give you light. See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is.”*

**1 Corinthians 2:9** *“...Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.”*

**Genesis 1:27-28** *So God created man in His own image; in the image of God He created him; male and female He created them. Then God blessed them, and God said to the, “Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.”*

⇒ REFR 06

**1 Corinthians 7:2-5** *“Nevertheless, because of sexual immorality, let each man have his own wife and let each woman have her own husband, Let the husband render to his wife the affection due her and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.*

⇒ REFR 19

**Hebrews 13:4** *“Marriage is honourable among all, and the bed undefiled; but fornicators and adulterers God will judge.”*

**1 Corinthians 10:8** *“Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell.”*

⇒ REFR 12

**1 Corinthians 6: 9-11** *“Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.”*

⇒ REFR 20

**Romans 6:23** *“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”*

# Reasons to say NO

Delaying sexual intercourse until: more responsible • older • in a sure relationship with one person • married

## Why?

There are many good reasons for delaying sex until you are older. These are listed in the pictures below.

## How?

Pick 4 reasons young people usually have for abstaining from or delaying sexual intercourse, and place a (✓) in these boxes.

<input type="checkbox"/> 1. Fear of pregnancy 	<input type="checkbox"/> 2. Fear of STD 	
<input type="checkbox"/> 3. Family expectations 	<input type="checkbox"/> 4. Fear of violence 	<input type="checkbox"/> 5. Friendship 
<input type="checkbox"/> 6. You/partner are drunk 	<input type="checkbox"/> 7. Religious values 	<input type="checkbox"/> 8. Not ready 
<input type="checkbox"/> 9. Not with right person 	<p>Remember, there are other ways of expressing affection than sexual intercourse</p>	<input type="checkbox"/> 10. Wait until marriage 