



Deciding to Deal With My Real Issues, Part 1
(Managing My Intimate-Sexual Issues)

September 1, 2019

Big Question: What kind of decisions are you making in your intimate life?

Big Thought: Has the effort to **live pure** created an **unhealthy**, shaming, female bashing, male judging culture. The desire to have **intimate guard rails** is taught in Scripture. However, we should avoid developing a **culture** of shaming those who **struggle** to manage the intimate side of their life. We should have more than one “don’t fornicate or commit adultery message.” Most young people have never heard their pastor say anything **positive** about sexual intimacy.

Important Warning: Physical intimacy is a powerful tool God has given us that reaches into our future, finances and foundation of our lives. **It can single handily change all of your options, but if used properly, it can bring great joy to your life.**

My Goals:

- To give a **balanced view** of physical intimacy and its value to our lives
- To share four **wise insights** from Paul’s writings on physical intimacy
- To inspire **families to take on the responsibility** to teach healthy physical intimacy
- To show **key mistakes Christians make** when managing physical intimacy in their lives
- To show the **wrong assumptions** religious people make about physical intimacy

**I. What Unwise People Don’t Understand
About Physical (Sexual) Intimacy**

1 Corinthians 6:16

- v16 Or do you not know that he who is joined to a harlot is one body *with her*? For “the two,” He says, “shall become one flesh.” (NKJV)

1 Corinthians 6:16

- v16 “There’s more to (**Physical Intimacy**) sex than mere **skin** on skin. **Physical Intimacy** (Sex) is as much spiritual mystery as physical fact. As written in Scripture, “The two become one.”
 - A. They fail to see beyond the **skin** (*especially men*)
 - B. They fail to see the **long-term impacts** of physical intimacy (*especially women*)
 - C. They ignore the **sacredness** of our bodies and God’s plan for (sexual) **intimacy**
- v17 But he who is joined to the Lord is one spirit with Him. (NKJV)



- v18 Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. (NKJV)
- v19 Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? (NKJV)

D. They ignore the fact that God **owns** everything (We are in bodies, and live in **leased** places)

- v20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. **"God owns the whole works.** So, let people see God in and through your body." (NKJV)

II. Key Mistakes Christians Make When Managing the Intimate (Sexual) Side of Their Lives

1. They try to **ignore intimate urges** (**This is a normal biological desire that God designed**)
2. They **don't know** the details (They cannot **explain** what they feel)
 - Breathing is a normal biological cycle but you should not breathe underwater
3. They **mislabel lustful** feelings as love (That is probably **lust more than love**)
 - Lust defined: A passionate **desire for** something (Oxford)
 - Love defined by Paul (1 Corinthians 13:4-7 describes love as more than a passion)
 - 1 Corinthians 13:4-7: 4 Love **suffers** long and is **kind**; love does **not envy**; love does not **parade itself**, is not **puffed up**; 5 does **not behave rudely**, does not **seek its own**, is **not provoked**, **thinks no evil**; 6 does **not rejoice in iniquity**, but **rejoices in the truth**; 7 **bears** all things, **believes** all things, **hopes** all things, **endures** all things. (NKJV)
4. They only talk about it with people who are **uncomfortable with the subject**
5. They **avoid** anyone who challenges their intimate views.
6. They pretend that being **hyper-religious** will remove all temptation
7. They pretend that being **busy** guarantees protection from falling (**They lock you in church services to protect you**)

Conclusion:

Next Time: We will explore wrong assumptions families make about physical (sexual) intimacy