

Sex Before Marriage

Sex outside of marriage is one of the issues the Bible speaks about quite clearly as something that is not in God's plan. But why is it such a big deal?

Sex is not just physical. When people participate in sexual activity, they form an emotional and spiritual bond. This bond, intended to be a part of marriage, can create a number of long-term problems when it is approached outside of that context. Those who are sexually active outside of this commitment often end up with deep emotional wounds, or begin to desensitize themselves to the intimate connection created through sex, finding it difficult to ever find satisfaction in a relationship. 1 Corinthians 6:18 says that this is not only a sin against God, but a sin against our own body as well.

It's easy to get caught up in the moment and give into temptation. Maybe we can convince ourselves that it's worth it because of how good it makes us feel. But what's so dangerous about sexual sin is that it makes us doubt what God has told us to be true. Just like anything, sex was made for a specific purpose—to be enjoyed as husband and wife. When we abuse this, we are saying that our self-indulgence is more important than God's intended plan.

The Bible is equally clear, though, that this is a sin for which God will pour out forgiveness and grace. He offers healing and restoration to those who turn to Him with a broken and repentant heart. He will not only forgive, but He will bring healing to your sexual brokenness.

If you are a Christian who has made poor decisions with your sexuality, today you are able to repent and return to Him. Jesus is not looking for your promises to do better, He is looking for you to give Him your heart. Let Him guide you in His ways every day so that you might experience the true freedom, forgiveness, and satisfaction only He can offer.

Additional Helpful Scriptures:

- Acts 15:20
- 1 Corinthians 5:1
- 1 Corinthians 6:13, 18
- 1 Corinthians 10:8
- 2 Corinthians 12:21
- Matthew 19:4-5

Community Resources:

- Cloud and Townsend is an online resource that offer books, articles, audio and DVD media resources on emotional struggles, marriage, spiritual life, relationships, parenting, boundaries as well as additional topics. cloudtownsend.com/resources/question-answers/
- Family Life provides multiple resources that help people build stronger homes and communities. familylifetoday.com/
- Focus on the Family is a global Christian ministry dedicated to helping families thrive. We provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles. focusonthefamily.com/

Grace Resources:

Way of Purity for Men – Support Group

Beautiful Heart – Women's sexual integrity

Freedom – Identify obstacles in your life and get out of ruts that keep you from changing.

Men/ Women – gfconline.com/freedom