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# SEX.

## WHAT THEY DON'T TELL YOU

PASTOR CHRISTOPHER HOPPER | BCY | 02.16.2012 | 7PM



## SEX: THE ACT OF UNITING SOULS

- SEX IS AWESOME.
- SEX IS UNEXPLAINABLY MYSTICAL AND SUPERNATURAL.
- GOD INVENTED SEX AND KNOWS ALL OF IT'S SECRETS. HE'S ALSO THE ONE WHO GAVE YOU A SEX DRIVE (AND SAID IT WAS VERY GOOD GEN 1).

### *Genesis 2:24*

*For this reason a man will leave his father and mother and be **united** to his wife, and they will become **one flesh**.*

- "ONE FLESH:" JOINED TOGETHER AS ONE, INSEPERABLE, OF THE SAME KIND, EXPOSED ONLY TO EACHOTHER, BOUND.
- GOD CREATED SEXUAL INTERCOURSE TO BOND TWO SOULS TOGETHER INTO ONE.

## DEFINING MARRIAGE

### *Genesis 2:22-23*

*<sup>22</sup> Then the LORD God made a woman from the rib<sup>[h]</sup> he had taken out of the man, **and he brought her to the man.***

*<sup>23</sup> The man said,  
"This is now bone of my bones  
and flesh of my flesh;  
she shall be called 'woman,'  
for she was taken out of man."*

1. ■ NOTE THAT IT IS **GOD** WHO ESTABLISHES THE RELATIONSHIP (V22); THIS IS WHERE WE GET THE PRINCIPLE OF MARRIAGE.

## **Leviticus 18:22-23 (The Message)**

<sup>22</sup> "Don't have sex with a man as one does with a woman. That is abhorrent.

<sup>23</sup> "Don't have sex with an animal and violate yourself by it.

"A woman must not have sex with an animal. That is perverse.

**2. ■ THROUGHOUT THE OLD AND NEW TESTAMENTS GOD DEFINES HIS IDEA OF MARRIAGE AS ONE MAN AND ONE WOMAN.**

## **Malachi 2:14-16 (NIV)**

<sup>14</sup> You ask, "Why?" It is because the LORD is the witness between you and the wife of your youth. You have been unfaithful to her, though she is your partner, the wife of your **marriage covenant**.

**3. ■ GOD MADE MARRIAGE A 'COVENEANT,' AN EXCLUSIVE PARTNERSHIP SUPERIOR TO A CONTRACT.**

## **PASSION: THE SLEEPING GIANT**

### **Song of Solomon 2:7 (The Message)**

<sup>7</sup> Oh, let me warn you, sisters in Jerusalem,  
by the gazelles, yes, by all the wild deer:  
Don't **excite** love, don't **stir** it up,  
until the time is ripe—and you're **ready**.

**■ TIME AWAKENS LOVE**

**■ READY FOR WHAT?**

*It's interesting to carefully consider the traditional Jewish wedding ceremony and the "Ketubah" or marriage contract, which is read in the original Aramaic language. The husband accepts certain marital responsibilities, such as the provision of food, shelter and clothing for his wife, and promises to care for her emotional needs as well. This contract is so important that the marriage ceremony is not complete until it is signed by the groom and presented to the bride. This demonstrates that both husband and wife see marriage **as more than just a physical and emotional union**, but also as a **moral and legal commitment**. The Ketubah is also signed by two witnesses, and considered a legally binding agreement. It is forbidden for Jewish couples to live together without this document. For Jews, the marriage covenant symbolically represents the covenant between God and his people, Israel; for Christians, Christ and his Church.*

**-MARY FAIRCHILD**

<http://christianity.about.com/od/whatdoesthebiblesay/a/marriagecovenan.htm>

## MARRIAGE IS THE GUARDIAN CONTEXT OF PASSION

■ AROUSAL CLOUDS JUDGEMENT, AND LUST WILL ALWAYS TAKE ON A LIFE OF IT'S OWN, THAT'S WHY A HEALTHY GOD-DEFINED CONTEXT IS NEEDED TO PROTECT THE PEOPLE INVOLVED.

■ WITHIN THE CONTEXT OF MARRIAGE THE SOUL TIE IS A BLESSING, WHERE INTIMACY PRODUCES DEEPER LEVELS OF TRUST, SAFETY, AND LOVE.

*“Contrary to pop-culture wisdom, those who do choose to save sex for marriage are not doomed to a second-class sex life. Rather they typically report higher levels of sexual satisfaction and marital contentment. Moreover, early sexual experience has been linked to marital dissatisfaction, low self-esteem, and greater incidence of Divorce.”*

HOOTEN, M.D.

AS QUOTED BY THE MEDICAL INSTITUTE FOR SEXUAL HEALTH  
[HTTP://WWW.MARRIAGEROMANCE.COM/STORIES/10802697703.HTM](http://www.marriageromance.com/stories/10802697703.htm)

## SEX OUTSIDE OF MARRIAGE

### *Genesis 34:3*

*1 Now Dinah, the daughter Leah had borne to Jacob, went out to visit the women of the land. 2 And when Shechem the son of Hamor the Hivite, prince of the country, saw her, he took her, and lay with her and **[defiled, raped, lay with her by force, humiliated]**. 3 And his soul **joined** to Dinah the daughter of Jacob, and he loved the damsel, and spoke kindly to the damsel.*

*7 Meanwhile, Jacob's sons had come in from the fields as soon as they heard what had happened. They were shocked and furious, because Shechem had done an outrageous thing in<sup>[a]</sup> Israel by sleeping with Jacob's daughter—a thing that should not be done.*

*26 They put Hamor and his son Shechem to the sword and took Dinah from Shechem's house and left.*

■ OUTSIDE OF THE CONTEXT OF MARRIAGE, THE SOUL TIE IS A CURSE WHERE ILLEGAL INTIMACY BREEDS A LACK OF TRUST, INSECURITY, AND PUSHES PEOPLE APART.

*“In a sex saturated culture, waiting till marriage seems outdated and prudish. Pleasure is the name of the game. But that's not the whole story. In addition to the risk of contracting STDs [sexually transmitted diseases] and AIDS [acquired*

*immunodeficiency syndrome] or getting pregnant, premarital sex leads to emotional distress, distrust, regret, and emptiness. That's because sex connects two people in body and spirit; it's impossible to separate the two."*

**JOE S. MCLLHANEY, JR., M.D.**  
PRESIDENT OF THE MEDICAL INSTITUTE FOR SEXUAL HEALTH  
[HTTP://WWW.MARRIAGEROMANCE.COM/STORIES/10802697703.HTM](http://www.marriageromance.com/stories/10802697703.htm)

## **PORNOGRAPHY**

### ***Leviticus 18:6-18***

**DETAILED WARNINGS AGAINST UNCOVERING THE NAKEDNESS OF ANYONE OTHER THAN YOUR SPOUSE.**

### ***Matthew 5:28***

*"But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."* -JESUS

■ **COMBINED WITH JESUS' WORDS ON COMMITTING ADULTERY WHEN WE EVEN LOOK AT SOMEONE LUSTFULLY, WE MORE CLEARLY UNDERSTAND WHY PEOPLE WHO BATTLE PORNOGRAPHY SO OFTEN FEEL INSECURE, DISTANT FROM GOD AND OTHERS, AND ASHAMED OF THEMSELVES (A LACK OF SELF-TRUST).**

## **TOUCHING**

### ***1 Timothy 5:1-2***

*1Treat younger men as brothers, 2older women as mothers, and younger women as sisters, with absolute purity.*

■ **STAY AWAY FROM SPIRITUAL INCEST.**

## **MASTURBATION**

The Bible does not address masturbation, but it does tell us to keep our thought life pure, to stay away from lustful thinking (I Thessalonians 4:3-8, II Timothy 2:22, Galatians 5:16-18), and to direct our thoughts to positive and wholesome things (Philippians 4:8).

**-ANDRE VAN MOL**  
<http://moralrevolution.com/dating-and-sex/ask-the-doc/2011/01/masturbation-411-ask-the-doc>

Since scripture does not forbid masturbation directly, neither should Christians in general. "Nothing beyond what is written" in terms of how we should help lead others to the Lord is the rule. But since you asked, or clicked, as the case may be, we will give you the best answer we can using what we do know from scripture as our guide. We should stick to emphasizing the things God has told us are important, and not be teaching things that the Lord has never expressed His opinion on.

To be sure, it is clear from Scripture that illicit sexual fantasies are forbidden, and this is a significant issue with masturbation.

Matt 5:28-29 (NIV) [Jesus:] "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell."

But what if no illicit fantasies are included in masturbation? Is the act then sinful? By scripture, there is nothing to indicate that it is. Specifically, if the act is done merely as a hedge against temptation and as the *body* requires then there is no need for the above sinful "crutches". This is hardly exciting, and a rote act of keeping the body in submission. It cannot be done often, as the body is not that demanding if left alone by a perverted imagination. On the other hand, if we attempt a *pent-up* self-sex life, then we find that the body needs *help* from the soul through illicit fantasies, and then sin is clearly being committed.

-DEAN & LAURA VANDRUFF

[http://www.acts17-11.com/dialogs\\_masturbation.html](http://www.acts17-11.com/dialogs_masturbation.html)

## CONVERSATION: COMMON QUESTIONS FROM THE INTERNET

*"Is sex wrong if you are certain you will marry the person and just want to show them how much you love them? I realize that god wants us to wait for marriage but I already know I'm going to marry him, he's just being deployed to Afghanistan soon and we can't get married now. I also realize there are other ways to show your love for another but I just don't see what is wrong with it if I know I'm going to marry him."*

So often it's all about what feels good to us now, and what we want. This perspective is so contrary to that of Jesus who only thought about what was best for others.

Likewise, saving sex for marriage proves selfless love is in effect, and wants to treat intimacy as something sacred experienced only in covenant. This is why mutual trust and honor follow such behavior and statistically promote long-term health in marriage. Showing real love is sacrificial and obedient, not based solely on pleasure; even if it were on pleasure, one-partner marriage-based sex provides the most.

Ask yourself, do you want a marriage filled with trust, respect, and yes, even great sex?

The casual perception of relationships has perpetuated a lack of long-term covenant and produced unfulfilled and insecure individuals. **ch:**

## LET'S LOOK AT THE NUMBERS:

- The number of unmarried couples living together soared 12-fold from 430,000 in 1960 to 5.4 million in 2005.
- More than eight out of ten couples who live together will break up either before the wedding or afterwards in divorce.
- About 45 percent of those who begin cohabiting, do not marry. Another 5-10 percent continue living together and do not marry.
- Couples who do marry after living together are 50% more likely to divorce than those who did not.
- Only 12 percent of couples who have begun their relationship with cohabitation end up with a marriage lasting 10 years or more.
- A Penn State study reports that even a month's cohabitation decreases the quality of the couple's relationship.

**MICHAEL MCMANUS**

AUTHOR OF THE BOOK MARRIAGE SAVERS

<http://www.rayfowler.org/2008/04/18/statistics-on-living-together-before-marriage/>

## LET'S LOOK AT THE BIBLE:

### **1 Corinthians 6:18-20 (CEV, AMP, KJV)**

*<sup>18</sup>Don't be immoral in matters of sex [Amplified: shun immorality and all sexual looseness, flee from impurity in thought, word, or deed; King James Version: fornication – illicit and unlicensed sex]. That is a sin against your own body in a way that no other sin is. <sup>19</sup>You surely know that your body is a temple where the Holy Spirit lives. The Spirit is in you and is a gift from God. You are no longer your own. <sup>20</sup>God paid a great price for you. So use your body to honor God.*

## **1 Corinthians 6:18-20 (The Message)**

*16-20* There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, "The two become one." Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one." There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for "becoming one" with another. Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body.

## **1 Corinthians 7:1-2 (The Message)**

*1* Now, getting down to the questions you asked in your letter to me. First, Is it a good thing to have sexual relations? *2-6* Certainly—but only within a certain context. It's good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong, but marriage is strong enough to contain them and provide for a balanced and fulfilling sexual life in a world of sexual disorder. The marriage bed must be a place of mutuality—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to "stand up for your rights." Marriage is a decision to serve the other, whether in bed or out. Abstaining from sex is permissible for a period of time if you both agree to it, and if it's for the purposes of prayer and fasting—but only for such times. Then come back together again. Satan has an ingenious way of tempting us when we least expect it. I'm not, understand, commanding these periods of abstinence—only providing my best counsel if you should choose them.

## **WALKING IT OUT**

### **Proverbs 4:23 (NLT)**

*Guard your heart above all else, for it determines the course of your life.*

### **Proverbs 4:23 (GWT)**

*Guard your heart more than anything else, because the source of your life flows from it.*

# 1: GUARD YOUR HEART: 3 TIPS GUARDING YOUR HEART

■ “THE GOAL IS NOT TO GET RID OF YOUR SEX DRIVE, IT IS TO LEARN TO MANAGE YOUR APPETITES.” –PASTOR KRIS VOLLOTTON

## **John 10:3**

*The watchman opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. 4 When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. 5 But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger’s voice.”*

## **John 10:27**

*My sheep listen to my voice; I know them, and they follow me.*

## **Proverbs 11:14**

*For lack of guidance a nation falls, but many advisers make victory sure.*

## **Proverbs 15:22**

*Plans fail for lack of counsel, but with many advisers they succeed.*

## **Proverbs 24:6**

*For waging war you need guidance, and for victory many advisers.*

**1. ■ ONLY ENTER INTO RELATIONSHIPS THAT GOD CAN ENDORSE, (ONE REASON LEARNING TO HEAR HIS VOICE IS SO IMPORTANT!), CONFIRMED BY YOUR WISEST PARENTAL COUNSEL (PROVERBS).**

**2. ■ OFTEN THE ABSENCE OF GOD’S VOICE IS THE SAME AS A “YES” OR “NO” BECAUSE HE’S PREVIOUSLY ESTABLISHED DIRECTION OR COUNSEL.**

**3. ■ IF GOD IS JEALOUS, THEN WHY WOULD HE ASK YOU TO GIVE YOUR HEART AWAY TO SOMEONE ELSE WHEN YOU HAVEN’T EVEN LEARNED HOW TO GIVE IT TO HIM?**

## 2: RENEWED VIRGINITY: WALKING IN PURITY AGAIN

### James 4:7-8

7Submit yourselves, then, to God. Resist the devil, and he will flee from you.  
8Come near to God and he will come near to you. Wash your hands, you sinners, and **purify your hearts**, you double-minded.

### Psalm 119: 9, 11

9How can a young man **keep his way pure**? By keeping it according to Your Word. 11Your word I have treasured in my heart, that I might not sin against You.

### Isaiah 53:4-5

"Surely he (Jesus) took up our **infirmities** and carried our **sorrows**...by his wounds we **are** healed."

### Revelation 21:5

And He that sat upon the throne said, "Behold, I make all things **new**."

■ THE GREEK WORD TRANSLATED **NEW** IN REV 21:5 CAN ALSO MEAN RENEWED OR RESTORED, AND INCLUDES CIRCUMSTANCES AND CONDITIONS ALONG WITH APPEARANCE. –JACK KELLY

*Further study: healing of the three elements of man – emotional, physical, spiritual.*

## FINAL THOUGHTS:

- SEX ISN'T HUSH-HUSH; ONE OF THE REASONS FOR SMALL GROUPS.
- IS YOUR MOTIVE FOR AFFECTION VALIDATION? OR SOMETHING ELSE? FIND FULFIMENT IN JESUS AS AN INDIVIDUAL FIRST.
- WHERE ARE YOUR LINES DRAWN? **ADD 10'**
- WHY NOT HAVE 50 YEARS OF GREAT SEX, AND PASS ON THE 1-YEAR OF AWKWARD, CONVICTION FILLED SEX?

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■ FOR FURTHER CONTENT AND TO ASK QUESTIONS VISIT:  
**MORALREVOLUTION.COM**

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# A Renewed Virginity

Written by Dr. Gary Smalley

<http://powertochange.com/experience/sex-love/renewedvirginity/>



## Once you've lost your virginity, is it possible to get it back? Can you be pure again?

While you can't change the past – the good news is that you can return to the path of purity – with God's help. God's plan of sexuality within the context of marriage is beautiful and perfect, and He can give you what you need to honor His plan.

Christian counselors Dr. Greg and Michael Smalley, of The Smalley Relationship Center, offer these **seven steps to help you regain and maintain your virginity.**

### 1. Turn to Christ through repentance and confession.

Making God our first love again begins with confession and repentance. The word, *confession*, in its simplest terms means, "admit it" when we know we're doing what grieves God. In other words, it's agreeing with God that our behavior is not His best for us.

In addition to confession, repentance is necessary. Repentance means to "turn around and go the opposite direction." This means to stop your sinful behavior and go the other direction. It's doing a 180-degree turn. The Bible says to "Run from anything that takes us away from God's best."

### 2. Understand the consequences of premarital sex.

An important part in maintaining virginity or regaining a lost virginity is by resisting further sexual involvement by sharing truthful consequences of sexual behavior.

#### A few of the consequences:

- It dulls our soul toward God and His ways.
- It lowers our self-worth by making us feel guilty or shameful.
- It reinforces our self-centeredness, strengthens our sensual focus and pulls us away from our loving focus on God and others.
- It creates a greater susceptibility to sexual diseases.
- It increases our need for greater stimulation in sexual contact, which then increases the potential for conflict in marriage.
- It can reduce our satisfaction in the marital sexual relationship. A prominent 1996 poll conducted by the University of Chicago revealed adults who report the highest levels of sexual satisfaction were those who preserved sexual relations until marriage.
- Couples who have had premarital sex have a greater chance of marital dissatisfaction and divorce.
- It increases one's chances of sexual addiction.

### 3. Discover why you had sex so you can correct the problem.

Attempting to change a particular behavior without first understanding why we did it is very difficult. It would be like telling a chef who made a terrible dinner to simply stop cooking so bad. Unless the chef knows why the meal was so awful, he can't correct the mistake.

**It's the same rational with premarital sex. Here are some reasons why people have sex before marriage:**

- Peer-pressure.
- You believed that the person you were with would break up with you if you said, "No."
- Your relationship with Christ was weak or nonexistent.
- You were in rebellion.
- You were curious. One study reported that 75% of teenagers say that curiosity about what sex is like was a major factor in their premarital sexual behavior.
- Your self-esteem was too low. When someone has a negative self-image and feels like he has very low worth, the more likely he is to be involved in sexual activity.
- You were confused about the meaning of love. A number of investigators have revealed that girls, more than boys, report being in love as the main reason for being sexually active. It seems that these girls tend to rationalize their sexual behavior by believing that they were "swept away by love."
- Puberty arrived at a young age. In one study, early-maturing boys and girls reported more sexual activity than did late bloomers.

**4. Forgive yourself by "treasure hunting" the pain of the sexual experience.**

One of the best ways to increase your self-value is to find value out of a trial. God instructs us to, "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him."

**5. Becoming aware of your choices and build a buffer zone away from sexual temptation.**

Edwin Hubbel Chapin stated the fifth way to develop purity when he said: "Every action of our lives touches on some chord that will vibrate in eternity." As you maintain or regain your virginity, it's important to realize how every action we take leaves a lasting impact on ourselves and others. Even the smallest movement can have a major impact. This is the message you must understand if you're trying to stay pure: Every choice you make has consequences for yourselves and others.

**6. Develop a buffer zone.**

We need to learn how to keep from stepping out of play in the area of intimacy with our fiancé. As Dr. Gary Oliver notes in the book, *Seven Promises of a Promise Keeper*, the key is creating a new sideline-ten yards away from the original line. In other words, leave room for error. For example, if you have had sex, then you need to develop a new purity line. For some, the new line you won't go beyond might be kissing, holding hands. For others it may be no contact, period. If the new line is kissing, then stepping ten yards back might be not kissing while lying down or no "passionate" kissing. Since everyone makes mistakes, having room before you step out of bounds can be the difference between losing a few yards and losing the game of virginity.

**7. Seek out accountability.**

Accountability with a trusted person is one of the most important ways to maintain or regain virginity. This person could be a family member, friend, coach, counselor or pastor. Or it might be a group of people who have made a similar commitment towards purity. Whoever provides the accountability, we have found that it greatly affects a someone's ability to say "No" to sex before marriage. Within an accountability relationship, the important ingredient is having that person ask the difficult questions. For example, "Did you compromise your standards on your date last night?" or "Have you been tempted sexually this week?" Ideally, these questions force us to carefully and prayerfully consider our choices because we know that someone will be checking.

## Generation Life

### How to Live Chastity - Dating 101:

[http://www.generationlife.org/girls/how\\_to\\_live\\_chastity.php](http://www.generationlife.org/girls/how_to_live_chastity.php)



**What is it?** A renewed virgin is any person who has engaged in pre-marital sexual activity and has decided to stop and commit themselves to saving all sexual behaviors until they are married.

**How do you become a renewed virgin?** Anyone can become a renewed virgin at anytime. All this person has to do is make a personal decision to start saving the gift of their sexuality again. Granted, this person cannot regain their original virginity, but they can in a very real sense reclaim what they have given away and start saving again. This person is essentially rewrapping the gift of their body for their future spouse. Their renewed virginity will be a special gift that they can give on their wedding night.

**Virginity vs. Renewed Virginity** - Mother Teresa said that the best gift you can give your spouse on your wedding night is the gift of your virginity. It is more precious than jewels. So, perfect virginity is the supreme gift that a spouse can give. While giving the gift of renewed virginity is not the same as one's original virginity, it is still the best gift that a spouse can give. Renewed virgins have a tremendous respect for virginity because they took it for granted and abused their gift. By reclaiming their virginity, they acknowledge their failure to protect and preserve what is most precious, and they lovingly choose to embrace a lifestyle that will safeguard their renewed physical and spiritual state.

**A few more thoughts on renewed virginity** - Becoming a renewed virgin is a spiritual experience. Always remember, the worth of a person is not determined by what they do with their body. And for all those who have had their virginity taken from them either through rape or incest, it needs to be said that they are still virgins. Someone cannot take from a person what they are not willing to give. So for the victims of rape or incest, please know that you are still a virgin!

# Purity Soapbox

by Rebekah Gilchrist Berthet



I have a feeling some of you saw the title and thought, "Oh brother." Here's the thing. **I've got to say all of this or I'm going to spontaneously combust.**

First of all, I'm not standing on my soapbox pointing my finger with my nose up in the air saying I've never been impure. Even though I never went "all the way" before marriage, I still did things I knew were not right before God. So yeah, **I've made my mistakes**, I've paid the consequences (some of them being watching other people make the same mistakes I did, which sucks), and I feel like I have a pretty good idea of what goes through a person's head when they make the decision to be impure. Yes, I said **you** make the decision. Duh.

Second of all, I'm not saying this towards anyone specific, blah blah blah, I have to say that so YOU'RE not offended.

Third, **I know people make mistakes**. You will make mistakes. However, a lot of the time people say, "Well, I know I'm going to fail, so I may as well get it over with." Dumb. At least put some effort into staying pure. It is, after all, oh I don't know, Biblical!

Fourth, of course you don't have to agree with all of this, and you probably won't. These are mostly my opinions, but if it backs up with the Bible, you should probably look into it a little more for yourself.

Ok, so here goes.

You're 12. You're 16. You're 19. You're 23. You're 26 (I know some of you are thinking "Whew, my age wasn't in there, I'm off the hook, you're not."). You start to like a boy/girl. Stop right there. Start talking to God NOW! Guess what I believe? Our God is a God who keeps His promises and you know what He says in Psalm 37:4?? **Delight yourself in the LORD and he will give you the desires of your heart.** Guess what? It's true! So, are you delighting yourself FIRST in the Lord and letting HIM give you the desires of your heart, or are you delighting in yourself? He'll give you so much better. **Don't settle for the counterfeit.**

A few basic lessons for when you've started dating: **(1 Timothy 5:1-2)**

**-Guys**, don't look for the first chance to touch her in a way you wouldn't touch your sister. Be a man of integrity.

**-Girls**, don't look for the first chance to touch him in a way you wouldn't touch your brother. Be a woman of integrity.

**MOVE SLOW!** You need time to mature as a couple. Do I know of couples who have gotten married after not knowing each other long and had a long, happy marriage. Yes. Do I know of couples who have gotten married after not knowing each other long and had a bad marriage ending in divorce? Yes. So, yeah, both can happen. Would you rather go into your marriage knowing a LOT about how your significant other handles all sorts of different situations in life, or would you rather learn all that after your marriage? Trust me, you'll have plenty to learn after marriage! **Get as much time as you can** before you are committed to a person for life to learn everything you can about them! You might be saying, "You don't know us...we know EVERYTHING about each other." You don't.

**\*\*NOTE\*\***

**Until your wedding day, that woman/man could still be someone else's wife/husband. Would you want some other girl/guy doing what you're doing to her/him??**

Here are a few lessons I've learned from my own screw-ups and from seeing other people's screw-ups with purity.

1. **SET UP BOUNDARIES EARLY:** Before you start dating, or the day you start dating is best really.
2. **SET UP ACCOUNTABILITY PEOPLE EARLY:** Before you start dating, or the day you start dating is best really. As far as accountability people go, don't set up people who won't ask you hard questions and ask you often. You know who those people are, and if you're serious about staying pure you'll ask the right ones.
3. The less skin you see before marriage, the **more exciting the "unwrapping" will be** on your wedding night. It's kind of like Christmas: how fun is it if you see all your presents before **Christmas morning** and have to "act" surprised? Not so much.
4. **Don't put yourself in compromising situations.** Anything that gets hormones & adrenaline going or makes your brain start thinking thoughts that you probably shouldn't be thinking is probably something you should stop.
5. If you have a long distance relationship (which I did for a long time), **set a hang up time and stick to it!** Skype video? We didn't have problems with this because there were always people around (which is a good thing), but if you're using Skype video, leave some things reserved for marriage! When you're visiting each other, **if your family is all in bed, you should probably be there too (this goes for non-long distance relationships, too).** Staying up until all hours of the night...just don't do it.
6. Realize that at some point in life (if you do marry this guy/girl), **you're going to have to teach your kids to be pure in relationships.** I don't know for sure yet, but I think that's going to be kind of hard to do without feeling like a hypocrite. Thank God for His grace.
7. Repent for what you've done already and move on. **Don't look back and don't fall back.** Saying you've never gone "all the way" is great, but just think if you could testify that God kept your relationship completely pure?! Awesome.

\*\*\*Biblical Backup (for those of you who want to see what God has to say about all of this):\*\*\*

**Ephesians 5:3** But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

**1 Corinthians 6:18** Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body.

**2 Timothy 2:22** Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

**Philippians 4:8** Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

**1 Thessalonians 4:3** It is God's will that you should be sanctified: that you should avoid sexual immorality; 4 that each of you should learn to control his own body in a way that is holy and honorable, 5 not in passionate lust like the heathen, who do not know God;

**There are more. Research it for yourself!**

Thumbs up for purity! :) **rgb**