

## If Sex is the Answer...What is the Question?

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Male and female he created us. As sexual beings we are made in the image of God. That is awesome and complex, though not something talked about openly in many circles. We seek today to understand the joys and the challenges of living informed and honoring lives.

#### **I. Introduction**

- Definition of wholeness:
- Gender/sexuality/sexual roles

#### **II. Knowing Who We are as Sexual Beings**

##### A. Creation: God's Plan

1. God's good idea Gen. 1:27; Gen. 2:25
2. Sexuality & the image of God
3. Profound communication Gen. 4:1; Song of Songs
4. Enjoyment
5. One flesh
6. Procreation ...be fruitful and multiply

##### B. Healthy Sexuality:

1. Having a usable value system for decisions about our sexuality
2. A good understanding of the facts about sex (cognitive)
3. A self awareness of our own sexual attitudes & feelings (emotional)
4. Understanding our response to erotic activity (behavioural)
5. Able to have effective interpersonal relationships with members of both genders
6. Potential for love and long term commitment with a person of the opposite gender (even though you may not choose to marry)
7. A union, partnership, sometimes a means for procreation, liberating, very positive!

#### **III. The Reality of the Struggle**

##### A. Distortions

1. Inappropriate sexualization
2. Shame
3. Idolatry
4. The sexual put-down
5. A substitute for God

## B. Temptation

1. Aspects of the sexual struggle
2. How traditions can create false guilt
3. Temptation is meant to keep us in the dark
4. Breaking the silence of temptation brings light to the darkness
5. Truth brings light

## IV. Controversial Expressions of Sexuality

- A. Lust & Fantasy
- B. Pornography
- C. Sex outside of Marriage (Heb. 13:4; 1 Cor. 6:16-20)
- D. Homosexuality

## V. Becoming Aware of Our Options

- A. Definition of Intimacy : 12 types of intimacy ([www.mariongoertz.com](http://www.mariongoertz.com))
- B. Self-control
- C. Repression
- D. Platonic Relationships
- E. Movement towards Marriage

## VI. Making Wise Sexual Decisions

- A. The Moralities of Decision-making
  - The morality of caution  
-will I get hurt?
  - The law of concern  
-will someone else get hurt?
  - The morality of personal relationships  
-how will this affect our relationship?
  - The morality of social responsibility  
-how will this hurt society?
  - The morality of law  
-how will this hurt God?

## VII. Becoming Sexually Holy and Whole Before God

### A. Personal

- Control thoughts & behaviors
- Overcome temptations
- Deal with loneliness & low self esteem in healthy ways
- Meet intimacy needs in healthy ways
- Find healthy outlets for mental & physical energy
- Deal with anxieties that sexuality can mask
- Be aware of potential consequences of actions
- Reflect on your personal sexual history
- Seek healing where required

## **B. Community**

- Distinguish between friendship, caring & passion
- Be accountable regarding your sexual needs, desires & behaviors
- Get professional help if you are stuck
- Consider your attitudes toward the opposite gender

## **C. Spiritual**

- Set Biblical boundaries
- Recognize the importance of forgiveness...giving and receiving
- Maintain active spiritual disciplines
- Study sex in perspective (What is God's intention?)
- Think of benefits of following God's directives
- Take Christ with you

## **C. Reading Resources:**

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