

Sex – a Candid Discussion

Sexual intercourse, also known as **copulation** or **coitus**, commonly refers to the act in which the male reproductive organ (the penis) enters the female reproductive tract (the vagina). The two entities may be of opposite sexes, or they may be hermaphroditic, as is the case with snails. The definition may additionally include penetrative sexual acts between same-sex pairings, such oral intercourse, anal intercourse, and fingering, which are also commonly practiced by heterosexual couple.

Sexual intercourse typically plays a powerful role in *human bonding*, often being used solely for pleasure and leading to stronger emotional bonds. Non-penetrative sex like some oral sex and mutual masturbation are among the sexual acts contributing to *human bonding* and considered intercourse. The term **sex** can be taken to mean any mutual genital stimulation (i.e. all forms of intercourse and "outercourse"), and as with most forms of sexual interaction, individuals are at risk for contracting sexually transmitted diseases. *Wikipedia*

What the Bible Teaches About Sex in Relation to Marriage *(Scriptures quoted from the NIV)*

- a. **You shall not commit adultery. (Moses in Ex. 20:14)**

- b. **If a man seduces a virgin who is not pledged to be married and sleeps with her, he must pay the bride-price, and she shall be his wife. If her father absolutely refuses to give her to him, he must still pay the bride-price for virgins. (Moses in Ex. 22:16-17)**

- c. **You have heard that it was said, do not commit adultery. But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. (Jesus in Matt. 5:27-28)**

- d. **Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. (Paul in 1 Cor. 6:18)**

- e. **The acts of the sinful nature are obvious; sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 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. (Paul in Gal. 5:19-21)**

***Marriage** is the state in which men and women can live together in sexual relationship with the approval of their social group. Adultery and fornication are sexual relationships that society does not recognize as constituting marriage. In the Old Testament polygamy is not sexually immoral, since it constitutes a recognized married state; though it is generally shown to be inexpedient. Monogamy is implicit in the story of Adam and Eve, since God created only one wife for Adam. Yet polygamy is adopted from the time of Lamech (Gen. 4:19), and is not forbidden in Scripture. It would seem that God left it to man to discover by experience that His original institution of monogamy was the proper relationship. It is shown that polygamy brings trouble, and often results in sin. (The New Bible Dictionary)

Key Words Defined

- a. adultery – voluntary sexual intercourse between a married man and someone other than his wife or between a married woman and someone other than her husband.
- b. fornication – human sexual intercourse other than between a man and his wife. This word is usually translated in the NIV as *sexual immorality* and in the NAS as simply immorality. *Fornication* includes both *adultery* and *sodomy*.
- c. sodomy – sexual activity with a member of the same sex or with an animal.

Why would God forbid sex out of marriage? He loves us and knows the dangers of:

1. Unwanted pregnancies.
2. Sexually transmitted diseases (HIV, herpes, gonoreaha, syphilis, HPV, etc.)
3. Robbing your future spouse of part of you.
4. Role reversals that can take place in the marriage relationship.
5. Confusing emotional attachment with a life-time commitment of marriage.
6. The divorce-like consequences of a break up --- soul ties.

8 Steps You Can Take to Stay Pure

1. Be wise.

Know what you will and will not do ahead of time. Recognize temptation before it gets too big for you to handle. Your first line of defense against impurity: your running shoes! “Run from sexual sin” (1 Cor 6:18).

2. Don't go where you shouldn't go.

Are there parties you know you shouldn't go to? Are there hangouts where you'll fall back into your old (bad) habits? Don't go there!

When you get into a situation and you are no longer sure of what's right, follow this battle plan:

- a. Retreat! Get out of the dangerous situation.
- b. Go to the top. Ask God for help.
- c. Find an ally. Ask a friend or mentor to keep you accountable.
- d. Regroup. Come up with a plan to avoid a close call like this in the future.

3. Stay in the light.

Be very careful of texts, cell phone photos, and computer screens. Wrongly used they can bring long term heart ache.

4. Be able to spot sin's many disguises.

Arm yourself with what is right so you will know wrong when it comes. Know the truth so you'll call the lies for what they are. Temptation is kind of like those plastic desserts they have on display at some restaurants. They look enticing on the outside, but one bite and you realize looks aren't everything. Satan likes to wrap sin and lies into pretty packages—but the consequences are deadly.

5. Don't hang out with the wrong people.

Choose Christian friends who challenge you to step your faith up a notch, not friends who drag you down. Lead and lead well.

6. Draw your lines carefully (and stick to 'em).

Draw a solid line of what you will and won't do physically with a friend of the opposite sex.

7. Don't let yourself get worn down.

You're most vulnerable when you're tired, lonely, depressed, angry, or struggling in a relationship.

8. Don't believe everyone's doing it and getting away with it.

First, not everyone is doing it! Some are but the wise ones aren't. Second, sex outside God's plan always has consequences: unplanned pregnancy, STDs, destroyed reputations, emotional pain to name a few.

Role Reversals
(from Strike the Original Match by Chuck Swindoll)

A great deal of my counseling time is invested in the lives of couples planning to get married. During the three premarital counseling sessions, I probe deeply into their relationship. We discuss their lives from several perspectives: spiritually, emotionally, financially, socially, and sexually. It is not uncommon for those I plan to marry to have been intimately involved with each other. I require that this be stopped if such has been the case. Before we proceed I have each one promise me that from that day on (until they are married) they will sustain restraint and self-control in their relationship.

Here's why. If promiscuity is not completely stopped for a period of time before marriage, then after marriage a strange reversal in their roles occurs. The young bride marries with disappointment over the violation done against her by her fiancé. She soon becomes dominant and aggressive, taking the role of leadership from her husband because of a mixture of resentment and anger. And the man? Well, he feels, guilty, disappointed with himself, and ultimately becomes passive.

She takes charge (and hates it) while he backs off (and feels miserable). All because their intimate relationship was incorrectly set in motion before marriage.

Of the hundreds of unhappy couples I have counseled who finally admitted to premarital promiscuity, I can hardly recall an exception to this strange pattern.