

## Safe Sex for Singles

### Heb 13:4

*Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.*

### 1 Thess 4:3-8

*It is God's will that you should be sanctified: that you should avoid sexual immorality;<sup>4</sup> that each of you should learn to control his own body in a way that is holy and honorable,<sup>5</sup> not in passionate lust like the heathen, who do not know God;<sup>6</sup> and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you.<sup>7</sup> For God did not call us to be impure, but to live a holy life.<sup>8</sup> Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.*

### Col 3:5-8

*Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup> Because of these, the wrath of God is coming. <sup>7</sup> You used to walk in these ways, in the life you once lived. <sup>8</sup> But now you must rid yourselves of all such things...*

### Reasons people give for protesting God's standards:

1) "It isn't against the law."

### 1 Cor 6:12

*"Everything is permissible for me" - but not everything is beneficial.  
"Everything is permissible for me" - but I will not be mastered by anything.*

2) "What's love got to do with it?"

### 1 Cor 6:13-14

*"Food for the stomach and the stomach for food" - but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.*

**1 Cor 6:14-15**

*By his power God raised the Lord from the dead, and he will raise us also. 15 Do you not know that your bodies are members of Christ himself?*

**3) "It's my body I can do what I want with it."**

**1 Cor 6:15**

*Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never!*

**1 Cor 6:16-17**

*Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." 17 But he who unites himself with the Lord is one with him in spirit.*

**Why should I do it God's way?**

**a) Because He said so**

**Luke 6:46**

*"Why do you call me, 'Lord, Lord,' and do not do what I say?"*

**1 Cor 9:27**

*Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. TLB*

**b) Sex complicates dating relationships.**

**c) Premarital sex brings baggage into your marriage.**

**1 Cor 6:18-20**

*Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body.*

→ **Rolling Stone** magazine - article called "**The joys of no sex.**"

*"In 1994 the university of Chicago released the most authoritative survey to date on American sexual behavior. According to the survey the most sexually satisfied people in the country are not sadomasochistic aficionados in New York or free love fanatics in San Francisco. The people getting the most joy, the most pleasure and the most ecstasy from sex are Christian women in monogamous marriages. They are physically and emotionally more satisfied with their partners and are more likely to have an orgasm every time they have sex than are people of any other religion or of no religion at all."*

USA Today - **The revenge of the church lady** - by William R. Mattox, Jr.

Sigmund Freud said they suffer from an "obsessional neurosis" accompanied by guilt, suppressed emotions and repressed sexuality.

Former Saturday Night Live comedian Dana Carvey satirized them as uptight prudes who believe sex is downright dirty.

But several major research studies show that church ladies (and the men who sleep with them) are among the most sexually satisfied people on the face of the earth.

Now, isn't that special?

Researchers at the University of Chicago seem to think so. Several years ago, when they released the results of the most "comprehensive and methodologically sound" sex survey ever conducted, they reported that religious women experience significantly higher levels of sexual satisfaction than non-religious women.

While this outcome caught some by surprise, the Chicago study was hardly the first to show a link between spirituality and sexuality. In fact, a 1940s Stanford University study, a 1970s Redbook magazine survey of 100,000 women and at least one other study from the early 1990s all found higher levels of sexual satisfaction among women who attend religious services.

at least four other factors appear to be responsible for the link between spiritual commitment and sexual fulfillment. First, church ladies appear to benefit from their lack of sexual experience prior to marriage. That's right; several studies (including the Redbook survey) show that women who engage in early sexual activity and those who have had multiple partners are less apt to express satisfaction with their sex lives than women who entered marriage with little or no sexual baggage.

Now, this does not mean that virgin brides typically experience total sexual satisfaction the first time they consummate their marriages, or that sexual baggage is impossible to unload. But it does mean that saving sex for marriage pays considerable dividends. As David Larson of the National Institute for Healthcare Research reports, "Couples not involved before marriage and faithful during marriage appear to be more satisfied with their current sex life than those who were involved sexually before marriage."

Second, churchgoers appear to benefit from a commitment to marital fidelity and marital permanence. In fact, most major studies show a strong correlation between monogamous marriage and sexual satisfaction. And sex therapist Mary Ann Mayo says this connection is particularly strong for women, since "their sexual responsiveness is greatly affected by the relational context in which lovemaking takes place."

Mayo says that a mutual commitment to lifelong marriage not only makes it easier for women to "let themselves go" sexually, but it also tends to encourage constructive "pillow talk" about sex between spouses. Indeed, Redbook found that highly religious women are more likely than other women to communicate with their husbands about sex.

Third, church ladies typically enjoy far greater sexual freedom. A 1982 UCLA study found that sexual satisfaction is positively affected by "the absence of sexual anxiety." And part of the reason church ladies have more fun is that they don't have to worry about many of the fears commonly

associated with sexual promiscuity, such as the fear of AIDS and other sexually transmitted diseases, fear of rejection, fear of out-of-wedlock pregnancy or fear of getting caught.

Moreover, church ladies tend to be free from the guilt associated with violating one's own sexual standards -- a factor that a University of Connecticut study found to hinder sexual satisfaction among unmarried college students.

And church ladies seem to benefit from the belief that sexual pleasure is not the be-all and end-all of human existence, or even the key to a happy marriage. While sexual fulfillment certainly contributes to marital satisfaction, Mayo says that sexual enjoyment is more commonly a byproduct of a stable, happy union rather than the primary cause of it.

Several studies looking at the flip side of sexual satisfaction (sexual dysfunction) appear to bear this out. For example, a new study published in the Journal of the American Medical Association found a strong correlation between marital discord and sexual dysfunction. And a 1993 study in the Journal of Sex Research found that losing one's job is more likely to trigger sexual dysfunction among unhappily married men than among happily married men.

Finally, church ladies appear to benefit from the belief that God created sex. A 1993 research review by psychologist Timothy Kelly found that the frequency of church attendance positively affected sexual satisfaction above and beyond one's commitment to traditional sexual morality.

Similarly, the controversial 1993 Janus Report on Sexual Behavior found the nonreligious "have a tendency to focus on the more technical or physical performance aspects of sex, while the religious pay more attention to the mystical and symbolic dimensions of one's sexuality."

Put another way, churchgoers are apt to delight in the Edenesque pleasure of "being naked and not ashamed" of celebrating the "transcendent intimacy" found only in the marriage bed.

Interestingly, the Bible encourages such exultation. Not only does it contain an entire book ("The Song of Songs") that celebrates marital intimacy, but it

also contains other passages that say things like, "Rejoice in the wife of your youth. May her breasts satisfy you always, may you ever be captivated by her love" (Proverbs 5:18-19).

Now, these religious teachings are apt to come as a shock to those who believe *God* is a cosmic killjoy when it comes to sexuality. But if one wants to know why church ladies are having so much fun, my best guess is that their husbands are actually taking these biblical passages quite literally.