

**Holy Sex**  
*Sexual Purity in a World Gone Mad*  
**6 - Why Should I Wait to Enjoy Sexual Pleasures?**

*The Ultimate Delight of Delayed Gratification*  
Grace Fellowship Church / Pastor Brad Bigney

**Strategies for how you can keep fighting to stay sexually pure**

**I. Hold Your Ground ~ and Don't let the World De-Personalize Sex by Taking the Face and Heart Out of It**

God never designed sex to be a faceless pleasure that is wrenched out of the context of a committed relationship between a husband and wife in marriage. You can make your own choices and decide what you think, but you cannot choose the consequences.

**Ephesians 4:17-19** “This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the hardening of their heart; who, being past feeling, have given themselves over to sensuality, to work all uncleanness with greediness (NIV ‘continual lust for more’).”

When you take sex outside of God's original design and purpose and divorce it from His original context of safety, commitment, and vulnerability in a marriage relationship, it can't satisfy. It becomes more like an addiction. What was meant to be a blessing becomes an addiction and an affliction.

**II. You Need to Bring God Back into the Center of any Discussion about Sex**

Sex falls apart in the context of superficial. It was never designed to go there.

**Genesis 2:24-25** “Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh. And they were both naked, the man and his wife, and were not ashamed.”

**Proverbs 5:18-19** “Let your fountain be blessed, and rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured (Heb. Word ‘intoxicated,’ drunk) with her love.”

The Bible never talks about sex in isolation apart from marriage.

Marriage is a covenant. God designed sex to be part of making a covenant and experiencing that covenant's renewal over and over again. That means sex is much more than a biological or physical handshake. God designed the sexual relationship to be a kind of superglue that bonds two people together in much greater ways than just the physical.

“Sex makes you feel deeply connected to the other person, even when used wrongly. So unless you deliberately disable it, or through practice you numb the original impulse, sex makes you feel personally interwoven and joined to another human being, as you are literally physically joined. In the midst of sexual passion, you naturally want to say things like, ‘I'll always love you.’

Even if you're not married, you'll find yourself feeling marriage-like ties, feeling like the other person has obligations to you. But that other person has no legal, social, or moral responsibility to even call you back in the morning. This incongruity leads to jealousy and hurt feelings and obsessiveness if two people are having sex but are not married. It makes breaking up vastly harder than it should be. It leads many people to stay trapped in relationships that are not good because of a feeling of having (somehow) connected themselves.” Tim Keller, *The Meaning of Marriage*, p. 225-227

God is not against sex. He's not concerned that you'll experience too much. He's concerned that you'll experience a truncated, shrunken, pathetic imitation of His glorious original design – that you'll pay way too much for it and get far too little in return.

**Single men and women:** Satan wants you to get used to running sexually on the caffeine and ‘Monster’ drink of lust rather than the mature love of service and sacrifice so that you'll spend the rest of your life trying to find new gasoline to throw on the flame of your lust, instead of enjoying the security and comfort of the ‘hot coals’ of married sex.

So hold out for the best! Hold out for the steady hot coals of married sex that gets better, and better, and better because it's based on trust, devotion, and sacrifice.

### III. You Need to Embrace God's Plan for Your Sexuality

Singles: God's plan for you is abstinence! Until you're married you're not supposed to be sexually active. It's a fight worth fighting. And God will not call us to do what He will not enable us to do!

**1 Thessalonians 4:3-5** "It is God's will that you should be sanctified: that you should avoid 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"

God calls you to control your own body and to live for something bigger than yourself!

**Ephesians 5:25** "Husbands, love your wives, just as Christ also loved the church and gave Himself for it."

This verse describes what a real man looks like:

- He sacrifices
- He puts others ahead of himself
- He gives rather than takes

"Perhaps this is why the text talks about the man dying for the woman. This can be terrifying for a man. Committing to a woman for life is going to demand courage, fidelity, and strength he may not know he has. This is why some men take such pride in their sexual conquests. They're desperately running from their fear that they don't have what it takes to lay down their lives for a woman. Sleeping with lots of women gives them the feeling of being a man without actually having to be one."  
**Sex God**, Rob Bell, pg. 126 [Disclaimer: I don't agree with most of what Rob Bell says anymore. But he gets it right with what he says here. -Pasator Brad]

### IV. You Need to Take God's Way of Escape

If you're going to survive in this sex-saturated culture than you're going to have to embrace a very simple strategy and a theme that runs all through the Bible regarding sexual temptations: FLEE!

**1 Corinthians 6:18** "Flee sexual immorality..."

**2 Timothy 2:22** "Flee youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."

'Flee' doesn't mean hang around and see how close you can get to the edge of the sexual pit without falling in. 'Flee' means to run as quickly and deliberately in the opposite direction as you can.

### V. It's Never Too Late to Start Pleasing God!

**1 Corinthians 6:13-20** "Yet the body is not for immorality, but for the Lord; and the Lord is for the body... Do you not know that your bodies are members of Christ? Flee immorality. For you have been bought with a price; therefore glorify God in your body."

Your body is not your own. It may be scarred and wounded emotionally and sexually, but it still belongs to God. So you can't just do whatever you want. And you can't just give up and say, 'I've already blown it. There's no hope for me.' God owns you. You have been bought with a price!

For those of you who have already fallen, there's hope and help and grace. That's why Christ died. He paid the price, so that you could start again – today!

**I Corinthians 6:10-11** "And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God."

**Consider...**

1. Probably a number of you have already crossed the line of sexual purity, but you can be forgiven and start over. It's not too late.
2. Some of you are technically still virgins but you're living right on the line. You obey God with your mouth but your heart is far from Him. Set a new standard for purity in your relationship with the opposite sex: that you are going to treat everyone you spend time with as if you are spending time with someone else's future husband or wife.
3. Some of you are in a mess right now and don't know how to get out. Come to Christ today. Repent and turn away from the sin of sexual activity outside of marriage, and experience true joy and peace and forgiveness.