

Sex is Designed by God

Genesis 2:24 NIV

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.

When the Bible speaks about, “one flesh,” it is speaking about sex. Sex is the blending of body, soul, and spirit. It means letting go and revealing all your dreams, deepest desires, energies, and love to your spouse, giving him/her the greatest gift – YOURSELF. Sex communicates, “I Love You” in the most intimate way. God designed sex for the “two” to become “one” in marriage. So, sex is God’s special wedding gift to you.

The Blessing of Marriage

How does God bless marriage?

Genesis 1:27-28a (NIV)

(27) So God created mankind in his own image, in the image of God he created them; male and female he created them.

(28) God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

Genesis 2:24-25 (NIV)

(24) That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

(25) Adam and his wife were both naked, and they felt no shame.

Proverbs 5:18-19 (NIV)

(18) May your fountain be blessed, and may you rejoice in the wife of your youth.

(19) A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love.

Ecclesiastes 4:8-10 (NIV)

(8) There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. “For whom am I toiling,” he asked, “and why am I depriving myself of enjoyment?” This too is meaningless— a miserable business!

(9) Two are better than one, because they have a good return for their labor:

(10) If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Staying Sexually Pure

Psalm 119:9; 1 Thessalonians 4:3-5

Psalm 119:9 (NIV)

(9) How can a young person stay on the path of purity? By living according to your word.

1 Thessalonians 4:3-5 (NIV)

(3) It is God’s will that you should be sanctified: that you should avoid sexual immorality;

(4) that each of you should learn to control your own body in a way that is holy and honorable,

(5) not in passionate lust like the pagans, who do not know God;

How can we stay sexually pure?

How should men and women protect themselves from pornography?

2 Timothy 2:22 (NIV)

(22) Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

Job 31:1 (NIV)

(1) “I made a covenant with my eyes not to look lustfully at a young woman.

Ecclesiastes 4:12 (NIV)

(12) Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Pornography in marriage is like introducing a 3rd party into your marriage.

Hebrews 13:4 & Matthew 5:28

Hebrews 13:4 (NIV)

(4) Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

Matthew 5:28 (NIV)

(28) But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Why should a married couple avoid pornography?

What encouragement or advice can you take from the following verses?

1 Corinthians 10:13 (NIV)

(13) No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

How does God help us deal with temptation?

2 Timothy 1:7 (NIV)

(7) For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

How can we receive strength?

1 Peter 5:8-9 (NIV)

(8) Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

(9) Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

Are we alone in this struggle?

Colossians 3:5-10 (NIV)

(5) Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

(6) Because of these, the wrath of God is coming.

(7) You used to walk in these ways, in the life you once lived.

(8) But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

(9) Do not lie to each other, since you have taken off your old self with its practices

(10) and have put on the new self, which is being renewed in knowledge in the image of its Creator.

Why is it important to get to know our Creator?

1 Timothy 5:1-2 & Romans 1:25-28

1 Timothy 5:1-2 (NIV)

(1) Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers,

(2) older women as mothers, and younger women as sisters, with absolute purity.

Romans 1:25-28 (NIV)

(25) They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.

(26) Because of this, God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones.

(27) In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed shameful acts with other men, and received in themselves the due penalty for their error.

(28) Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.

How should we behave towards people of the same/opposite gender?

Ephesians 4:20-24; Galatians 5:19-23; 1 Thessalonians 4: 3, 7-8

Ephesians 4:20-24 (NIV)

(20) That, however, is not the way of life you learned

(21) when you heard about Christ and were taught in him in accordance with the truth that is in Jesus.

(22) You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;

(23) to be made new in the attitude of your minds;

(24) and to put on the new self, created to be like God in true righteousness and holiness.

Galatians 5:19-23 (NIV)

(19) The acts of the flesh are obvious: sexual immorality, impurity and debauchery;

(20) idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions

(21) and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

(22) But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness,

(23) gentleness and self-control. Against such things there is no law.

Thessalonians 4: 3, 7-8 (NIV)

- (3) It is God's will that you should be sanctified: that you should avoid sexual immorality;
- (7) For God did not call us to be impure, but to live a holy life.
- (8) Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.

What is the role of the Holy Spirit?

It is NOT God's intention to take sex away from us. Instead, he wants to protect us, so that at the right time we can receive the gift of sex in the way that God intended it – AWESOME! Without fear, insecurity, pain or shame.

Genesis 39:10-12, 16-18, 19-21, 23 & Genesis 41:38-41

Genesis 39:10-12 (NIV)

- (10) And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her.
- (11) One day he went into the house to attend to his duties, and none of the household servants was inside.
- (12) She caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and ran out of the house.

Genesis 39:16-18 (NIV)

- (16) She kept his cloak beside her until his master came home.
- (17) Then she told him this story: "That Hebrew slave you brought us came to me to make sport of me.
- (18) But as soon as I screamed for help, he left his cloak beside me and ran out of the house."

Genesis 39:19-21 (NIV)

- (19) When his master heard the story his wife told him, saying, "This is how your slave treated me," he burned with anger.
- (20) Joseph's master took him and put him in prison, the place where the king's prisoners were confined. But while Joseph was there in the prison,
- (21) the Lord was with him; he showed him kindness and granted him favor in the eyes of the prison warden.

Genesis 39:23 (NIV)

- (23) The warden paid no attention to anything under Joseph's care, because the Lord was with Joseph and gave him success in whatever he did.

Genesis 41:38-41 (NIV)

- (38) So Pharaoh asked them, "Can we find anyone like this man, one in whom is the spirit of God?"
- (39) Then Pharaoh said to Joseph, "Since God has made all this known to you, there is no one so discerning and wise as you.
- (40) You shall be in charge of my palace, and all my people are to submit to your orders. Only with respect to the throne will I be greater than you."
- (41) So Pharaoh said to Joseph, "I hereby put you in charge of the whole land of Egypt."

Why do you think sexual purity was so important to Joseph?

Ask a Friend

How important is sexual purity to you? Why?

Application

Have you ever asked God to help you stay sexually pure?
How can you make sexual purity a priority in your life?

Prayer Model

Lord, I want to make you number one in my life. I want to get to know you and follow your ways! Help me to be sexually pure. Help me to get a big vision for a great marriage where I can give and receive the gift of sex with joy.

Key Verse

2 Timothy 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.