

# Stewarding Our Sexuality

## **Relevant Definitions:**

**Sexuality:** *A broad concept encompassing all aspects of a person's gender, sexual desire, sexual beliefs and sexual experience.*

**Sex:** *Physical activity that is related to and often includes sexual intercourse.*

**Intimacy:** *A close, familiar, and usually affectionate or loving personal relationship with another person. Intimacy involves the experience of safety, vulnerability, and being deeply known.*

## **1. Sexual Discipleship: The Need**

*-Most Christian churches and families have been silent and encourage very little discussion on sexual issues. This tradition has been passed on through many generations, and in many cultures, but it is not Biblical. The Bible is very explicit and direct in addressing sexuality.*

*-For us as Believers to reclaim the territory of sexuality, we must begin by reclaiming the conversation.*

*Biblical Discipleship Mandate: Our Commission*

*\*Deuteronomy 6:4-9*

*Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.*

## **2. Every Sexual Issue is a Spiritual Issue:**

*-Every sexual question is ultimately a spiritual question.*

*What do you think it means to be a disciple of Jesus Christ?*

*Will it cost you something to follow Jesus?*

*Is the Bible a trustworthy, relevant source of Truth?*

*Do you believe that God created our sexuality for a purpose?*

*What does it mean that God loves you?*

*Are your natural desires good or sinful?*

*Questions like these form the foundation of how we view sexual decisions.*

*\*John 4:1-26- The Woman at the Well*

*Jesus intentionally starts a conversation with a woman about her sexual past. He gently suggests that her sexual longings are rooted in a spiritual thirst. Jesus' willingness to enter into such a private conversation with this woman led not only to her healing, but to a revival in her town.*

*\*1 Corinthians 6:12-20*

## **3. The Gospel is Written Within Our Sexuality**

*-Our sexuality was intentionally created as a holy metaphor reflecting God's covenant love.*

*-Throughout the scriptures, the one-flesh union of marital sex, infidelity and sexual immorality are used as metaphors to describe Jesus' relationship with the Church and our call to be faithful to our covenant with God.*

*-We also see the language of covenant, sexuality, sexual unfaithfulness and marriage used in the Old Testament to describe the Lord's relationship with Israel.*

*-Sexuality was intentionally created with great significance as it is a powerful, holy metaphor to help us understand God's love for His people.*

**Practically, we experience this connection because:**

**\*Sexual desire invites us to pursue covenant.** We long to be intimately known and to know another. Our bodies remind us that we were not meant to be alone.

**\*Sexual intimacy is the celebration of covenant.** Having sex within marriage is a physical way of celebrating the vows we made within marriage. This is an act of worship.

**\*Sexual fidelity is the promise of covenant.** The pain of broken vows or sexual betrayal is a metaphor of the spiritual reality of breaking our covenant with God.

**\*Ephesians 5:21-33**

-Paul says this is a “mystery” which means we can’t grasp the fullness of this metaphor.

-Paul’s teaching here and other references throughout the Scriptures remind us that sexuality and marriage were created by God to teach us about His love, His pursuit, His faithfulness and His passion towards His people.

#### **4. We Are All Sexually Broken:**

-Sexual wholeness (or holiness) is not the absence of certain sexual sins. It is fully embracing and living according to the holy metaphor of God’s covenant love within our sexuality.

**\*John 8:1-11** <sup>1</sup> Woman Caught in Adultery

Jesus constantly challenged this belief when speaking to the religious people of His day. Perhaps He would have the same message for us as we address sexuality:

**“Let him or her who is without sin throw the first stone.”**

**We are all sexually broken and humble before God in our need for His redemption and grace.**

**\*Luke 18:9-14** The Pharisee and the Tax Collector

#### **5. God Invites Us to Pursue Sexual Wholeness:**

-The pursuit of sexual wholeness is most effective when it is multifaceted, and can involve different avenues that can lead us toward freedom and healing: (for example see below)

- God’s Word points us to Truth in exposing the lies we believe in our brokenness.
- Studying the wisdom of God’s created order helps us understand how to live well.
- Engaging in restorative relationships teaches us experientially about God’s grace and love.
- Providing and being part of communities that foster safe, honest and vulnerable conversations about our sexuality, sex and intimacy.
- Healing Prayer and/or Conversational Healing Prayer

**\*Isaiah 61:1-3**

**\*Luke 4:18-21**

Isaiah prophesied the description that Jesus came to fulfill.

Throughout His ministry, Jesus brought healing and freedom to the captive of physical illness, spiritual bondage and emotional brokenness. This work now continues through the power of His Holy Spirit and through His children here on earth.

#### **6. Truth and Love (Grace) Must Coexist**

-One of the trickiest aspects of talking about sexuality is the fine line of embracing God’s truth while also demonstrating His grace.

**-There is one aspect of Jesus’ character that made Him a man of both truth and grace: HUMILITY.**

**-Jesus’ humility toward God the Father grounded Him in truth, accepting the Father’s will without compromise.**

**-Because of His humility, Jesus embraced the posture of a servant toward other people, grounding Him in love.**

*\*Philippians 2:1-8 Imitating Christ's Humility*

### **7. Change Begins with Each One of Us!**

*-What could we possibly do to make a difference in light of the sexual brokenness and confusion in our world?*

*\*Nehemiah 1:1-2:18 Rebuilding the Walls*

*The Old Testament prophet Nehemiah is an encouraging story of an ordinary man who led an extraordinary revival. Nehemiah's life reminds us that when God calls us, He will also give us everything we need to do His will. Nehemiah's response to the spiritual tragedy of his day challenges us to become people God can use to bring Life, Hope, Healing and Freedom in our day.*

### **Closing Questions:**

-Are there areas of your own manhood or womanhood that you are ashamed of because of silence and/or worldly voices?

-Where do you need 'God's Truth renewal of your mind' in order to embrace Biblical Sexual Wholeness in your own life?

-Where is God inviting you to disciple others through open, godly conversations about His Holy design for sexuality, sex and intimacy?

-How is God inviting you to implement this topic into Healing Prayer?

### **References and Additional Resources:**

Rethinking Sexuality by Dr. Julie Slattery

Surrendered Sexuality by Dr. Julie Slattery

Sex & The Single Girl by Dr. Julie Slattery

[www.authenticintimacy.com/](http://www.authenticintimacy.com/)