

## Safe Sex: Naked and Unashamed

The Gift of Sex within Marriage

**Personal Story:** Here we go... We are about to talk about “the birds and the bees.” My parents were really quiet about this topic. I do not know if they thought I was scared to discuss it, or if they were scared to talk to me about it. Anyway, I learned more about sex in the basketball locker room, on television, and from other rumors that floated down the hallways in high school. You know what I am talking about, so I want to invite you into a conversation with me on this hot topic. God has a lot to say about sex. He invented it. Let’s discover what the Bible has to say about this controversial subject.

**Scripture Memory:** Hebrews 13:4 Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

**Theological Backdrop:** God is Wise

**Scripture Text:** Genesis 2:23-25 And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. 24 Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. 25 And they were both naked, the man and his wife, and were not ashamed.

### WARNING!!!

Do not go to the world for the best advice about SEX. Get your information from the Word of God. God invented love-making and knows how it can be honoring to Him, satisfying, and guilt-free. We are going to look at the joy of being naked and unashamed within the parameters and patterns which God has established.

### The Parameters of Sex

Sex is God’s idea, and this was a gift that Adam and Eve were able to share together on their wedding night. Genesis 2:24-25 explains, *“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed.”* A man would leave his father and mother and cleave to his wife. With the blessing of parents, the responsibility of establishing a new home, and vows before God exchanged, a husband and wife are married and given the privilege of sharing their bodies with each other as a gift. Within marriage, sex is **good** and **guilt-free**.

### The Purpose of Sex<sup>1</sup>

God is a giver, and He provides great gifts for his children. Within the account of creation, sex is seen as a gift from God. Genesis 1:26-28 states, *“And God said, Let us make man in our image,*

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<sup>1</sup> Robert D. Smith, *Biblical Principles of Sex* (Hackettstown: Timeless Texts, 2003) p. 49.

*after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.”*

- God blessed Adam and Eve.
- God commanded them to be fruitful.
- God commanded them to multiply.
- God commanded them to replenish the earth.
- God commanded them to subdue the earth.
- God commanded them to have dominion over every living thing.

First, sex was designed as a means of being fruitful, multiplying, and filling the earth. Procreation, or having babies, was one of God’s purposes for the physical union within the context of marriage.

A second purpose of sex within marriage is *relational*. Sex can be enjoyed within the boundary of marriage. It is pure and holy in the sight of God. 1 Corinthians 10:31 says, “*Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*” Everything, including sex, can be enjoyed for the glory of God. In Proverbs 5:15-19, the writer states, “*Drink waters out of thine own cistern, and running waters out of thine own well Let thy fountains be dispersed abroad, and rivers of waters in the streets. Let them be only thine own, and not strangers' with thee. Let thy fountain be blessed: and rejoice with the wife of thy youth. Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.*”

- Sex is refreshing and satisfying within marriage (see Proverbs 5:15).
- Sex is intimate and should be kept between a husband and wife (vs. 17).
- Sex is an act of worship with your spouse (vs. 18).
- Sex is to be pleasurable and an expression of love (vs. 19).

## **The Patterns of Sex**

Within marriage, sex should be regular and continuous. 1 Corinthians 7:1-5 says, “*Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman. 2 Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband. 3 Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. 4 The 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. 5 Defraud 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.*" Although sex is enjoyed regularly within a healthy marriage, there are a few things I want you to remember.

- *Self-control* - Some think that if only I can get married, I will have all the sex I want. First, if this is your only goal in marriage, you have missed the mark. You may have a great problem with lust. Also, the goal of sex within marriage is to meet the needs and desires of your spouse. It is not about getting everything you want. This is displayed in some of the following areas:
  - Displays of self-centeredness - Pride has impacted us all, but we must continue to learn to be God-centered in all things. There are many areas where a person can seek to please themselves apart from being involved in a healthy marriage.
    - **Pornography**- The world of pornography causes one to enter a fantasy where one gets all of their lusts satisfied. The Apostle Paul wrote about the unbeliever in Ephesians 2:3 saying, *"Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others."* Pornography showcases images that will be burnt into your mind for years. It is a huge business in the world, because people in their perversions want to enjoy self-centered pleasure without investing in a relationship. It reduces a person down to a piece of meat and is disgusting in the eyes of God. It is addictive and enslaving. I hope you are guarding your eyes and hearts in this area, because here are some startling statistics:<sup>2</sup>
      - 93% of boys and 62% of girls are exposed to internet porn before age 18.
      - 70% of boys have spent more than 30 consecutive minutes looking at online porn on at least one occasion.
      - 35% of boys have done this on more than ten occasions.
      - 23% of girls have spent more than 30 consecutive minutes looking at online porn on at least one occasion.
      - 14% of girls have done this on more than ten occasions.
    - **Masturbation** - This is another form of self-pleasuring. I know this a difficult topic for teenagers who are exploring their bodies, but it is another avenue by which one displays the lusts of one's heart. This too, can be very enslaving.
    - **Homosexuality** - This is a total distortion of God's plan for marriage and sex. Our society is trying to tell us that this is "OK;" however, God says it is an abomination in his sight.<sup>3</sup>
    - **"Going as far as possible without doing it."** - Once again, this is a sign of having a rebellious and lustful heart before God. This is like playing with an electric fence in hopes of not getting shocked. There will be feelings

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<sup>2</sup> Accessed October 5, 2012 [online] <http://www.covenanteyes.com/2010/08/19/teens-and-porn-10-stats-your-need-to-know/>

<sup>3</sup> Leviticus 18:22, 20:13; see Romans 1

of guilt and shame for “petting (touching someone inappropriately), “necking (the first kiss often leads to more and more),” and oral sex. The thrill will last for a moment, but the emotional feelings and hormones begin to become uncontrollable. Any relationship built on a foundation of this sort is based on lust and usually fizzles out.

- *Loving one another* - Marriage is a relationship of love and respect. Sex is not the primary goal, but it is intricately connected within the bond of marriage. Self-control and respect of one another is vital. If one does not have self-control in this area of their lives, then one might revert to tactics of manipulation in order to get what they want.
- *Giving to one another* - Enjoying good sex begins before you get to the bedroom. Within marriage, God has called the husband and wife to display the relationship between Christ and the church. It is a relationship of sacrificial love and respect where both the husband and wife share their body with one another.
- *Communication is key within marriage* - This is another area one can work on while preparing for marriage. Are you involved in healthy relationships now where you are able to talk freely about your struggles?

I wanted to share the pattern of sexuality within marriage and remind you that God knows exactly where you are. He knows your struggles in growing up, and He wants to protect you with His word. If you will listen to Him, I promise that you will be grateful that you did.

## The Perversion of Sexuality

If you are wondering if this is a new topic in the discussion of the world, then let’s look at the Word of God a moment for some answers. In every major list of sins in the New Testament, the perversion of sexual desires is included.

KJV	NASB	Greek	Definition
Fornicators/ fornication/ whoremonger (Matt. 15:19, Rom. 1:29, 1 Cor. 6:9, Gal. 5:19, Eph. 5:3, Col. 3:5, 1Thes. 4:3, 1 Tim. 1:10, Rev 21:8)	Immorality	<b>pornei/ pornos</b>	illegitimate sexual intercourse, harlotry including adultery and incest, indulge unlawful lusts; whoremonger, a male prostitute, any sex outside of marriage
Unclean/ uncleanness (Gal. 5:19, Eph. 4:19 5:3, Col. 3:5, 1 Thess. 4:7)	Impurity	<b>akatharsia</b>	defiled, lewd, impure
Inordinate affection/ lust of concupiscence (Col. 3:5, 1 Thess. 4:5)	Passion	<b>Pathos/ pathos epithumia</b>	lusts or strong desire, powerful feelings of physical desire
Evil concupiscence (Col.	Evil desire	<b>kakos epithumia</b>	evil and shameful

3:5)			desires and lusts
Adulterers (Matt. 15:19, 1 Cor. 6:9, Gal. 5:19)	Adulterers	<b>Moichos/ moicheia</b>	The illicit partner of a married person; voluntary sexual intercourse between a married person and a partner other than the lawful spouse
Effeminate (1 Cor. 6:9)	Effeminate	<b>malakos</b>	Soft, a boy who has sexual relations with a man, homosexual
Abusers of themselves with mankind (1 Cor. 6:9, 1 Tim. 1:10)	Homosexuals	<b>arsenokoites</b>	A male engaging in same-gender sexual activity, a sodomite, anal sex

I wanted to end with the perversions of sexual desires. This is the world in which we live. Television and magazines paint a picture of sex being something that everyone is doing. The world makes sex outside of marriage look glamorous and appealing. The world teaches that practicing in this area gets you prepared for marriage. However, the world is confused, scared, suffering with a guilty conscience, filled with diseases, and is hurting from the consequences of sinning against God in this area of life. God has all the answers. He has set the parameters, purposes, and patterns of sexuality. Please listen to God’s wisdom and save yourself for the person you will stand before one day and say, “I do.” The greatest gift you can give to your spouse is the purity of your heart and body.

**Goal** - God wants you to be a virgin when you are married. He wants you to share this gift with the spouse that He gives you. Now, I want you to think ahead about this topic. There will come a day when you find that “someone” that God has prepared for you. As you began sharing your life stories with one another, the conversation will come up about your sexual purity. I want you to think about that night. What will you tell the one that you will marry? Will you be able to say, “I waited for you, and I am ready to give myself to you completely.”? Will you have to say with regret, “I have already shared my body with someone else.”? This will be a hard, gut wrenching conversation, and your spouse will feel the pain of betrayal. Please seek purity in this area of your life. Practice abstinence. You will not regret waiting. I promise...

### **Redemption Point**

If you have already engaged in pre-marital sex, I want you to know that God will forgive you of your sin. You need to confess your sin to Him and allow His grace to comfort and heal you. If you have been sexually abused, please share this with a safe and reliable source, like your parents, your pastor, or another adult or friend who can help you work through the pain and be healed. These secrets do not have to haunt you all of your life. God is a God of justice, and He knows those who have taken advantage of you (Gen. 18:25). You will need to forgive these

people, but God can help you. Do not keep walking around with the guilt and shame. You are not alone in this struggle.