

Christian Dating Guidelines for **Sexual Purity**

Prepared for Parents, Teens and Adults

“It is God’s will that you should be sanctified: that you should abstain from fornication, sexual (immorality); that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God.” (1 Thessalonians 4:3-5)

1. Sex is good. God created it, God called it “good,” and it existed before there was any sin in the world.

- *Sex was not created by Satan, *Playboy*, Hollywood, HBO, rock musicians or the Internet.
- *God made sex physically desirable by creating us with sex drives, without which sex would not exist. God’s Word speaks openly of the pleasure of sex within marriage. (Proverbs 5:18,19; Song of Solomon 4:5; 7:1, 6-9).
- *We should not be ashamed to talk about what God created. God requires us to address the subject in keeping with his intentions and requirements, not the world’s. He warns us not to talk about sex in any inappropriate context:

Be therefore followers of God, as dear children; and walk in love, as Christ also hath loved us, and hath given himself for us: an offering and a sacrifice to God. But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints; Neither filthiness, nor foolish talking, nor jesting, which are not convenient, (out of place) (Ephesians 5:3-4)

God himself designed sex for the sacred union of marriage, and commands everyone to reserve it for that union. Sex is both the means by which children are conceived (something remarkably close to God’s heart) and a means by which marital intimacy is expressed and cultivated. When it takes place in its proper context, God is definitely pro-sex.

2. Like all good gifts from God, sex can be misused and perverted.

Water is a gift of God, without which we couldn’t survive. But floods and tidal waves are water *out of control*, and the effects are devastating. Water is a good thing, yet when it occurs outside its intended boundaries, water can become a bad thing.

Likewise, God designed sex to exist within His boundaries. When exercised in God’s intended purpose, it is beautiful. Sex is a good thing which, when it occurs outside its God-designed boundaries, becomes bad. The problem isn’t sex—the problem is us. We are sinners who can pervert and abuse the gift of God. The greater the gift from God, the more power it has both for good and bad. Inside marriage, sex has great power for good. Outside marriage it has equally great power for bad.

3. The boundaries of sex are the boundaries of marriage.

Sex and marriage go together. *Sex is intended as an expression of a lifelong commitment*, a symbol of the spiritual union that exists only within the commitment of marriage. Apart from marriage, commitment is absent, and sex becomes a false expression, a lie.

Every act of sex outside of marriage cheapens sex and marriage. Sex is a privilege. Exercising this privilege apart from the responsibility perverts God's intention for sex. Sex is designed to join two persons, not just two bodies. Sex should be given to someone you are 100% committed to (God ordained marriage), not under taken, uncommitted or partially committed.

"Really loving someone" has no bearing on the ethics of sexual intimacy—sex does not become permissible because of our feelings, but only through the commitment of marriage.

4. Your sexual purity is essential to your walk with God.

Sexual purity is not an option for an obedient Christian. It is God's will for our character and moral purity. You want to know God's will? Here it is: "*It is God's will that you should be sanctified: that you should avoid sexual immorality*" (1 Thessalonians 4:3). There is no sense seeking God's will in other areas when you are choosing to live in sexual impurity in your mind or body. "Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart." (Psalm 24:3-4)

5. You are vulnerable to sexual immorality.

Don't fool yourself, this can happen to you. "Pride goes before destruction, a haughty spirit before a fall." (Proverbs 16:18) Thinking you'll never be robbed, you'll fail to take precautions. If you think you'll never fall sexually, you'll fail to take precautions to keep it from happening.

6. You are targeted for sexual immorality.

The evil one wants to take you down, using your life as an example to others who will imitate your compromise. God requires that we be holy and pure instruments to be used by him (2 Timothy 2:20-21).

7. Your body belongs to God, not you.

"You are not your own; you were bought at a price. Therefore honor God with your body" (1st Corinthians 6:20). When you came to Christ, you are bought and paid for. "Your body" is really *his* body. He paid the ultimate price for it. What price? The shed blood of God Almighty!

8. Sexual purity begins in the mind, not the body.

"As a man thinks in his heart, so is he" (Proverbs 23:7).

"For out of the heart come evil thoughts, murder, adultery, sexual immorality."

(Matthew 15:19-20). "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart" (Matthew 5:28).

9. Since God doesn't want you to have premarital sex, neither does he want you to do that which prepares your body for premarital sex.

"Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart." (2 Timothy 2:22)

10. Once you let your body cross the line, it will neither know nor care about your Christian convictions.

Some pray God will protect their purity, then willfully put themselves into temptation and wonder why God didn't answer their prayer. This is like putting a book on an edge of a table and pray "God please don't let this book fall," when all the while you keep pushing it further and further off the edge.

11. If you have sexual intimacy with someone outside marriage, you are stealing from God and the other person.

Since he or she belongs to God, not you, means you are borrowing this person for the evening. Be careful what you do with what doesn't belong to you. You will be held accountable to his or her owner.

12. God has your best interests in mind when he tells you not to have premarital sex.

What's right is always smart, and always for your good. Sex is not just something you do—sex is someone you are. It is linked to the welfare of your whole person. Having sex outside of marriage is self-destructive in every sense. Sexual purity is always for the best—not only for God and others, but for you.

13. God would not tell you to abstain from impurity if it was impossible to obey him.

God is not cruel. He doesn't command you to abstain from necessities, such as eating or drinking or breathing. Sex is something you can abstain from—it is a strong desire, yes, but not an escape, nor a necessity. God has given us the resources to resist every temptation:

"The grace of God teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age" (Titus 2:12).

14. Satan will lie to you about sex, but Jesus tells you the truth.

Jesus said of Satan, "He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies" (John 8:43-44).

15. You must learn to think long term, not short term.

Good or bad, you will reap what you sow—you will harvest the consequences of your choices. "Do not be deceived: God will not be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:7-9)

We all have sinned and fallen short of the Glory of God, even so we believe God's Word!

We stand available to pray with you, and to help, if we can. Reach out to us as we will be happy to speak with you.