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Sexuality: Pursuing God's Design

Sex, as God designed it, is meant to point to and mirror Him. Unfortunately, many of us have developed distorted views of what sex is, and we've lost sight of God's plan. Whether single or married, we desperately need to elevate and broaden our view of sex and sexuality if we are to seek after the wholeness that God wants for us in this area.

Sex - why is it so difficult to talk about it?

- it is private
- it can be confusing
- it sometimes involves guilt or shame
- it is often seen as something dirty

Sex - why is it so important to talk about it?

- it is prevalent
- it is powerful
    - potential to build up
    - potential to destroy

Sex - according to God's design

- sex is good
- sex is a metaphor
    - reflects the creativeness of our God
    - reflects God as Trinity

Sex - problem with only emphasizing the don'ts

- focuses on repression, not discipline
- focuses on what you don't have
  rather than on what you do have
- potential to make marriage
  and sex into an idol

Sex - we need to rethink our concept of virginity

- not just physical
- but an attitude of the heart

Sex - seeking after sexual wholeness

general sexuality (gender)
romantic sexuality
erotic sexuality (marriage)

- How do I live out my God-given sexuality in the General and Romantic Sexuality spheres?
- How do I discipline my God-given sexuality so that I don't move too quickly into the Romantic sphere, or even into the sphere of erotic sexuality?

Sex - things the world tells us are OK outside of marriage

- masturbation
- pornography
- oral sex
- homosexuality
- hooking up

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God; that no one transgress and wrong his brother in this matter… For God has not called us for impurity, but in holiness. —1 Thessalonians 4:3-7

Sex - several resources that can help

- sexual addiction
  www.bethesdaworkshops.org
  www.joedallas.com
- homosexuality
  www.exodus-international.org
- singleness & sexuality
  www.soulvirgins.com
- other
  www.intimateissues.com - for women
  www.grace-bible.org/celebraterecovery

Sex - questions to think about

- How has your view of sex developed into what it is today?
- What are the things that are keeping you from seeking after sexual wholeness?
- What proactive steps do you need to take to pursue sexual wholeness?