**DEEPER LIFE BIBLE CHURCH | MARRIAGE SEMINAR 2017**

**SEX AND SPIRITUALITY: ANY CONNECTION?**

Genesis 1:26 -28

The connection between sex and spirituality is usually confused especially among Christian youths. There are those who believe that the feeling and urge for sex in the teenage years is *unnatural* and makes one less spiritual. On the other side, there are people who carelessly abandon spirituality for the purpose of gratifying the urge or desire that comes in. Therefore, it is very important to reconcile these two subjects.

**BIBLICAL FACTS ABOUT SEXUAL PRIVILEGE**

Here are some important biblical views about sex:

* It is created by God. When God created man, His first command to Adam and Eve was “to be fruitful and multiply” (Gen. 1:27). Yet in giving the instruction, He put a context to when this should be done.
* It is for procreation. God created sex so that we can reproduce after our own kind. Gen. 1:28 tells us that God blessed the man and the woman and commanded them to be fruitful and multiply and fill the earth.
* It is for pleasure **in marriage**. Gen. 4:1 says, *"And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the Lord."* Adam did not shake Eve's hand. He had sexual relations with his wife, and she conceived because they had intercourse.
* If done outside marriage it is a sin. 1 Cor. 6:9. Some believe only a cruel God would give teenagers a strong sex drive but then order them not to act upon it until marriage. But when God forbids something, it is for our own good.

As we grow older especially during the adolescent years, there are physical and psychological changes that occur in our body. During this transitional period from adolescence to adulthood, sex is one the issues that youth have to deal with. The challenge for us is how to maintain the balance between sex and spirituality. The feeling for the urge as an adolescent is natural but managing it is the most difficult part. Being able to overcome it at such a time is very important.

**BELIEVER’S FREEDOM FROM SINFUL PLEASURE**

God wants us to fight every sexual temptation even though the devil has made it an instrument to lure youths away from God’s plan. The question is how we can remain pure and chaste during this period? I Thess. 4:3-5,7; II Tim. 2:22. Here are some tips:

* Be saved: Give your heart to the Lord so that you can be aligned to God’s will. Proverbs 23:26
* Have self-control. Gal. 5:16. This can be achieved by making sure we walk in the spirit.
* Set boundaries. The places we visit, the friends we keep, the activities we engage in etc.
* Guard your heart Prov. 4:23. This includes our eyes and ears. For example, what we watch on TV, what we read and the music we listen to.
* Do not give in to peer pressure. Prov. 1:10. The fact that everyone is engaged in it does not make it right!
* Consecrate yourself to God. Be engaged in service in the house of God. Don’t be idle! Rom. 12:1
* Discuss freely with believing parents and leaders about your struggles. Don’t keep it to yourself. Seek help and godly counsel. Prov. 11:14