

I had the opportunity to speak to a local Christian club on the topic of "[True Love Waits](#)" and thought it would be great to share my observations here (seeing as parents, student pastors, and even occasionally students stop by here from time to time).

**Warning: This content is mature in nature. Parents this may be a good guideline for you to have "The Talk" with your kids. If they are in upper middle school they probably have heard a lot about sex and it doesn't hurt to have a Biblical perspective.**

## **1. Sex is Good**

God told Adam and Eve even before the fall to, "Be Fruitful and multiply" (Genesis 1:28). Simply put, to be fruitful is to "create more like you," and to multiply means "many more." I don't know about you, but I don't know of any other way to "be fruitful and multiply" than to have sex. Furthermore after this pronouncement and before the fall God pronounces about his creation, "It was very good." So sex is not a bad thing. It was actually intended to be a very good thing. However, when we misuse sex it becomes a destructive thing.

I once heard an illustration comparing sex to fire. A fire in the fireplace creates a warm and intimate environment. It provides heat that can warm the whole house. However, a fire on the kitchen table can burn the house down. Fire is not the problem. The location of the fire is the problem. Sex inside the boundaries of marriage can be a very healthy and good thing. Outside of marriage it has the power to hurt and destroy.

## **2. Men and Women are Sexual Beings**

There are two types of people, male and female. God made our bodies to complement one another and work together in the act of sex. Adam said of Eve (again before the fall), "A man shall leave his father and mother and hold fast to his wife, and they shall become one flesh" (Genesis 2:24). Being male or female is part of who we are and how we relate to one another. As an individual in transition into adulthood it is only natural that you would have sexual desires. The key is not to ignore this fact, but to manage these new desires in a way that glorifies God.

As young men and women who most likely won't be married for several more years it is important to guard your purity and have control of your body. Some of us struggle with how much food we eat. No one would say that eating is wrong, but eating too much, too often, of the wrong kinds of food can cause us to be very unhealthy. In the same way your body has an "appetite" for sexual things. You may try to satisfy this appetite with things like girl/guy watching, pornography, kissing for kissing sake (as well as a whole lot of other things), but these things will only steer your appetite in a destructive direction and ultimately won't leave you satisfied.

## **3. Sex was designed for Marriage**

Adam speaks so gently about Eve his wife when he meets her for the first time. The first poem we have recorded is when Adam speaks to Eve and says, "She is bone of my bone and flesh of

my flesh; She shall be called Woman because she was taken out of Man" (Genesis 2:23). Marriage is the right place to enjoy the pleasures of sex to the glory of God and without shame. Sex in marriage can fuel intimacy. At this point, after Adam says man shall leave his parents house for his "wife," the Bible records, "And the man and his wife were both naked and were not ashamed" (Genesis 2:25).

#### **4. Sex Outside of Marriage Destroys**

The Apostle Paul writes in the New Testament to, "Flee Sexual Immorality. Every other sin a person commits outside the body, but the sexual immoral person sins against his own body" (1 Corinthians 6:18). We can do lots of things that will damage our body, but nothing is as personal as sex. When we engage in sexual acts outside of marriage they have a way of robbing us. Even if they are asexual acts (sexual acts that don't involve physical contact with another person like viewing pornography, masturbation, etc...). We are to flee from even the temptation of these things. Sex was created as a means of intimacy inside of marriage, outside of marriage it tends to destroy. What was fun for a season causes people to become bitter, calloused, and hurt.

#### **5. Sex is a gift to create intimacy in marriage**

Sometimes we can avoid the act of sex, but come to the marriage bed anticipating what sex will be like and hurt our damage our marriage partner. The goal of sex is not to make ourselves feel good, but rather to give joy and pleasure to our spouse. (This should be our goal outside of sex, but is understood in a very tangible way with sex inside of marriage). The Apostle Paul challenges believers to provide their spouses with conjugal rights (I Corinthians 7:3-4). The aim of sex inside of marriage is not to take pleasure from a spouse as much as it is to give pleasure to each other.

#### **The Way Forward**

I know that our culture is obsessed with sex sometimes and it seems like there are a lot of people telling you, "Don't have sex!" or that, "Sex is wrong!" That is not the message I want to give you today. Sex is good, but it has its place. Maybe sometimes your parents freak out on this issue because they know how serious this is. Our game systems have restart buttons, but life most often does not.

A fat man can go on a diet and lose weight, a drug addict can quite his drug and eventually be free of the toxins in his body, a gossip can quite gossiping, but you cannot regain your purity. Some of you struggle with this even now because your purity was taken from you or you have already made mistakes in this area. The point of this talk is not to make you feel guilty, but to provide freedom and even healing. You can choose from this day forward to walk in purity.

Whatever your situation is today, I want to challenge you to something. Don't just say no to sex, but say yes to following Jesus. God has a plan for your life and even though it may come with some rules, those rules are not there to harm you, but to protect you. Religion is a bunch of rules outside of a relationship with Jesus. When you follow Jesus and trust him you learn to love him and love his "rules" (John 15:1-15).