

God's Plan for Sex

The following studies are designed to give an overview of the Biblical place of sex in human relationships. They can be used in preparing young people for marriages as well as helping married people develop a healthy, Biblical perspective on this very important aspect of the marriage relationship.

Study #1 God's Plan in Creation

1. Read Genesis 2:18-25. What evidence is there that the relationship of Adam and Eve included a sexual component?
 - A. How would you describe Adam and Eve's relationship in the Garden? You may need to speculate here, but use descriptive words like: exhilarating, transparent...
 - B. How do you suppose God viewed the sexual relationship: important, good, and pure?
 - C. Look at Gen. 1:26,27 In what way is the relationship of Adam, Eve, and God in the garden the reflection of the Godhead?
 - D. What would happen if another person were introduced into the relationship? Or Pornography? How would it affect the reflection of the Triune God?
 - E. Does Genesis 2:24, 25 describe the marriage relationships today? What happened?
2. Read Genesis 3:1-7
 - A. What happened at the fall?
 - B. How did their view of their sexuality change?
 - C. What are some of the prevailing views of sex today?
 - D. How do these measure up with how God created sex in the garden?
 - E. When God redeemed us, a key question is: does the redemption of man include the marriage and sexual relationship?
3. Read Ephesians 5:22-33
 - A. What evidence is there that God indeed had the marriage relationship in mind in His redemption of man?
 - B. How does vs. 28-31 look back to the pre-fall garden experience?
 - C. In what way is vs. 28 and 29 literally true when applied to Adam and Eve?
 - D. How is this true in present marriage relationships?

Study #2 Kingdom Responsibility Today

1. Read 1 Corinthians 7:1-5. It is especially important to keep in mind that everything the Christian does should be motivated by love.

- A. Who is love concerned about? (cf. 1 Cor. 13:4-7, Gal. 5:13).
 - B. What are people looking for in sex today in the world?
 - C. How is this contrary to God's love?
2. In I Cor. 7:3 how does it describe our responsibility to our spouse sexually?
- A. What is the reason for this? (vs. 4)
 - B. How does this fit with what we learned last study in Ephesians 5?

3. To understand the nature of our responsibility to our spouse in the sexual relationship we need to understand that man is a complex being. He is more than body, but rather consists of three basic parts: Body, Soul, and Spirit. When applied to sexual relationships we could say this involves a Physical component, an Emotional component, and a Spiritual component. Men and women are normally quite different with respect to which of these is the most important.

- A. For most men, which component of the sexual relationship is the most important?
 - B. Why might this cause problems in the marriage relationship?
 - C. What is the most important component for most women?
 - D. Why might this cause problems in the marriage relationship?
 - E. Which of these is most important to God?
4. So looking now at our "duty" in the sexual relationship:
- A. What is the woman's duty?
 - B. How should she carry out this duty? (attitudes, etc.)
 - C. What is the man's duty?
 - D. How should he carry this out?

5. One of the most crucial elements in marriage is good communication, especially around the sexual relationship. Take some time to talk with your spouse about what their needs are, and how you might be able to meet these needs as your duty before God.

6. What restrictions does vs. 5 place on the sexual relationship? How does this apply to you? Develop some guidelines for fulfilling vs. 5.

Study #3 Immorality

1. Genesis 1:26-27 Note the plural nature of God in vs. 26. Note the creation of mankind reflected the communal, plural nature of God.
 - A. What kind of relationship did God have within Himself in the trinity?
 - B. How was that relationship reflected within the marriage relationship of Adam and Eve including God in the garden before the fall?
2. Look again at Genesis 2:18,21-25.
 - A. How intimate was this relationship between Adam and Eve?
 - B. What does this reflect about the Godhead?
 - C. What would introducing another person into the relationship with Adam and Eve do to God's desire for this relationship (including their relationship to God) to reflect the Godhead?
 - D. The first covenant relationship between a man and a woman is marriage. This reflects the image of God and His covenant relationship with Mankind. How does immorality and adultery (sexual relations outside of this covenant relationship) degrade man as the image-bearer of God?
3. In the Old Testament, God continually uses the picture of adultery and immorality to describe Israel's continued tendency to go after other Gods. Read Ezekiel 23:35-45
 - A. Based on what we learned about how man is to reflect the Godhead, how is idolatry like adultery and immorality?
 - B. How is immorality like idolatry?
 - C. What does this have to say about how those of us who are in the Kingdom should view immorality?
4. Read I Corinthians 6:9-20
 - A. What are the consequences of immorality?
 - B. Why are the consequences so severe?
 - C. What is happening when one has sex with another outside of the marriage relationship?
 - D. Is sexual sin unique? (Cf. Vs. 18) Why?

5. Read Gal. 5:19

- A. What is forbidden here? What is the difference between impurity and immorality?
- B. What kinds of activities might this include?
- C. Why would God include this kind of prohibition outside of the marriage relationship?

5. Phil. 4:8 This is a good scripture to memorize.

- A. What is the exhortation here?
- B. How can we practically carry this exhortation out?
- C. How might this help prevent us from falling into sexual sin?

Study #4 Consequences of Immorality

I. Read Romans 1:18-32. This section of scripture talks about the desperate state man finds himself in without God. Sexual sin takes a prominent, though not exclusive place in this list of depravity.

A. Look at vs. 18-23.

- a. What is the fundamental sin of man?
- b. What is the consequence of this sin? (v. 21,22)
- c. In what ways does man “exchange the glory of the incorruptible God?” (v. 23)

B. Look at vs. 24, 27

- a. What did God do with man as a consequence of this?
- b. How does this relate back to marriage and intimacy reflecting the Godhead, which we studied in Study #3?
- c. In what ways does God cause our dishonor of Him to be reflected in dishonoring our own bodies? (vs. 24, 26,27).

C. Look at v. 28-32. vs. 28 contains a play on words which could be translated to say “Just as they did not see fit to acknowledge God any longer, God gave them over to a mind which does not acknowledge His virtuous things. Therefore they do those things which are not proper”.

- a. What is the consequence of man making his own judgments about what is right and wrong?
- b. Look at the list of sins in v. 29-31. Is this a good description of the natural man (unsaved) in the world today?
- c. vs. 32: What is the ultimate consequences of not glorifying God?
- d. What does man do in order to fool himself into thinking otherwise?

II. Read Ephesians 4:17-19; Here we find the echo of Paul’s words to the Romans

- A. How does he describe the lifestyle of the Gentiles?
- B. What is their relationship with God? Why?
- C. What do they do with their hard hearts? (v. 19)
- D. Are they successful at re-sensitizing it?
- E. What do you suppose is the consequence when such ones get married?

III. Read Ephesians 5:3-6

- A. What should be the attitude and behavior of followers of Jesus?
- B. What is the consequence of those who continue to practice immorality and impurity?
- C. Why do you think Paul is so emphatic about this? Vs. 6

Have a time of prayer around these truths, laying hold of them in Jesus’ name. Ask for His blood to cleanse you from all impurity (claim I John 1:9). Ask for His Spirit to guard you in all truth.

Study #5 Taking back the Ground

You may have been involved in sexual sin before you came to Christ. Even once you have come to Christ you may have found that Satan still attacks you here. I Peter 5:8,9 liken the devil to a lion stalking believers. We are commanded to “resist him, firm in the faith”. This study will focus on how to resist the devil and gain victory over our minds and bodies.

- I. Read I Thessalonians 4:3-5
 1. What is God’s will for the believer?
 2. What does this mean for you?

- II. Read Colossians 3:1-6
 1. What is the command in vs. 5?
 2. What is the consequence of disobedience? (vs. 6)
 3. God never gives commands without also giving us the provision to carry out the commands. Read vs. 1-4 for the provision of God.
 - A. What has God done for us so that we can live Godly? (vs. 3,1)
 - B. Is this true of you? What does this mean?
 - C. If this is true, then what should we do about it? (vs. 1,2)
 - D. Why? vs. 4

- III. Sexual sin (as all sin) begins in the mind and the things we believe/think about. The devil is a master deceiver (2 Cor. 11:4,14), and our minds have been trained to believe his lies. That is why we need to resist him “firm in the faith”—eg. with our minds set on truth.
 1. Read Revelation 12:10,11
 - A. How is Satan described here?
 - B. Does he ever do this to you?
 - C. How do the saints overcome him?
 - D. The provisions of God to battle Satan are:
 - i. The Blood (Rev. 12:11)
 - ii. The Word (Cf. Mt. 4:4-10, Eph. 6:14,17)
 - iii. Prayer (Eph. 6:18)
 - iv. The body (Eph. 6:10ff “you” being plural—“you all” and James 5:13-16).
 2. Learn to use the weapons appropriately in Battling the devil. The following prayer format has proven helpful for those battling enslaving sin. It can be remembered by the acronym BLAST:
 - B Claim the BLOOD of Jesus for my sin and over this area of my life.
 - L Declare the LORDSHIP of Jesus over this part of my body, life.
 - A In the AUTHORITY of Christ renounce any lies and claim this ground back.
 - S Claim the filling, power, sealing, help of the SPIRIT for this battle of the mind.
 - T Give THANKS until the temptation flees.

The first 4 parts of the prayer may last only a couple of minutes. The “T” may last for some time as you fix your mind on the things above in Thanksgiving rather than on the fleeting things of this earth.

- II. Sexual sin, perhaps more than any other involves the mind. For those who are enslaved to this type of sin you may despair of ever controlling your mind and being set free. Look at the following verses for some of the truths that may help you “fix your mind on the things above”.
 1. 2 Corinthians 10:3-5
 2. John 8:31, 34-36
 3. Romans 8:1,2,5-9; 12-17

Use the above verses to claim promises and fix your mind on Him in prayer. Learn how to use the BLAST prayer when temptation comes. If and when you stumble learn how to use the BLAST prayer to confess your sin, reconnect to God and His Spirit, and regain the victory.