

Series: **Aliens 3.0**
Today's Title: **"Biblical Sex"**

February 25, 2024 – Genesis 1:

Objective: To help people know the Bible's teaching and truth about men and masculinity.

Opening prayer

Today we're going to talk about sex.

Specifically, '**Biblical Sex**' – what does the Bible tell us and teach us about sex.

As part of this discussion, we will consider our culture's view of sex, and if the culture's view is healthy – or helpful? Is casual sex good – and how is it impacting women?

It is sad that when the topic is '*Christians and sex*', the culture believes our greatest concerns are about prohibitions – 'Thou shalt nots'.

The truth: God's Word is not prudish about sex or sexuality.

It does illustrate the pitfalls and the trappings of unbiblical sex. But it has much to say about the beauty and the blessing of Biblical Sex within marriage.

Far too often, the church / pastors are silent on many issues – sex included.

"It's not for public discourse." Say those who don't like the topic discussed in a sermon.

"This is best discussed behind closed doors – women talking with women / girls - and men talking with men / boys."

I agree with that in part.

There are certainly details in this conversation that are best – and appropriate in close company.

But for too long – certain topics have been ‘off-limits’ in churches – which has only resulted in the culture owning this space and proclaiming an unbiblical view and philosophy of sex and sexuality.

The result of this is what we see all around us – and in our own homes.

In a few moments, we’ll go over some of the damage that the sexual liberation movement has caused.

But it’s important for all of us to know that talking about this – in a church service – is not some new, daring, modern church trend.

This is what God’s people used to do – and what they should have always done.

But somewhere along the way, modesty became a higher virtue than truth and honesty.

Clarity was set aside, and mystery was put in place when it came to sex.

The O.T. – especially the 1st 5 books of the O.T. contain all sorts of graphic, scandalous details.

Sex – Rape – Prostitution – Semen – Pregnancy – menstrual bleeding – circumcision.

All of these are mentioned in the 1st 5 books of God’s Word.

But through the pen of Moses, God commanded His people to read His Word together – with everyone – even the little kids.

Deuteronomy 31:12-13

“Assemble the people, men, women, and little ones, and the sojourner within your towns, that they may hear and learn to fear the LORD your God, and be careful to do all the words of this law, 13 and that their children, who have not known it, may hear and learn to fear the LORD your God, as long as you live in the land that you are going over the Jordan to possess.”

If we don't hear the truth about sex from the pulpit or in a church setting – where are we going to hear it?

Your kids and grandkids will hear it on the playground, on social media, in movies, songs, and certainly through text messages with their friends – and they will certainly be taught through pornography.

We – the church – must recapture this topic – for the glory of God who created sex – and for His blessing and our pleasure in marriage.

Here is my thesis for today's message:

Sex is a wonderful, beautiful gift from God.

It is to be cherished, enjoyed in marriage, protected from perversion, misuse, and abuse.

Sex was created by God – and He has given us details on how we should live as sexual, spiritual, physical beings.

Our culture's misuse and abuse of sex.

The Sexual Revolution – or Sexual Liberation movement of the 1960's & 70's challenged the traditional codes and limits of sexual behavior in the West – and *promoted acceptance of sex outside of those normal limits.*

To be blunt – the Sexual Revolution promoted sex without marriage – with whoever you wanted.

The only limitation or regulation was what you placed on yourself. Instead of God's limitations / guidelines, you – the individual took the place of God.

Today, we refer to this as 'Hook-up Culture'.

This refers to the expectation that you can have sex without any expectation of a relationship or commitment.

Feminism has various forms.

Most agree there have been 4 waves of feminism, so in referencing feminism, I'm generalizing greatly.

But generally speaking, feminism was one of the powerful forces behind the 'liberation' of sex from the traditional and religious boundaries that our culture had embraced for centuries.

On the more extreme view, some even viewed sex in marriage as limiting – stifling – repressive for women.

So, feminism was - and still is – an ideological group that promotes hook-up culture and independence from men or relying on men or the institution of marriage.

By the way – the men of the world have never been happier about feminism than when moral and religious limits and restrictions with sex were set aside!!!

It's now 2024 – and we've had 50+ years of the Sexual Revolution – Sexual Liberation culture.

- What has it taught us?
- Is sex without marriage – casual / hook-up sex – has this helped women?
- Has it liberated and empowered women?

NO.

It's actually done quite the opposite.

It has caused a great deal of harm to men and women.

It has contributed to many of our social problems – which one of the most prevalent in our culture over the past 30-40 years has been the huge increase of single mother's.

In a report published by the Brookings Institute in **1996** – whose co-author is none other than Janet Yellen – she is Joe Biden's Secretary of the Treasury – this is the opening paragraph to the report:

“Since 1970, out of wedlock birth rates have soared...

Every year about 1,000,000 more children are born into fatherless families. If we've learned any policy lesson well over the past 25 years it is that for children living in single parent homes, the odds of living in poverty are great. The policy implications of the increase in out of wedlock births are staggering.”

(<https://www.brookings.edu/articles/an-analysis-of-out-of-wedlock-births-in-the-united-states/>)

Louise Perry – a London-based journalist in her 30’s – and she describes herself as a “*non-religious feminist*” – wrote a book titled “The Case Against the Sexual Revolution” – published in August 2022 – one book review stated the book, “...*so thoroughly decimates any case for the sexual revolution that hardly a shred is left standing.*”

Perry notes that studies are consistently finding that following hookups, “...*women are more likely than men to experience regret, low self-esteem and mental distress.*”

She wrote an article in the WSJ – when her book was released (August 2022) – titled, “How the Sexual Revolution Has Hurt Women”.

In that article, she states a very important distinction:

“Too many (women) fail to recognize that being desired by men is not at all the same thing as being held in high esteem.”

(How the Sexual Revolution Has Hurt Women, by Louise Perry, Aug. 19, 2022, WSJ - <https://www.wsj.com/articles/how-the-sexual-revolution-has-hurt-women-11660921139>)

Here’s a surprising quote from Feminist Theorist Mary Harrington...

“The sexual revolution that set out to make us freer and more sensuous has, in practice, had the inverse effect.”

(Reclaiming the Power of Repression, By Mary Harrington)

Another quote from Perry...

“The word ‘chivalry’ is now deeply unfashionable, but it describes something of what we need. ‘Chivalrous’ social codes that encourage male protectiveness toward women are routinely read from an egalitarian perspective as condescending and sexist. But... the cross culturally well documented greater male physical strength and propensity for violence makes such codes of chivalry overwhelmingly advantageous to women, and their ambition in the name of feminism deeply unwise.”

(How the Sexual Revolution Has Hurt Women, by Louise Perry, Aug. 19, 2022, WSJ - <https://www.wsj.com/articles/how-the-sexual-revolution-has-hurt-women-11660921139>)

Now... after 50+ years of data and experience – some are seeing the foolish and harmful effects of the Feminist and Sexual Revolutionist attitude toward this.

Another female writer says this:

“...the sexual revolution’s decoupling of sex from traditional religious morality and mores altogether in the West means that any woman of any class is now fair game for objectification, provided she has offered the clinical “consent” that makes her a participant in her own maltreatment. This has been an unmitigated disaster...”

(<https://www.americamagazine.org/arts-culture/2022/12/15/review-louise-perry-sexual-revolution-244311>)

Pope Paul VI...pope from 1963-1978

“...the decoupling of sex from procreation—in short, the sexual revolution—would cause men to “forget the reverence due to a woman” and to “reduce her to being a mere instrument for the satisfaction of his own desires.”

The world – our culture – believes that sex is a right – sex is the cure-all – sex is the ultimate goal.

Sex is an idol – it is worshiped.

Our culture believes nobody can limit sex or place guidelines on sex.

As a result, we see all sorts of problems and lives ruined.

Divorce / Fatherless families / STD’s / Poverty / Immense levels of shame / Coercion / Abuse / Rape / Pornography / Objectification of women.

But there is a better way.

God's way. ***Biblical Sex.***

Let's look at what the Bible teaches about sex – that will protect you from harm – bless you with intimacy – and be a source of immense pleasure and joy in your life.

Sex was created by God. *Gen. 1:28; 2:24-25*

In **Genesis 1 & 2** we clearly see that sex was part of God's original creation.

Genesis 1:27-28

...male and female He created them. And God blessed them. And God said to them, "Be fruitful and multiply..."

Genesis 2:23-25

"This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man."

"Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

And the man and his wife were both naked and were not ashamed."

The sexual relationship between a husband and wife is clearly seen as part of God's original, perfect creation. His blessing of their physical union is clearly stated.

Sex was not a result of the Fall – of sin.

It's not something created by men or women.

Since God created sex – and it was part of the original, perfect, sinless creation...

1. Sex is *good*.

Sex is part of how God created us, and the Bible is clear that what God created was good.

We see that clearly stated throughout **Genesis 1**, as the phrase, “it was good” appears throughout the creation account, with “it was very good” stated as a summary at the end of day 6 (1:31).

In other parts of the Bible, the creation of God is praised.

1 Tim. 4:4-5

“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.”

Hebrews 3:4

“...the builder of all things is God.”

Married sex is one of the great joys of creation – which still exists today.

Included in the Holy Spirit inspired Scripture is an entire book – **Song of Solomon** - 8 chapters long – which celebrates the love and sexual union between a husband and wife.

Song of Solomon 5:1

“Eat, friends, drink, and be drunk with love!”

One author writes that God’s purpose for married sex is, “...union...intimacy...comfort, pleasure, and

play...creation of life...protection from sexual temptation.”

(Sex, Romance, and the Glory of God, by C.J. Mahaney, p. 74)

Theologian Daniel Akin writes, “Sex as God designed it is good, exciting, intoxicating, powerful, living, and unifying...The ‘one-flesh’ relationship is the most intense, physical intimacy and the deepest, spiritual unity possible between a husband and a wife.” (Quoted in Sex, Romance, and the Glory of God,

by C.J. Mahaney, p. 74)

There are many more passages in the Bible which speak of the wonderful enjoyment and pleasure in married sex that God blesses fully.

2. Sex in marriage *honors Christ*.

We tend to think praying or Bible study is more spiritual than married sex.

But that would be a false spiritual hierarchy.

Colossians 1:16

“For by Him all things were created...all things were created through Him and for Him.”

There is a mystery in the marriage relationship.

In **Ephesians 5**, as Paul walks through the roles and responsibilities of a husband and wife, he seems to blend the concepts about the marriage relationship with the relationship Christ has with His bride, the Church.

So, there is something mysterious – spiritual – in a marriage relationship – which is akin to the Church and Christ.

The marriage relationship – the love, sacrifice, and intimacy of the relationship – the two becoming one-flesh are also a picture of the roles and relationship dynamics of the Triune God – the 3 persons of the Godhead who are 1.

Marriage – and the unity, submission, love, sacrifice, all of these not only give us a deep and fulfilling relationship in marriage, but they are also reflective of the Triune God, and it brings special honor to Christ.

Sex is only for marriage. *Exodus 20:14; Hebrews 13:4-5*

One of the greatest forms of rejection of God and sin is when people engage in sex outside of the covenant of marriage.

The Bible teaches that sex outside of marriage is a sin. Sex outside of marriage will cause tremendous harm to the marriage, to the family, and also to the one who breaks the marriage covenant through their infidelity.

Exodus 20:14

“You shall not commit adultery.”

Hebrews 13:4-5

“Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.”

1 Corinthians 6:18-20

“Run from sexual sin!

Sex is to be enjoyed by a husband and wife – with nobody else invited to the party!

Solomon shares God’s wisdom about fidelity in marriage, using some figurative language.

Proverbs 5:15-19

“Drink water from your own well— share your love only with your wife. Why spill the water of your springs in the streets, having sex with just anyone? You should reserve it for yourselves. Never share it with strangers. Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love.”

When God gave us sex only for the marriage relationship, this wasn’t some way to diminish our joy or pleasure by limiting our sexual experience to only 1 person.

Have you ever prayed that God would help improve your sexual intimacy and experience as husband and wife?

It’s not unspiritual to pray about sex.

1 Timothy 4:4-5

“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.”

“everything” – this includes the sexual relationship within your marriage!

If you’re struggling in this area – pray about it.

Pray together about it.

Don’t think this is not a spiritual issue.

Sex in marriage must not be neglected or used as coercion.

Too often, husbands or wives use sex as a bargaining chip – as a way to coerce their spouse to do something / stop doing something – with sex as the ‘reward’.

This is wrong – unhealthy – and sinful.

In some cases, sex is withheld – or a couple stops having sex – not due to physical problems or inability – but simply due to disinterest.

This reveals a deeper problem.

Paul gives a straight-forward command regarding this issue.

1 Corinthians 7:5

“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.”

Sex should usually not be withheld from one's spouse unless it is mutually agreed.

Sex can be dangerous and harmful. *1 Corinthians 6:18*

As I just mentioned, when you engage in sexual activity outside of marriage – either before marriage – or you are unfaithful while married, there will be harmful effects. It will destroy lives and harm everyone involved. We find numerous warnings in Scripture.

Proverbs 6:32

“But the man who commits adultery is an utter fool, for he destroys himself.”

Proverbs 5, 6, and 7 all give warning – wisdom – regarding the sex outside of marriage.

1 Corinthians 6:13b

“The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.”

1 Corinthians 6:18

“No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.”

Galatians 5:13

“For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature.”

These are warnings to prevent suffering – pain – difficulty.

These will not steal joy from you, they will protect your joy – enhance your enjoyment!

When we live outside of God's rules and guidelines for sex, we will pay a price.

Many of our cultural problems can be linked directly to promiscuous sex – out of wedlock births which often leads to a single parent household – a much higher % of poverty – out of control children – higher crime rates, etc.

The limits God has put on sex – is not to take the joy and the fun out of sex.

God put these guardrails around sex – to protect us from ourselves – and to protect this amazing gift He's given us – from being used in ways that bring great harm – to people – and to entire cultures!!

A people – a nation – that treats sex apart from God's design – will bring great pain and difficulty onto themselves – and our nation is living proof of that fact!!

Apply it...

1. Give thanks to God for sex.

Thank God for this amazing gift.

Thank God for your spouse and pray for your spouse in this area.

If you're struggling in this area...

Pray for your desire...

Pray for your focus and attentiveness when you're together...

Pray for maximum delight with your spouse!!

2. Follow God's rules / guidelines / commands regarding sex.

God wants the best for you.

He wants you to enjoy this blessing in your marriage.

Following His commands and His wisdom will keep you from pain and misery, and will protect you and your spouse from harm, so you can experience maximum joy.

3. Work with your spouse to improve this part of your marriage.

This may sound like a weird thing to hear from your pastor – or to hear in a sermon.

But just imagine if instead of the culture, when the topic of sex comes up, their thought would not be that Christians are a bunch of prudes and are all about prohibitions.

Just think if their thoughts were, “Christian marriages have the best sex lives of anyone we know!!!”