

WHAT DOES THE BIBLE SAY ABOUT SEXUAL HEALTH?

1 Corinthians 7:1-7 (ESV)

Sexual Virginity Is Precious and Beautiful [1] Now concerning the matters about which you wrote: “It is good for a man not to have sexual relations with a woman.”

God-Given Singleness Is a Gift [6] Now as a concession, not a command, I say this. [7] I wish that all were as I myself am. But each has his own gift from God, one of one kind and one of another.

Marital Fidelity Is the Solution to Sexual Immorality [2] But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.

Sex Is for Heterosexual Marriage. [3] The husband should give to his wife her conjugal rights, and likewise the wife to her husband.

- God’s plan for marriage is “the joining of one man and one woman with the promise of being faithful to one another for a lifetime” (Baptist Faith & Message). Marriage is a spiritual, covenantal, and lifetime union of two souls by our Creator God. (Mark 10:1-12)

Your Body Belongs to God, But Is Placed Under the Authority of Your Spouse (Past, Present, or Future) [4] For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does.

Willing Sexual Abstinence In Marriage...

...Is Not an Option ([5] Do not deprive one another,)

...Unless Both Spouses Agree (except perhaps by agreement)

...For a Brief Period of Time (for a limited time,

...For the Purposes of God-Focus (that you may devote yourselves to prayer)

...With an Intentional Plan for Sexual Re-Union (but then come together again, so that Satan may not tempt you because of your lack of self-control)

We Will Be Held Accountable for Our Sexual Health Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. (Hebrews 13:4)

How to Be Sexually Healthy

But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. (Ephesians 5:3)

Single? Remember you have an enemy. Repent where you have failed. Don't have sex... in your mind...in your heart...with yourself...with others. Don't take steps towards sex outside marriage. Save sex until you are married according to God's plan.

Married? Remember you have an enemy. Avoid the appearance of sexual immorality. Avoid temptations towards sexual immorality. Avoid all sexual immorality. Have sex regularly (aim for twice a week). Make sex special, spiritual, and significant. When sex is not possible, find alternatives (HINT: hands & mouths & bodies...read Song of Solomon).