

SEXUALITY AND LOVE

LESSON 4: GOD'S GIFT OF SEX

Main Idea: A man can be fulfilled physically, emotionally, and spiritually in his sexuality. This lesson is designed to help men examine how.



SIGHTLINE: Acquire Your Target

God created sexuality as a fundamental aspect of our humanity. A man's sexuality is an essential facet of who he is, his interaction with others, and his identity. Society has stolen sexuality from the believer, and it is time to take back and own the topic of sexuality.

One reason for people's confusion about their sexuality is because of unhealthy and unscriptural denial of it through the years. As a disciple of Jesus, you should be on a quest for truth. People on a serious quest for truth are willing to talk about anything that pertains to their quest. Freedom comes as you commit to knowing and living truth in your sexuality.



God has gifted sex to men and women, designing reproduction and marital fulfillment to happen through it, with all the passion and vigor involved. Genesis 1:28 says, “And God blessed them. And God said to them, ‘Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.’” According to Genesis 1:31, “God saw everything that he had made, and behold, it was very good.”

Adam and Eve were sinless. The innocence they shared allowed them to stand naked and unashamed before each other and God (Genesis 2:25). The same innocence is intended and available for all who understand the purpose of sex and its meaning for those who enter covenant marriage.

It seems there is both a physical and spiritual implication with the sexual union of *one flesh* in Genesis 2:24. The physical is easy to understand. However, Paul makes it clear physical sexual union has spiritual implications that may or may not be intended by those involved. In 1 Corinthians 6:16, he states that when a man has sexual union with a prostitute, it’s not just physical; a spiritual connection also takes place whether he wants that or not. As a result, the souls of both people are hurt. God has intended for a husband and wife to become one flesh, physically and spiritually, under God’s blessing.

Christians throughout history have varied in their understanding of sexuality. Early Church leaders came to view it as just the means and method of procreation, speaking of it with negative language. Centuries later, Christians began to affirm that God approved of married couples enjoying sex. Continuing the swing up the spectrum, today many Christians feel they should not have to tolerate any kind of sexual dysfunction and should take full advantage of technology and resources (including pornography) to restore and enhance physical pleasure. However, from God’s perspective, sexuality and sex mean something more than just having fun as a married couple. It offers more than just an enjoyable way to populate the earth. God created sex to be a spiritual experience in which two bodies become one. God is present at every sexual encounter. *Sacred Sex* author Tim Alan states, “The sex God designed is holy and can be an act of worship, a sacrament of marriage that invites and welcomes the very presence of God.”¹

1. Tim Alan Gardner, *Sacred Sex*, (Colorado Springs, CO: Waterbrook Press, 2002), 3.





CROSSHAIR: Focus on Your Target

What is the purpose of sex? Many answers to this question have been given throughout church history, including procreation, love, affection, healthy channeling of sensual passion, spiritual connection, and affirmation. Of all these, sex's underlying purpose in fostering emotional intimacy is primary.

When one hears the word *holy*, it suggests the idea of perfect or spiritually pure, a notion that leads to worship, adoration, and fear and trembling before the God who is holy. Furthermore, God decides what is holy. Paul shares with Timothy a couple of sentences, in which the holiness God gives to sex and sexuality can be seen. "For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer" (1 Timothy 4:4-5). Paul also states in Ephesians 5:31-32, "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.' This mystery is profound, and I am saying that it refers to Christ and the church."

In the beginning, sexuality was spiritually pure and perfect. Certainly, people have distorted and misused it throughout history. However, the holiness of sex and sexuality is not dependent on how people use or abuse it. Its holiness is based on the essential holiness of God, and He created it to be holy.

How can a Christ-following man better understand how sex and sexuality are holy? Here are some ideas to think about:

- Sex is holy because it was created before sin entered the world.
- Sex is holy because God is present whenever a wife and husband engage in His gift of sexuality.
- Sex is holy because it can usher a man and wife into a genuine experience of worship.
- A Christ-following man never has to feel guilty, shameful, or dirty before or after sex.



- A Christ-following man understands that the marriage bed is to be kept pure and undefiled.
- A Christ-following man who has a healthy understanding of sexuality will have feelings of wholeness, purity, self-worth, happiness, and affirmation.
- A Christ-following man understands that sex is an act of giving as much as it is an act of receiving.
- A Christ-following man realizes that sexuality is fun, exhilarating, refreshing, and assuring.
- A Christ-following man gladly anticipates sex with his wife now and in the future.
- A Christ-following man realizes that he and his wife will become one through the act of sexual intercourse.
- A Christ-following man knows that engaging in any sexual practice without his wife is unholy and selfish.

Whenever sexuality is distorted and a person is sexually abused, their view of God's design for sexuality becomes skewed. They may view sex as something uncontrollable, hurtful, a commodity, a secret shame, or something with no moral boundaries. If you or your wife have experienced sexual abuse, professional help, along with the Lord's emotional and spiritual healing, can restore to you the gift of sexuality. Although healing may take time, fear and confusion can retreat, and security can emerge. You can experience deep wellsprings of love and passion. You can flow freely with your desires the way God designed for you and your spouse to honorably share His gift of sex and sexuality.





BULLSEYE: Zero in on Your Target

1. Read Genesis 1:31. How do you think this verse applies to the gift of sex?
2. What does the phrase “naked and were not ashamed” mean to you?
3. Read 1 Corinthians 6:16. Why is it important to recognize that a spiritual connection takes place when a sexual union occurs?
4. Reread the quote in the **Sightline** section from *Sacred Sex*. What thoughts come to your mind?
5. When you read that the underlying reason for sex is emotional intimacy, what comes to your mind?
6. How would you describe how the word “holy” is applied to sexual union?

- Take some time to listen to the Lord about what you just studied. How did this study help deepen your love for God?

- As a result of your deepened love for God, how can you practically demonstrate the thought you experienced to your family and to others around you?





NEXT STEP

If you are single, go over them with a trusted mentor who can give you feedback and hold you accountable.

- Courage:** Write down a thought from this study that you experienced this week.

- Strength:** Describe in your own words the purpose of sex. Discuss your understanding with your wife. What did you learn from her?

- Endurance:** On a scale of 1 to 4, with 1 being the best and 4 not as well, rate how well you live the idea of holy sex and sexuality using the bullet points in the **Crosshair** section. Write out a plan to improve and discuss it with two or three men. What did you glean from them?

USING MY *FIREBIBLE*

Read the *FireBible* note, on Genesis 1:28.

- What are the four things “Be fruitful and multiply” imply?

Read the *FireBible* note on Genesis 2:24-25.

- What are the three things marriage was originally ordained to be?

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