

# Called to Sexual Integrity Bible Study

## Chapter 2

### How the Fall Has Corrupted Our Sexuality

#### Discussion

When Adam and Eve sinned, the whole human race fell with them, causing all of us to be born with a sinful nature. What do you think are some of the most serious expressions of fallen sexuality in our culture?

Read the following quote from Archibald Hart. Have you known someone who experienced the destruction he talks about?

*For many men the sex drive feels like a volcano. Explosive and unpredictable, it continues to burn deep down in the groin, even when there is no reason for it. It may be dormant for a while, only grumbling occasionally. But it awakens sooner or later, and when it erupts it can lay waste to everything in its path including honor, reputation, families, virginity, fidelity, chastity, good intentions, life-long promises, and spiritual commitments.*

Hart, The Sexual Man

Read 2 Samuel 11:1-5. What lessons does this story about David and Bathsheba teach about the battle with sexual temptation?

Which of those lessons do you think is the hardest to learn?

#### Study

### God's Standard of Sexual Purity

Read Exodus 20:14. Here God's *external* standard for sexual purity is stated. Realizing that each of the 10 commandments prohibits a broad range of activity, what would you say the 7<sup>th</sup> commandment prohibits?

Look down at verse 17 of Exodus 20 for the *internal* standard. How is a man forbidden to treat his neighbor's wife?

Both the Hebrew and Greek words for "covet" are the same as the words for "lust after." Define "lust." What is the difference between a godly appreciation of a woman's beauty and a sinful lust after her?

Read Matt. 5:27-29. What was Jesus' view of lust? Why do you think he took lust so seriously?

Read 1 Tim. 5:1-2. When searching for a metaphor to picture “absolute purity,” Paul tells Timothy to treat younger women “as sisters.” What is the difference between looking at a beautiful, young woman as a sister and looking at a beautiful, young woman lustfully?

Read James 1:13-15. What do these verses teach about how temptation takes place? How does James’ teaching build upon what Jesus taught in Matt. 15:19?

Read Romans 1:18-32. What are the 2 root sins from which all the others flow? In verse 24, sexual sin is traced back to what?

Read 1Thess. 4:3-5. How and why are Christians to handle their sexuality differently than the pagans?

Why should knowing God make a difference in the way we manage our sexual desires?

#### 4 Ways Sin Has Polluted Our Sexual Nature

- A. Fallen man has taken NAKEDNESS outside the confines of marriage.
- Countless women dress in a way that reveals and accentuates their body.
  - In numerous TV shows and movies women are routinely shown in revealing poses.

*The Playboy mansion was built on the proceeds of men’s desire to have sex with themselves while looking at pictures of perfected nude women. Compulsive masturbation, built on fantasy and pornography is a quick escape from intimacy. The compulsive masturbator is without the ability to develop genuine intimacy skills. Sex becomes a one-sided process of self-gratification. The addict would rather masturbate than take the time to develop a relationship. Expecting marriage to eliminate the drive to masturbate, the addict soon finds that intimate sex is too much trouble and returns to the compulsion.*

Stephen Arterburn, “When Sex Becomes an Addiction” Focus on the Family

- B. Fallen man has taken SEX outside the confines of marriage.
- Men give counterfeit love to get sex.
  - Women often give sex to get counterfeit love.
  - The Greek word, “porneia” which is translated, “sexual immorality,” refers to sex with anyone other than one’s spouse.

**“The acts of the sinful nature are obvious: sexual immorality (PORNEIA), impurity, debauchery...” Gal. 5:19**

**“The body is not meant for sexual immorality (PORNEIA), but for the Lord, and the Lord for the body.” 1 Corinth. 6:13**

- Men and women fantasize about having sex with someone who is not their partner.

*Around 70% of men, nearly 3 out of 4, sometimes fantasize about having sex with someone other than their partner.*

Hart, The Sexual Man

- C. Fallen man wants SEXUAL PLEASURE without the hard work of EMOTIONAL INTIMACY.
- Sex is designed to be a celebration of emotional and spiritual oneness in marriage
  - If a wife doesn't feel spiritually and emotionally one, why would she want to celebrate?
  - Men can easily demand sex instead of working hard to create the conditions where his wife will want to make love
  - Some men choose pornography and self sex even when they have a responsive wife because it is less work
- D. Our sinful nature also damages our sexual relationship WITHIN MONOGAMOUS MARRIAGE.
- Christian couples often feel rejected, used, misunderstood, and sexually unsatisfied.
  - Our sinful nature damages the way we express the roles God has assigned male and female in marriage. Passive men refuse to take spiritual leadership. Controlling wives have difficulty submitting to their husband's authority.
  - Wives often complain that their husband is only affectionate when he wants sex.
  - Husbands don't love their wives with Christ-like love. They are not committed to unselfishly focusing on their wives' need for emotional/spiritual connection with them.
  - Husbands get angry with their wives for not being interested in sex. But, wives have difficulty get interested in sex unless they are feeling emotionally one with their husband.
  - After the family starts, tired wives find it difficult to get in the mood for sex. Unless the couple has the courage to talk about their desires, the husband often is deprived, without MUTUAL consent, and Paul's teaching in 1 Cor. 7:5 is not followed.
  - Over time, when his wife is not all that interested in sex, a husband is likely to stop looking to her to meet his needs.
  - He will initiate sex with his wife less frequently but is then often tempted to indulge in self-sex while looking at pornography.
  - Very few Christian couples are given any help working through their sexual misunderstandings and differences.

Read the following quotes. Which one do you find the most surprising and which the least surprising?

***83% of women feel their husbands don't even know the basic needs of a woman for oneness or how to provide intimacy for them.***

***A large majority of female divorcees say that their married years were the loneliest years of their lives.*** Steve Arterburn & Fred Stoeker, Every Woman's Desire.

***Two thirds of married men, therefore, complained of insufficient sex because their partner wasn't ready (interested), and my clinical work supports this.***

***When a survey of men were asked, "Do you feel that women understand a man's sex drive," over 4 out of 5 (83%) answered, "no."*** Hart, The Sexual Man

## **The Need to Take Our Sinful Hearts to Christ**

Read Psalm 32:1-5. Describe the blessings of the one whose sin is covered? In your own words, what was the cost to David of keeping silent about his sin?

Read 1John 1:5-10. What is the cost of walking in darkness and benefit of walking in the light? If we confess our sins, what 2 things does God promise to do? How are these 2 things similar and how are they different? Do you think that “purifying us” in this text describes a one time act or a process?

Read through the following summary of 4 steps required to bring sexual sin to Christ for forgiveness and heart transformation. This is the first action required for anyone to walk in sexual integrity.

### **Step #1. Take responsibility for your sin.**

You will not succeed at walking in sexual integrity if you are rationalizing it away. Acknowledge God’s standard and confess your violation of it.

Read *Common Rationalizations of Sexual Sin below.* Which do you think is the most common rationalization among Christian men? Do you think the Scripture cited adequately refutes the rationalization, or not?

### Common Rationalizations of Sexual Sin

**Rationalization:** I can't help it if I like the shape of the female body.

**The truth:** There is a difference between noticing feminine beauty, as you would that of your mother or daughter, and treating a woman's body as a sexual object to gratify your lust.

*"I made a covenant with my eyes not to look lustfully at a girl."* Job 31:1

**Rationalization:** The Biblical standard for dating is that pre-marital sex is wrong, so if you stop short of intercourse you're obeying God's standard.

**The truth:** In dating, touching of the genitals is wrong. Any contact that begins the physiological process intended to end in intercourse violates God's standards. Such actions awaken the desire for full intercourse, a desire that cannot be righteously satisfied before marriage.

*"Daughters of Jerusalem, I charge you by the gazelles and the does of the field, do not arouse or awaken love before it its time."* Song of Songs 2:7

*"They became prostitutes in Egypt, engaging in prostitution from their youth. In that land their breasts were fondled and their virgin bosoms caressed."* Ez. 23:3

**Rationalization:** I have to indulge in lustful fantasies and masturbate to relieve the sexual pressure that builds up every few days.

**The truth:** God has given every man a built in relief valve called nocturnal emissions (wet dreams) to relieve the build up of sexual pressure.

*"No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."* 1 Corinth. 10:13

**Rationalization:** My lustful fantasies and masturbation are a necessary outlet because my wife isn't interested enough in sex.

**The truth:** Your sexual appetite may be bloated because of your lust. You also need to have the courage to talk to your wife about your sexual needs. Your sexuality is not your own, but is to be shared with your wife.

*"The wife's body does not belong to her alone, but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent."* 1 Cor. 7:4-5

### **Step #2. Recognize that the root of your sexual sin is idolatry.**

- You have looked to the idol of sexual pleasure to fill the emptiness of your soul that only God can fill.
- You have chosen the false intimacy of illicit sexual pleasure over true intimacy with your God, the ultimate communion to which sexual union points.
- You have chosen to indulge in sexual pleasure WHEN AND HOW YOU WANTED TO—rather than trusting God to satisfy your longings.

### **Step #3. Recognize the characteristics of true repentance.**

- The Greek word for "repent," means "to change your mind," and "to change your direction."

- You have “*changed your mind*” about the seriousness of this sin and “*changed directions*” in your life.
- You are now focused on doing your part to obey the Biblical principles for walking in sexual integrity.
- The sincerity of your repentance is measured by your commitment to following the Biblical steps to combat sexual impurity.
- That sincerity is NOT measured by having a perfect, sinless, record. Sexual sin is very deeply rooted in our hearts, because our sexual nature is so intertwined with the deepest parts of our soul.
- In this life all Christians are in the midst of the sanctification process. Our sexuality is gradually being redeemed by Christ as he transforms our heart. It is a long, slow *process*.

**Step #4. Recognize that the power to walk in sexual integrity comes from Christ dwelling in, and transforming your heart.**

- We are not talking about external “*behavior modification*,” which might succeed outwardly at redirecting your lust to some other idol.
- Our goal is “*heart transformation*” which only Christ can accomplish in us.

**Application**

Each man, share one thing you learned in the study from Scripture that you didn't know before.

If you need to bring your sexual sin to Christ in a fresh way for forgiveness and cleansing, talk to him PRIVATELY on the way home or this evening before bed, if possible. Go through the above 4 steps in the quiet of your own heart.

***For now***, go around the group and share some prayer requests (not necessarily related to sexual integrity.) Write down each other's requests.

Discuss whether or not you are willing to make a commitment to pray for each other's battles with lust and other battles during the week.

If you have time, pray for those requests. Each man pray for the brother on your right.

**This free download is the second chapter from the  
Called to Sexual Integrity Bible Study.**