

SEXUALITY AND LOVE

LESSON 8: UNBIBLICAL SEXUAL EXPRESSION

Main Idea: A man should know his core beliefs regarding sexuality and inspire other men to thoughtfully consider bringing their sexuality and sexual activity into harmony with God's Holy Word. In this lesson, you will learn about unhealthy sexual expressions and the consequences of sexual sins.



SIGHTLINE: Acquire Your Target

The story of Sodom and Gomorrah illustrates how social ethics and structures can have a demonic and communal aspect. In this story, evil is not restricted

to just one individual but takes hold and spreads like a contagious disease to ultimately destroy both towns. Genesis 18 and 19 record the deplorable actions of these communities completely enthralled in sexually immoral acts.

There are several Scriptural accounts of God instructing His children to remove shrine prostitutes, prostitutes, sodomites, whoremongers, and those who lusted after strange flesh (both male and female) from the land and to have no interactions with them. Mosaic law forbids the practice of sodomy in Deuteronomy 23:17 and Leviticus 18:22; 20:13. The Hebrew word for sodomite (*qadesh*) refers to a male temple prostitute who is unclean and is used several times in 1 and 2 Kings. In Scripture, the phrase *sodomite and its plural* denotes a negative connotation to include anyone, male or female, who engaged or participated in immoral sexual acts, including anal intercourse. And according to the most probable interpretation, in Job 36:14 it is said of the wicked: “They die in youth and their life ends among the cult prostitutes.” This implies that the life of sodomites was proverbially short, possibly from the fact that they contracted venereal diseases.¹

Paul outlines unhealthy sexuality in Romans 1:21-27 to explain that God gave sinful people over to the sinful desires of their hearts, to sexual impurity, the degrading of their bodies. He handed them over to shameful lusts. Women exchanged natural relations for unnatural ones. Men were inflamed with lust for one another and abandoned natural relations with women. As a result, they received in themselves the due penalty for their perversion. So, God gave them over to a depraved mind.

Homosexuals argue it is natural for them to engage in sodomy and that this passage of Scripture written by Paul only refers to heterosexuals who engage in sodomy. While we disagree, it is worth noting that Christian couples should refrain from the practice of sodomy. God wants the marriage bed pure, holy, and undefiled (Hebrews 13:4). Furthermore, God simply did not design the anus to be penetrated from the outside. The anal lining easily rips, and bleeds and internal injury is a real danger. Not only that, but HIV-infected semen easily enters the bloodstream of the recipient. There are even cases of getting the HIV virus from oral sex, which is often done in conjunction with other dangerous sexual activity. If the mouth has any minute breaks along the gum like or in the cheeks, the virus could (theoretically) enter.

Sadomasochism is sexual behavior that involves getting pleasure from causing or feeling pain. It is a paraphilia that combines both sadistic and masochistic sexual behavior patterns. The main characteristic of sadomasochism is the

¹ James Hastings, ed., *Encyclopedia of Religion and Ethics*. Vol. XI (New York, NY: Morrison and Gibb limited, 1920), 672.



eroticizing of pain. Sadomasochistic sexual encounters usually occur in the context of scripted scenes that simulate interactions between a master and mistress/slave, employer and servant/maid, teacher and student, owner and horse or dog, and parent and child. Sadomasochists may wear black leather or rubber attire. Some gay males and heterosexuals engage in a genre of sadomasochism known as *leathersex*, wearing key chains of colored handkerchiefs symbolizing the role being played.

Judaism cannot countenance the mutilation of the body under any circumstance bar one: for medical purposes or the prolonging of life. Judaism believes the body to be a holy temple, even holier than the soul, according to the mystics. Once a devout Jew, Paul, now an apostle of Christ, exhorts all Christians in Romans 6:12-14:

Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. For sin will have no dominion over you, since you are not under law but under grace.

Paul also says in 1 Corinthians 6:19-20, “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, for you were bought with a price. So glorify God in your body.” Sadomasochism is a sign of more than physical bondage; it also denotes spiritual bondage.

Other paraphilias include voyeurism (“peeping Toms”), exhibitionism, which is exposing yourself to others, and indecent liberties, which is brushing against someone in order to become aroused. Pedophilia is the sexual abuse of children, and bestiality is sex with animals. While not all of these behaviors are specifically addressed in Scripture, Proverbs 6:18 says that among the things the Lord hates is “a heart that devises wicked plans, feet that make haste to run to evil.”

Another type of unhealthy sexuality is the use of pornography. The word *pornography* comes from two Greek words: *porne*, which means a harlot, and *graphein*, which means to write. So, the word *pornography* literally means *the writing of a harlot*. In the New Testament, the word most often translated as sexual immorality is *porneia*. This word is also translated as whoredom, fornication, and idolatry. It means a *surrendering of sexual purity*. This word is primarily used to refer to premarital sexual relations. From this Greek word, we get the English word pornography, stemming from the concept of *selling*



off. Sexual immorality is the *selling off* of sexual purity and involves any type of sexual expression outside the boundaries of a biblically defined marriage relationship (Matthew 19:4-5).

The notorious serial killer Ted Bundy spoke with James Dobson, founder of Focus on the Family, on the day of his execution. Dobson said, “Bundy revealed that he believed that his vicious tendencies stemmed from pornography. He became interested in violent sex, and when merely watching it was no longer stimulating enough, he decided to act on these impulses in the real world.”² The danger of pornography is that it overstimulates the brain into no longer being able to be satisfied with typical expressions of sexuality.

The consequences that result from sexual sins will be discussed in the next section. But first, consider the words of Lamentations 3:39: “Why should a living man complain, a man, about the punishment of his sins?”. Instead of blaming God for the consequence of a sexual sin, humans must accept the result of their own choices. People engaging in unhealthy, sinful sexual behaviors often find themselves facing divorce, suffering disease, giving in to fornication or homosexuality, becoming confused about their gender, or even being tempted into pedophilia. A good way to check if you are crossing the lines is to ask whether the sexual activity in question will make you feel guilty, dirty, or shameful. If so, it is probably wrong.

2. Audrey Webster, “8 Twisted Confessions from Ted Bundy That Will Make Your Skin Crawl,” The Lineup, January 30, 2019, accessed August 18, 2021, <https://the-line-up.com/ted-bundy-twisted-confessions>.





CROSSHAIR: Focus on Your Target

Addiction is any behavior that attempts to control you. Any behavior other than taking loving, responsible care of yourself and being open to learning with yourself and others is potentially addictive. Behavior that becomes obsessive, compulsive, brings a feeling of powerlessness, or becomes a means to relieve pain is addictive behavior.

Physical addiction is when a person's body becomes dependent on a particular substance. The person builds tolerance to the substance over time, so that they need larger and larger amounts of the substance to feel the same effects. Compulsive sexual behavior can become an addiction that brings serious consequences impacting all aspects of life. You may wonder how this can be a true addiction if substances are not involved. But actually, they are. Sexual addiction involves naturally occurring peptides called endorphins, which govern the electrochemical interactions within the brain. These peptides parallel the molecular construction of drugs like morphine and heroin, but they are many times more powerful.

Likewise, the consequences of compulsive sexual behavior are powerfully destructive, leading to suicide, unwanted pregnancies, family disintegration, violence, dramatic health care costs, and child abuse. Additional consequences include severe depression, often with suicidal ideation, low self-esteem, shame, self-hatred, hopelessness, despair, helplessness, intense anxiety, loneliness, moral conflict, and contradictions between ethical values and behaviors. Fear of abandonment, spiritual bankruptcy, distorted thinking, remorse, and self-deceit are common in the sexually addicted. Health consequences can include HIV infection, AIDS, STDs (genital herpes, syphilis, gonorrhea, etc.), high cholesterol, high blood pressure, clogged arteries, stress, anxiety, and depression. Financial consequences may include loss of employment, foreclosure or the loss of one's home, or growing debt. Personal and family consequences also occur in sexual addiction, including the loss of purpose, direction, self-worth, and value. Family disintegration is common. Home becomes a fearful place. Violent and chaotic behavior can be the fruit of sexual addiction. Sexual addicts tend to ignore reality, distort reality, and lose touch with reality. As a result, family members of sexual addicts often feel abandoned, rejected, and begin to think they are doing something to cause the behavior.



You may wonder how to know if you or someone you know is sexually addicted. This is sexual behavior that is driven, compulsive, and hidden. People with sexual addiction often use sex as a coping method to make themselves feel important, wanted, or powerful. This kind of sexual activity can often be described in one of three ways. One is *shameful*. Shame can be defined as a feeling of inner worthlessness or despair about never being good enough. A second description is *secretive*. It is sexual activity marked with the use of justification, rationalization, and denial to convince the person that what they are doing is okay. A third description is *abusive*. This behavior can include manipulation and lying to order to engage in sexual activity.

A person may have some signs of sexual addiction, but that doesn't necessarily mean they're an addict. The wrong question to ask is, "How many affairs do you have to have before you are an addict?" This is not about quantity, but pattern and motive. A better question to ask is whether the behavior is negatively impacting your life, marriage, work, etc., and whether you are using sex as a means to relieve pain.

Subtle behaviors operate like building blocks, starting with fantasy, and progressing to pornography, masturbation, and so on. In addition, sexually addictive behaviors usually manifest as one of two types: covert or offending. Covert sexual behaviors that can lead to addiction include prostitution, anonymous sex, group sex, affairs, cross-dressing, chat sex, phone sex, sadism, and sex with objects. Offending sexual behaviors that can lead to addiction, include voyeurism, exhibitionism, indecent liberties, pedophilia, bestiality, incest, and molestation.

The primary key to recovery from years of hidden compulsive behaviors is a strong motivation and willingness to take the necessary risk of honestly facing these painful issues and reaching out for help. This study is not intended to be a cure for unhealthy sexual patterns in a person's life. Recovery from any addiction is a long and challenging process. Therefore, we recommend seeking help from a qualified professional.





BULLSEYE: Zero in on Your Target

1. Read Romans 6:12-14. What do these verses mean to you?
2. What thoughts come to mind when you read, “Sexual immorality is the ‘selling off’ of sexual purity”?
3. Why is sexual addiction devastating to the individual and the family?
4. Look again at the question in the **Crosshair** section’s discussion of sexual addiction signs and write down the thoughts that come to your mind.
5. Describe in your own words the three descriptions of addictive sexual activity.

6. Read through the following questions and write down your thoughts.

- » Were you sexually abused as a child or adolescent?

- » Have you regularly purchased volumes of sexually explicit magazines or videos?

- » Do you visit sexual bath houses, sex clubs, and/or video bookstores as a regular part of your sexual activity?

- » Do you believe that anonymous or casual sex has kept you from having more long-term intimate relationships or from reaching other personal goals?

- » Do your sexual encounters place you in danger of arrest for lewd conduct or public indecency?

- » When you have sex, do you feel depressed afterwards?

- » Have you made repeated promises to yourself to change some form of your sexual activity (fornication, adultery, masturbation) only to break them later?

- » Have your sexual activities interfered with some aspect of your professional or personal life (for example: unable to perform at work, loss of relationship)?

- » Have you engaged in unsafe or risky sexual practices even though you knew it could cause you harm?



- 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 unhealthy sexuality Paul outlines in Romans 1. Discuss this with your wife. What did you learn from her?

- Endurance:** Discuss with two or three men, what unhealthy sexuality means to you. What did you glean?

USING MY FIREBIBLE

Read the *FireBible* note on Romans 1:24.

- What does the phrase “God gave them up” mean?

- Describe the three stages of God’s abandoning people to spiritual and moral impurity.

Read the *FireBible* note on Romans 1:27.

- What activity is one of the greatest pieces of evidence of human rebellion, corruption, and drive for self-satisfaction?

Read the *FireBible* note on 1 Corinthians 6:9–10.

- What can you glean from the note?

- What should salvation include?

Read the *FireBible* note on 1 Corinthians 6:18.

- Why does Paul give a strong warning to stay away from activities and situations that could entice a person to think or behave in a sexually immoral way?

Read the *FireBible* note on Proverbs 28:13.

- What does “conceal his transgressions” mean?

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