

"THE WAY OF A MAN WITH A MAID — A thing wonderful and beyond understanding." Prov. 30:18-19

Bible Study Guidelines for the Christian Attitude about Sex, Love, and Marriage.
(Most quotations from Phillips' paraphrase of the New Testament)

I. PURPOSE

- A. To Show the Christian that:
1. God has an exalted opinion of the place and purpose of sex.
 2. God understands the sexual climate of the world today and He expects a changed attitude and behavior in the Christian.
 3. God has provided practical means whereby a Christian can discipline his sex behavior until fulfillment in marriage.
- B. To provide a selected bibliography which will aid the student in a further study of the matter of dating, courtship and marriage.

II. BIBLE STUDY OUTLINE

- A. What is God's view of pre-marital or extra-marital sex? God's plan is to make the Christian Holy! The Christian is expected to have self control in sexual relationships - "Avoid sexual looseness like the plague." He is to be different than the world.
1. Rom. 12:2 "Don't let the world squeeze you into the mold."
 2. Rom. 13:13-14 "Don't get 'delights' from playing with sex."
 - * 3. 1Cor. 6:12-20 "Body is not made for sexual promiscuity"; Intercourse outside of marriage is sin!
 4. Gal. 5:19-21 "Activity lower nature - sexual immorality, orgies"
 5. Eph. 4:18-20 "Giving into lusts is old nature"
 6. Eph. 5:5-14 "Sexual immorality... don't even talk of it"
 7. Col. 3:5-7 "If you had a part in sexual immorality. Now live a new life!"
 8. 1Thess. 4:1-8 "Holiness of life first entails a clear cut with sexual immorality."
 9. 1Tim. 2:22 "Turn back on turbulent desires of youth."
 10. Titus 2:5 "Young women learn to be chaste, thus be good advertisement of Christian faith."
 11. 1Pet. 1:14 "Don't let character be molded by desires of ignorant days."
2:11 "Keep clear of desires of lower nature;"
4:2-6 "Don't spend life indulging your physical nature."
- B. How can one have and maintain God's attitude of sexual purity?
1. Know God's word on subject - Ps. 119:9 "Keep one's way pure by God's word!" also v. 11.
 2. Realize that God created physical aspects of love as good!
 - a. Gen. 2:25 "They were naked in God's presence and there was no shame!"
 - b. Gen. 1:27 - Created sexual beings, male and female. "It is very good"; v. 28 and 31.
 - c. Woman last special creative act of God - to meet Adam's basic needs:
 - 1) no longer to be alone
 - 2) as his help-mate for life - cf. 1Tim 2:21 - the Christian to be useful to Christ as wife is to husband.
 - 3) to be one flesh with him (realized fully through intercourse)
This is summation of marriage; cf. Matt. 19:1-9
 - d. Eph. 5:22-23 - Sexual union highest human relationship to which God compares love of His Son for the Church!
 - e. 1Tim. 4:3-5 - Sex and marriage to be "thankfully enjoyed" when one believes in God and knows the truth!" Sex is to be gratefully used, NOT DESPISED!
 3. Sin in one's life hinders a positive sex relationship.
 - a. Gen. 3:1-20 - after eating the forbidden fruit - shame came into their relationship - "they realized their nakedness, covered themselves and hid" (note: the sin was not a sin of sex, i. e., Eve partook of the fruit, then Adam later.)
 - b. cf. also: 1John 1:9, 10; 1Cor. 5:17 - forgiveness makes us new creatures.
 4. Set goal for proper use of sex in one's life.
 - a. How can one despise the gift of sex?
 - 1) Use it purely for selfish gratification - i. e., fellow wants to realize his capabilities so he "makes a girl".
 - 2) To build up ego - not secure in accomplishments - but can park and really "make out".

- 3) To gain sense of belonging.
 - 4) Prov. 5:1-19 - To act as a whore and seek to involve partner in illicit sex -
 - a) by manner of dress, walk, talk, try to "turn a guy on" v. 3, (cf, 6:24, 25)
 - b) sets sex as aim in life - thus is aimless and loose.
 - c) results of promiscuity is sense of loss and wasted life v. 9-11.
 - d) results from lack of discipline and not paying attention to teachers (v. 12, 13)
 - 5) To contribute to the rising divorce rate and illegitimate birth rate.
- b. How can one gratefully use the gift of sex?
- 1) fully develop personality to complement one's sexuality:
 - a) girls - thank God for drive toward opposite sex; develop gracious womanly traits; learn how to make a fellow feel manly; consider desires and thoughts so as to creatively discipline them - not to cage them out of fear.
 - b) fellows - develop total personality for sense of accomplishment - set goal that sex not be end in itself but perfect culmination to a total commitment - learn to take masculine role in dating, in sports, studies, work.
 - 2) set goal for marriage - the joy of one wife - Prov. 5:15-19
 - a) v. 15 - she's to be source of delight and refreshment.
 - b) 16, 17 - wife to belong only to husband - don't share with other men.
 - c) 19 - physical pleasure is right - wife to give freely her breasts and body in lovemaking (cf. ICor. 7:1-6 Satan can cause to sin if sex is prohibited too long!) cf. Song of Solomon
 - 3) walk as always in God's presence - Prov. 5:21
5. What does God say to the person who has already been promiscuous and has had illicit sex relations? Come to Him as a sinner and He will forgive!
- a. Study David's sin of adultery - IISam. 11 & 12:24.
- 1) The secretive acts of sexual immorality require other sins as cover - David had to commit murder. (What sins accompany illicit sex relations today? lying about activities, stealing or forgery to obtain contraceptives, initiating divorce, etc.)
 - 2) Forgiveness came only as behavior was confessed as sin against God. IISam. 12:9-15, Ps. 51
 - 3) Study Ps. 51 - what are elements of confession and forgiveness? v. 1-5 sin requires God's mercy; v. 6-9 God's cleansing necessary for joy; v. 10-12 God can give sense of cleanness and freedom from guilt; v. 13-16 consequence of forgiveness - able to witness to God's power; v. 17 broken life is acceptable to God!
 - 4) There were physical consequences to sin - even though David was forgiven by God - his first child died! (What physical and psychological consequences can follow illicit sex activity today? illegitimate pregnancies, venereal disease, deep seated guilt about sex activity, etc.) cf. ICor. 6:15-20 - "sexual immorality is sin against one's own body!"
 - 5) What action is to be taken following sense of brokenness and knowledge of forgiveness? What is the possibility for a positive relationship now?
 - a) Ps. 51:18, 19 - "so good and rebuild one's life, i. e., if loneliness was cause for sexual promiscuity, then be creative in new relationship, etc.
 - b) David's life was not a loss - He continued as king and was known as "the man after God's own heart" - Acts 13:22.
 - c) cf. woman of Samaria - John 4:3-42. Such a prostitute! No women in town were her friends - yet after meeting Christ - He uses her to lead Samaritans to God!
 - d) John 8:2-11 - the woman taken in adultery - not judged but forgiven and told "go - sin no more"
 - e) note type of people who became Christians in the early church - God forgave and expected a new life! (see section A of study).
6. Scripture which recognizes the sexual needs of the man and woman and recommends marriage:
- a. Gen. 2:18-25 "not good for man to be alone", so woman made for man to be "one flesh".
 - b. ICor. 7:1-7 stresses need "not to refuse one another (intercourse) except by an agreement - then come together again lest Satan tempt you through lack of self control."
 - c. IThess. 4:3 Each man to take a wife to avoid heathen problem of fornication.
 - d. ITim. 5:3-16 young widows should marry again (v. 14)
 - e. Matt. 19:1-9, Mk. 10:1-12 Christ affirms the Creator's purpose that man and woman are to be one in union (Note: a few people have God's special gift of singleness - cf. ICor. 7:32-35).
7. The Scriptures answers to modern problems causing divorce.
- a. The world says marry (or have sex) because the natural sex drive and attraction is present. Divorce when one is tired of his bed partner. Christ says divorce was allowed in Old Testament because people didn't know how to love (total love of ICor. 13). He commands a new way (Matt. 19:1-9, Mk. 10:1-12, Luke 16:18) Any sex with anyone but marriage partner is adultery!

- b. Divorce is prevalent because people "can't adapt." Titus 2:3-5 commands that young women learn how to adapt as well as learn how to love husbands. Marriage is viewed by God as a total commitment not only of emotions but will and understanding and knowledge - only in this light that the sex act achieves full meaning.
8. Practical suggestions for self-control.
- a. Spiritual resources
- 1) Believe that God does have your best interest at heart (Jer. 29:11)
 - a) He will provide the dates, then the mate you need - Phil. 4:19
 - b) God's will is not only good and perfect - it is acceptable Rom. 12:1
 - c) God's will and commandments for the Christian are not burdensome 1John 5:3
 - d) Pray now with thanksgiving for the mate God has for you. Phil. 4:6, 7.
 - 2) Recognize that dating (also courtship and marriage) is a relationship to another of God's children. The relationship can only be good if one's relationship with God is a true one. Matt. 19:19, Mk. 12:30, 31. (Remember when Adam and Eve had a right relationship to God, Their relationship to each other was perfect!)
 - a) I will love God first with heart, mind, soul - He will meet all my needs - then I am free to genuinely love my neighbor (I need not use Him selfishly!)
 - b) I will love my neighbor (my date and later my spouse) properly.
 - c) I will be able to love myself - respect the gift of sexuality I have and use it as God wants.
 - 3) Believe that sex outside of marriage is sin against God. Note story of 18 yr. old Joseph - Gen. 39:1-22.
 - a) He had "nothing to lose" from world point of view - he could gain an "experience!"
 - b) Note the naturalistic reasons he could have given when refusing. She could get V. D. from a slave; sex with him might psychologically impair either of their chances for a happy marriage; or fear of pregnancy, but these are not strong enough reasons.
 - c) But he could not "sin against God" - he had to maintain full fellowship with God - even in sex life. Pro. 5:25.
 - d) His refusal to accept worldly sex standards, isolated him (in prison 12 years) and dating chances were nil! But God looked out for Joseph - He married the princess and became prince. (Gen. 41:42-45)
 - 4) For practical matter of discipline of thought, life and behavior. Believe that God's spirit in you is self-control. Gal. 5:22-23. Commit your will and emotions to the Holy Spirit and He will work out self-control.
- b. Practical Resources
- 1) The nature of relationships demands progression. Backtracking is virtually impossible. So it is in the area of sexual responses between two people. PROGRESSION IN THIS AREA IS USUALLY FASTER THAN ONE EXPECTS.
 - a) One must "purpose in his own heart not to be defiled" by a situation before he is involved. cf. Daniel 1:8. This is what kept the teenager Daniel pure even though he was raised in a heathen court. Today each person must predetermine the limits of caressing and petting he will allow before getting "too involved" in the parked car (then it's usually too late to "put the brakes on").
 - b) Remember there is a very fine line between sharing affection and petting which is the first step to intercourse. It's better to be conservative with emotional responses than to play with fire. Be able to verbally communicate feelings before consenting to your emotional responses.
 - c) The level of physical response allowed in a situation is the point at which the relationship is resumed on the next encounter. When one has set up a pattern of heavy necking and petting, this behavior is usually assumed on all dates.
 - d) Practice the art of developing male and female FRIENDS. This will enable you to like individuals. Genuine friendship is critical before one dare "fall in love". Anyone can fall in love on the basis of sex attraction. It takes the truly mature person to love as Christ taught. The will, intellect, and soul are as necessary as emotion for true love. (Marriage lasts for 40 to 50 years when one likes as well as loves his mate!)
 - 2) Practical hints in controlling the sex drive.
 - a) participation in active exercise, athletics to ease sexual tensions. Also hard brain work, hobbies.
 - b) emotional expression of self in other desirable forms - music, art and drama.
 - c) Have creative dating situations - the girl must often suggest new things to do.
 - d) Maintain physical cleanliness; avoid tight clothing.
 - e) Avoid undesirable sex stimuli, i. e., cheap books, magazines and movies, careless dancing; petting parties, parked cars.

III. MARRIAGE

A. Woman's Role

1. Prov. 31:10-31 - can be trusted v. 11; always do good for husband, v. 12; etc.
2. Eph. 5:22, Col. 3:18, 1Pet. 3:1 - submit to husband.
3. Titus 2:4, 5 - The Christian woman is "good advertisement" for Christian faith when she learns to:
 - a. love her husband (love 1Cor. 13)
 - b. love her children
 - c. be sensible, serious, temperate
 - d. be chaste, pure, true to husband (not promiscuous)
 - e. be busy at home, a homemaker or domestic
 - f. be kind-hearted and good
 - g. be willing to adapt herself to husband
 - 1) as spiritual head
 - 2) in money matters
 - 3) in recreation
 - 4) sexually
 - 5) his work, etc.
4. Study Godly women of Bible to see what made them good wives and mothers.
5. Note ungodly women of scripture to see what undesirable traits made her a bad influence on family. (Book of Proverbs)

B. Man's Role in Marriage

1. Gen. 1-3 - husband needed wife - yet to rule over her (3:16)
2. Eph. 5:23-25 - to love wife as he loves self and as Christ loved the Church
3. 1Pet. 3:7 - to treat wife considerately
4. 1Cor. 7:3 - to give to wife her conjugal rights
5. Should study life and character of Christ to learn how He cared for people and thus learn how to love wife.
6. Study book of Proverbs, Song of Solomon, and Ecclesiastes for instructions to young men.

BIBLIOGRAPHY

A. Sex Education

Write "Educational Dept." of the following companies for booklets, outlines and films in teaching girls changes at puberty. (These are free.)

1. Tampax Incorporated, 161 East 42nd Street, N. Y., N. Y.
2. Kimberly Clark Co., Neenah, Wisc.
3. Personal Products Company, Milton, New Jersey

HAYES, M. V. A Boy Today, A Man Tomorrow, Optimist Incorporated International, 4494 Lindell Blvd., St. Louis, Mo. 63108 (35¢ each, 15¢ each for 11 or more. A must for all parents and adolescent girls & guys.)

ON BECOMING A WOMAN - special rates write: MR. BARNEY O'HARA, Dell Publishing Company, Inc. 750 Third Avenue, N. Y., N. Y. 25¢

SEX EDUCATION SERIES - National Education Assn., 1201 - 16th St. N., Washington D. C. (The Gift of Life - 15¢; Parents Responsibility 55¢; and others.)

CONCORDIA SEX EDUCATION SERIES - films and books - Concordia Publishing House, St. Louis, Mo.

Write your own State Department of Public Health and ask for outline and bibliography on sex education.

Further Sex Education titles for teachers and students - use as indicated. More current articles may be available on request.

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SCORER, C. G. The Bible and Sex Ethics Today, I. V. Press, 1966 - \$1.50 - a scholarly approach to refuting the amoralistic attitude about sex prevalent in the world. Good for "thinking person".

SMALL, DWIGHT H., Design For Christian Marriage, Fleming H. Revell Co., 1959. maybe a bit laborious for high school people - but excellent principles.

TOURNIER, PAUL, To Understand Each Other, John Knox Press, Richmond, Virginia, 1967. \$2.00 - Realistic guidelines for communications in Marriage.

TROBISCH, WALTER, I Loved a Girl, New York, Harper and Rowe, Co. Chapel book series. 1964 \$1.25. Frank study of emotions in discipline of self in courtship situation. Very helpful to high school people.

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C. General References

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ONLY X-ANS

II COR 6:14

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I THESS. 4:6

MARRIAGE BED

HEBREWS 13:4