

Session 3: Stewarding Single Sexuality

Stewardship vs. Repression

What is Stewardship?

- Manage, supervise, take care of, to assume responsibility for
- 1 Peter 4:10 says “As each has received a gift, use it to SERVE one another, as good stewards of God’s varied grace

What is Repression?

- Subduing something by force, restraint or prevention of a feeling or a behavior.

Why doesn’t repression work?

1. Darkness vs. Light
 - a. 1 John 1:7-9
2. Autonomy vs. Community (world preaches radical autonomy)
 - a. Hebrews 10: 24-25
 - b. 1 Corinthians 12: 21-26,
 - c. James 5:16
3. Shame vs. Freedom
 - a. Romans 8:1

Purity Culture. Where did we go wrong?

- The word Pure = virginity (neglects mind and spirit and puts emphasis on the body)
- Virginity on a pedestal (worshiped)
- Virginity defined as Penis in Vagina (could do everything else and still be seen as pure)
- Promised a great sex life if you waited
- Bring all previous partners in to your marriage bed if you transgressed
- Damaged goods if you didn’t wait (paper, rose, gum)
- Women gatekeepers (be careful not to make your brothers stumble)
- Boys were just being boys (normal for them to lust)
- We were not discussing female lust issues
- Legalistic dating (courting)
- Sexual Purity is a season and not LIFELONG pursuit

Healthy Ways to Cope with Desire, Masturbation, and Erotic Sexuality

- View sexuality as something to be stewarded
- View your sexuality as a gift that tells a story about God
- View your desires as a holy longing for intimacy
- Serve your brothers and sisters in Christ by honoring their sexuality as an aspect of their relationship with God
- Friends and Gospel community

- Avoid repression/embrace God's design
- Humor
- Knowing your triggers
- Anticipation (letters to future mate)
- Practical Boundaries
- Prayer/meditation/time in the Word
- Participating in other activities that bring joy/worship
- Silence and Solitude
- Enjoying creation
- Cultivating intimacy with God

Soul Sexuality

"Virginity as Purity neglects Jesus's call for the pursuit of the whole person"

Body, Mind & Spirit