



What is Christian Healthy Sexuality?

GOD – SEX – ROCK & ROLL

In order to be a Godly Man, you need to know how you were made and how you can't do that without talking about sexuality. And that thought will inevitably lead you to "who made you?" Therefore, the journey of knowing yourself as a man leads to talking about God and Sex. They are connected – they can't be separated. This study will not be so much a moral journey as it will be about connection--the connection you have with God and each other, and how that connection can suffer damage when you have little understanding about the divine nature of your body and the true power of sexuality. This series will challenge you to connect with God and your own sexuality in a journey toward wholeness. You will be challenged to ask hard questions about God, Sex, and Yourself! You'll need some good music for such a journey – some good Rock & Roll. Turn on the music and let's Rock.

Can I live sexually sane in a sexually insane world?

Highland Colony Men's Roundtable
www.MensTable.com

God's Perspective on Human Sexuality

June 28, 2018

Bible Verses: I Corinthians 6:16-20; Genesis 4:5-8

Resources: The Meaning of Marriage by Timothy Keller.

Music: Kree Harrison & Keith Urban Help Me Make It Through The Night

Video: Unforgiven – "A free one"

www.youtube.com/watch?v=vYj3MrGfekU

www.youtube.com/watch?v=EgKuseOEWik

SACRED SEXUALITY & DESIRE

1. _____ > The word sex has a Latin root, the verb *secare*. In Latin, *secare* means (literally) "to cut off," "to sever," "to amputate," "to disconnect from the whole." To be "sexed," therefore, literally means to be cut off, to be severed from, to be amputated from the whole.
2. _____ > We wake up in the world and in every cell of our being we ache, consciously and unconsciously, sensing that we are incomplete, unwhole, lonely, cut off, a little piece of something that was once part of a whole. This is the deeper longing to reconnect to the whole – sexual desire.
3. _____ > This Hebrew word (*teshookaw*) is quite rare. It is used only three times in the Bible (Genesis 3:16, 4:7 and Song of Solomon 7:10). In the other two occurrences, it is about sexual desire. Intense. Ravenous. Consuming. But in this context, watch out! It's the ferocity of a wild beast hunting prey and it wants you dead!
4. _____ > We are far too complacent about sin. We hear the metaphor, but we minimize the image. We are deceived. We are comfortable. We think that we have things under control. The Bible takes a very different view. Sin is nothing to fool with. It is dangerous, lethal, treacherous and cruel. But it is also clever. It "crouches" at the door, as if asleep, waiting, waiting for just that right moment when we forget we are stewards and begin to think we are owners. This is no game. If you're going to wander in the wilderness of sexual insanity, you better be on guard and have a protector & a band of brothers! Ravenous eyes are watching, waiting to eat your soul!

SACRED SEXUALITY - ACCOMPLISHING GOD'S RELATIONAL INTENT

1. _____ > Any sexual experience divorced from *relational connecting* isn't healthy sex. Pornography, voyeurism, predatory touching, any form of paying for sex, exhibitionism, group sex, anonymous sex, or objectifying marital sex all have the same common denominator: sex divorced from relational connecting. Most forms of sexual deviancy include a separation between sex and emotional connection.
2. _____ > Healthy sex serves a relationship; unhealthy sex becomes the relationship which is asking too much of sex. Sex should be an expression of what is, not a way to momentarily and artificially create what you hope to be true. Our culture tries to make sex the pathway to intimacy, rather than healthy sexuality flowing out of an expression of intimate connection. To be spiritually mature, you must be sexually & relationally mature; to be sexually & relationally mature, you must be spiritually mature.
3. _____ > We think marriage will cure our sexual brokenness, but problems re-arise when we want to express our sexual brokenness as part of our marriage. In our culture today, the most common silly notion (not even questioned by many) is that all desire must be legitimate, equally respected, tolerated, and even indulged. That's foolish, ruinous, and not true in any other life experience. It's possible to desire something that is harmful. You can eat yourself sick, you can spend your way to bankruptcy, and you can "sex" your way to disaster. So no, you are not obligated as a spouse to indulge every one of your spouse's desires.
4. _____ > Perverse sexuality is about numbing the pain with selfish indulgence. Sex was created by God to (in part) produce offspring and renew intimacy between a husband and a wife. It offers a very pleasurable moment for husband and wife, helping them to cope with (and giving them a vacation from) mundane or difficult duties in life. It is also comforting, and naturally reduces anxiety. A due warning here: Our Christian culture has often promoted a husband's selfishness by stressing the wife's duty to serve her husband sexually, rather than discussing how together a couple can create the *mutually shared pleasure* of a healthy sex life. THIS IS NOT BIBLICAL AND A LIE FROM THE PIT OF HELL!
5. _____ > Christianity is about authenticity, reality, truth, being connected to a real person, and giving real pleasure. The world keeps promoting sex that is all about artificiality, fantasy, deceit, and escaping from reality. "Looking over your shoulder," lying, afraid of being "caught," not wanting anyone to find out—these are all markers of sex that is based on subterfuge and deception. To mentally imagine yourself making love to someone else while your spouse thinks you're focused on them is one of the worst forms of fraud imaginable. You're sinning against your spouse even as you are using him/her. As they give themselves to you, you are taking what's offered to you and handing it over to another.
6. _____ > In a healthy sexual relationship, you feel that the sexual experience affirms who you are: as a spouse, as parents raising kids together (and protecting/serving their family), as a believer in Christ (sex should never feel as if it is

asking you to compromise your faith but rather be an expression of your faith), as a person who is cherished and loved. In unhealthy sexuality, the sexual experience leaves you feeling empty, alienated, almost like you're role-playing or an object.

7. _____ > Sex should affirm and reaffirm who you are, your sense of worth, your sense of being valued, and your sense of relationship. A healthy sense of your sexual self will promote both a profound sexual intimacy and an amazing sacred marriage full of deep connecting moments. Our sacred sexuality remind us who we are as people on the way to eternity. As wonderful as sex can be, as intoxicating as marital passion can feel, we were made for more than this world, and the fact that something as marvelous as sex doesn't completely fulfill us reminds us that healthy sexuality actually points us toward our ultimate destination of wholeness with Christ – bride & bridegroom united in Heaven – our ultimate destination. For now, we are pilgrims in a strange and dangerous land and we will not make it on our own!

ACTION: Journal this!

1. How healthy is your thought life around sex and sexuality?
2. Do you view sexuality as God's most sacred part of who you are?
3. Does violating the most sacred part of who you are affect your relationships? Is porn harmless?
4. Do you have other men in your life that can help you move from "stinking thinking" to Christian Healthy Sexuality?

Bible Verses – The Message

I Corinthians 6:9-20 - ¹⁶ 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." ¹⁷ 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." ¹⁸ 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. ¹⁹ 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. ²⁰ God owns the whole works. So let people see God in and through your body.

Genesis 4:5-8 - So Cain became very angry and his countenance fell. Then the Lord said to Cain, "Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it." Cain told Abel his brother. And it came about when they were in the field, that Cain rose up against Abel his brother and killed him.

**"Help Me Make It Through The Night"
Kree Harrison and Keith Urban**

Take the ribbon from your hair
Shake it loose and let it fall
Layin' soft upon my skin
Like the shadows on the wall
Come and lay down by my side
Till the early mornin' light
All I'm takin' is your time
Help me make it through the night
I don't care who's right or wrong
I don't try to understand
Let the devil take tomorrow
Lord tonight I need a friend
Yesterday is dead and gone
And tomorrow's out of sight

And it's sad to be alone
Help me make it through the night
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Roane Hunter, Sr., LPC, CSAT, CCSAS

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LOVE

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GOD – SEX – ROCK & ROLL

IN ORDER TO BE A GODLY MAN, YOU NEED TO KNOW HOW YOU WERE MADE AND HOW YOU CAN'T DO THAT WITHOUT TALKING ABOUT SEXUALITY. AND THAT THOUGHT WILL INEVITABLY LEAD YOU TO "WHO MADE YOU?" THEREFORE, THE JOURNEY OF KNOWING YOURSELF AS A MAN LEADS TO TALKING ABOUT GOD AND SEX. THEY ARE CONNECTED – THEY CAN'T BE SEPARATED. THIS STUDY WILL NOT BE SO MUCH A MORAL JOURNEY AS IT WILL BE ABOUT CONNECTION--THE CONNECTION YOU HAVE WITH GOD AND EACH OTHER, AND HOW THAT CONNECTION CAN SUFFER DAMAGE WHEN YOU HAVE LITTLE UNDERSTANDING ABOUT THE DIVINE NATURE OF YOUR BODY AND THE TRUE POWER OF SEXUALITY. THIS SERIES WILL CHALLENGE YOU TO CONNECT WITH GOD AND YOUR OWN SEXUALITY IN A JOURNEY TOWARD WHOLENESS. YOU WILL BE CHALLENGED TO ASK HARD QUESTIONS ABOUT GOD, SEX, AND YOURSELF! YOU'LL NEED SOME GOOD MUSIC FOR SUCH A JOURNEY – SOME GOOD ROCK & ROLL. TURN ON THE MUSIC AND LET'S ROCK.

MAN & WOMAN WITH NO SHAME

GENESIS 4:5-8; 1 CORINTHIANS 6:16-20



SACRED SEXUALITY & DESIRE

1. **CUT OFF** > The word sex has a Latin root, the verb *secare*. In Latin, *secare* means (literally) “to cut off,” “to sever,” “to amputate,” “to disconnect from the whole.” To be “sexed,” therefore, literally means to be cut off, to be severed from, to be amputated from the whole.
2. **Longing to Reconnect** > We wake up in the world and in every cell of our being we ache, consciously and unconsciously, sensing that we are incomplete, unwhole, lonely, cut off, a little piece of something that was once part of a whole. This is the deeper longing to reconnect to the whole – sexual desire.
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4. **Complacency is the ENEMY!** > We are far too complacent about sin. We hear the metaphor, but we minimize the image. We are deceived. We are comfortable. We think that we have things under control. The Bible takes a very different view. Sin is nothing to fool with. It is dangerous, lethal, treacherous and cruel. But it is also clever. It “crouches” at the door, as if asleep, waiting, waiting for just that right moment when we forget we are stewards and begin to think we are owners. This is no game. If you’re going to wander in the wilderness of sexual insanity, you better be on guard and have a protector and a band of brothers. Ravenous eyes are watching, waiting to eat your soul!



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2. **CHRISTIAN SEX SUPPORTS A RELATIONSHIP RATHER THAN BEING THE RELATIONSHIP**> Healthy sex serves a relationship; unhealthy sex becomes the relationship which is asking too much of sex. Sex should be an expression of what is, not a way to momentarily and artificially create what you hope to be true. Our culture tries to make sex the pathway to intimacy, rather than healthy sexuality flowing out of an expression of intimate connection. To be spiritually mature, you must be sexually & relationally mature; to be sexually & relationally mature, you must be spiritually mature.
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SACRED SEXUALITY

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