

Relationship Reboot

DEVOTIONAL | SEX

APRIL 11, 2021

Discussion Starter: Do you think it is important to understand biblical teaching on sex? Why or why not?

Key Passage: *“Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body. 7:1 Now concerning the matters about which you wrote: ‘It is good for a man not to have sexual relations with a woman.’ ² But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. ³ The husband should give to his wife her conjugal rights, and likewise the wife to her husband. 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. ⁵ Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.” (1 Corinthians 6:18–7:5)*

God’s 3 Purposes for Sex

Human sex and sexuality was God’s invention and is His gift to us. God intends sex to have three functions:

- 1. Procreation** – After indicating that males and females are made in God’s image (Genesis 1:26-27), God indicates that they are to *“Be fruitful and multiply and fill the earth”* (Genesis 1:8). Thus, one of the primary purposes of marriage is procreation. Not all couples can have children for a variety of reasons, but part of the divine design for sex and marriage is procreation.
- 2. Intimacy** – Sex is not merely a physical act; it also bonds a man and a woman in the most intimate emotional connection possible. In Genesis 2:24, God said to the first man and woman: *“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”* This is why God designed sex to be enjoyed only within the boundary of marriage. It is only safe to reveal the fullness of who we are to our spouse who loves us and has committed to be faithful and supportive “till death do us part.” By abstaining from sex until marriage, you are not only protecting yourself emotionally, but you’re also protecting the emotional safety that your future spouse will need to feel in marriage. The one-flesh unity of sex is a picture of the way two souls are joined together into a shared life – a strong bond that helps keep marriages and families intact, which is God’s intention for our lives.

Discuss: How would you explain the Bible’s view of sexual abstinence (no sex outside of marriage) in your own words to a nonbeliever who is open to the truth?

3. **Symbolism** – While every person reflects the image of God, a husband and wife union is the most important picture in the Bible of how intimate our relationship with God can be! Jesus is pictured as the husband who loves us, and we are the bride who responds back to Him. Ephesians 5:31-32 says, “*Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.*”³² *This mystery is profound, and I am saying that it refers to Christ and the church.*” This spiritual component to sex helps us see more clearly why any and all sex outside of marriage falls far short of God’s intention for it to be holy, sacred, and protected.

Discuss: How would you explain the Bible’s view of the spiritual component of sex to a nonbeliever who is open to the truth?

God’s Boundaries on Sexuality Don’t Confine Us, Rather They Protect and Free Us

Electricity is a great discovery and benefits humanity in lots of ways when used correctly. But when misused or abused, electricity can maim or kill. Similarly, when we live within the boundaries God set for human sexuality, we will greatly benefit; but when we use sex outside of those boundaries, we hurt others and ourselves.

Discuss: Obeying God’s boundaries with regard to sexuality is an act of faith and obedience—it is saying, “God, no matter how strong my desires are, I trust that You know what’s best for me, so I’m going to obey You.” How would you encourage a new Christian to grow in faith so they’ll trust and obey God in their sexuality?

Why is the Unbelieving World’s View on Sex So Corrupted?

Satan attempts to corrupt whatever God creates. God had already designated one man for one woman since creation, but as the population of the world increased—and evil with it—God had to forbid all sorts of sexual perversions that were being accepted by cultures. Leviticus 18-19 detail many of those forbidden practices, including adultery, incest, and homosexuality.

Discuss: What problems in the world do you think could be reduced or even eradicated if everyone would follow God’s teachings and commands regarding sex?

For Further Study

Teaching Your Children Healthy Sexuality: A Biblical Approach to Prepare Them for Life by Jim Burns

Undefined: Redemption from Sexual Sin, Restoration for Broken Relationships by Harry Schaumburg

“Sex and the Single Person” article at www.crosswalk.org

For Men – *Every Young Man’s Battle: Strategies for Victory in the Real World of Sexual Temptation* by Stephen Arterburn

For Women – *Every Young Woman’s Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World* by Shannon Ethridge

The Act of Marriage by Tim and Beverly LaHaye