

## **Lesson 18 – Principles 9**

### **Biblical Sexuality**

Read these Scripture verses & lesson below and then answer the questions that follow on a separate sheet of paper. If you believe this lesson would be helpful to others you know, feel free to share it with them.

Jesus fulfilled His calling on the earth through an intimate relationship with our Heavenly Father; leaving us all a clear example to follow. Our Heavenly Father desires an intimate relationship with those created in his image. We hide from His intimacy when stuck in shame and fear from lies about our true identity in Christ. Seeking the Kingdom of God first, and delighting ourselves in our Heavenly Father, will create right desires (“de” means of – “sire” means father) in our relationship with Him, others and ourselves. Christ centered relationships transform our very being and empower us to do on earth, as it is in Heaven. When we accept and walk in our role as distributors of the Kingdom of God here on Earth, we listen to what the Father is speaking, and out of our relationship of love with/for Him, we can obediently speak and do the same here on earth.

In the same way, God designed sexuality to be expressed through right relationship. It is no secret that God's design is for our sexual expression to be saved for the marriage bed. As Christians, we "get it" that our days of sex for sex sake, taking what we want, and using the weak for our pleasure are over. The mistake we often make is to rush into a marriage so we can get it right "legally". This is because we still see sexuality from the warped filter of our past. We are still living in sexual deviancy because relational intimacy is not at the core of our expression. Instead, it is the pursuit of sexual pleasure within the confines of some idea of Biblical "law". Make no mistake, sex feels good no matter how deviant we make it. The problem is deviancy (by Biblical standards) is unfulfilling because God did not design us to be fulfilled outside of His principles. Uncorrected lack of fulfillment encourages ever increasing deviancy (Ephesians 4:19) until we find ourselves deep in sexual addiction. This happens in any area of our lives where we live outside of Biblical principles: coping with life, work ethic, acquiring life's resources, etc.

Let's look at this passage from I Corinthians 7:3-5. "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." Notice that the focus of sexual expression is not our own pleasure but the pleasure and protection of our spouse. All these years we've had it backwards. No wonder we've drifted so far from the truth. Biblical sexuality is about intimacy (in – to – me – see), yielding the most vulnerable part of ourselves to our God ordained counterpart in a life-long covenant. This demands emotional and physical risk at a level of trust that cannot be achieved through an orgasm-based relationship.

So, how does this speak to masturbation? Let's consider the sexual fantasy. Sexual addiction therapists may encourage clients to masturbate to "appropriate" sexual

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fantasies. This still begs the question: "What is appropriate?" Sexual fantasy by its definition must be selfish and self-serving. At best it is "my" fantasy of what this shared event should look like. Its purpose is "my" sexual release and fulfillment. Considering the Biblical approach to sexuality with its call for shared intimacy and vulnerability, it is impossible for sexual fantasy to provide any of these. Therefore, masturbation will always lack fulfillment and will require pushing of the emotional envelope that supports and leads to continued and greater deviancy and ultimately addiction to, or at least submission to, activity that leaves us empty; thus, creating a barrier to a healthy fulfilling sexual relationship.

Let's look at this physiologically. Sexual expression is not a "need". Eating and breathing are needs. Fail to do these for a long enough period of time and you die. Refraining from sexual expression for a long period of time will not make your penis fall off. Wet dreams can be held in check by controlling sexual thinking. By developing a habit of taking every thought captive in obedience to Jesus Christ, sexual thinking will become more and more the choice it has always been.

Don't believe the myth that you must ejaculate to be healthy. The truth is the body absorbs aging sperm back into the body. Wet dreams do not come from a buildup of sperm but rather from a buildup of sexual thinking. It takes time and dedication to get to the point where regular sexual expression is seen as a choice rather than a need.

To win the struggle against the temptation to participate in Biblically deviant sexual behavior, one must receive the truth of what Biblical sexual expression is, rather than a commitment to refrain from sinning. The Truth will always set you free. Get to know Him intimately as you learn from Him about your call to sexual purity.

1. On the scale below, with "1" representing Biblically defined sexual deviancy as described above and "10" representing sexual intimacy by Biblical standards, circle the number that matches your most Biblical experience of sexual intimacy.



A horizontal scale from 1 to 10. The numbers 1 through 10 are evenly spaced along a horizontal line with vertical end caps.

2. Share one meaningful sexual experience (no pornographic detail) you have had through porn, sex chat rooms, or the movie theater of your mind.
3. List three (3) ways in which porn, sex chat rooms, or the movie theater of your mind set you up to be disappointed with true sexual intimacy.
4. Write down four (4) ways you can adjust to life without sexual deviancy.
5. Write down four (4) areas of your life that will improve because of your success over sexual deviancy
6. Create five (5) personal declarations about how you will achieve sexual purity. Utilize Kingdom Truth but don't get religious. Each statement will begin with "I will."