



SERIES: Spiritual Fitness: Christian Living

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Saturday April 24, 2021

Scripture: Matt.19:4-6; 1 Cor.6:18-20

TITLE: Let's Talk About Sex

Let's talk about sex. You probably didn't expect me to start the program that way, did you? But we need to talk about it. We are wrapping up our series on spiritual fitness, and this week we are focusing on Christian living. Unfortunately, there is more confusion in today's culture about sex, sexuality, and gender identity than ever. And unfortunately, it's not an "outside" the faith problem. Christians are just as confused, and frankly rebellious, as the world.

So, let's talk about sex. Some people say Jesus was silent on sex. Others say that the Bible has been mistranslated, so what we thought the Bible said, it does not. So what does the Bible say about sex, sexuality, and gender?

Well, let's hear from our Lord and Savior to start:

Jesus, while answering a question from the Pharisees on marriage and divorce said this, "Have you not read that He Who made them in the first place made them man and woman? ⁵ It says, 'For this reason, a man will leave his father and his mother and will live with his wife. The two will become one.' ⁶ So they are no longer two but one. Let no man divide what God has put together" (Matthew 19:4-6, NLV)

Do not miss two other key principles we gathered from this exchange.

First, he says God created people, male or female. That is, designed and chosen, when children are created in the womb. We don't get to choose our gender. It is assigned and unchangeable.

Second, he says sex is meant to be expressed between one man and one woman in a monogamous marriage. God cares about sexuality and the expression of it.

Don't believe me? Paul gave this admonishment in 1 Corinthians 6: "Have nothing to do with sex sins! Any other sin that a man does does not hurt his own body. But the man who does a sex sin sins against his own body. ¹⁹ Do you not know that your body is a house of God where the Holy Spirit lives? God gave you His Holy Spirit. Now you belong to God. You do not belong to yourselves. ²⁰ God bought you at a great price. So honor God with your body. You belong to Him." (1 Corinthians 6: 18-20)

Paul said, "Have nothing to do with sexual sins. The NASB says, "Flee from sexual immorality." What constitutes sexual sin? Anything outside of a monogamous marriage between one man and one woman. If it's anything but that, God says, "Run away. Don't pursue a lie. Don't pursue a

compromise.” Go for God’s best. God is not concerned about our happiness, but instead our holiness. When we follow God’s design for sex and sexuality, we are free to enjoy it to its fullest.

So here’s my challenge for you today: Pursue sexual purity and affirm His design. You can be 13, or you can be 103; we all can struggle with sexual sin, identity, or lust. Whether it’s the physical expression, the mental fantasy, or the Biblical rejection, we all can struggle.

So as Paul said, if you’re struggling with sexual sin, run away – flee - as fast as you can. Seek help. Talk to a counselor, a pastor, and use our app, GoTandem, that has verses and content specifically geared towards overcoming lust.

We all struggle. We all have temptations and battles of the mind and of the flesh. God always provides a way out, but we must be willing.

When we pursue purity, we will win the day.