

What God Says About Sex – A Christian Perspective on Human Sexuality

Sue Bohlin provides us a succinct Christian perspective on human sexuality. She points out that God created sex and has a purpose for it defined within the context of marriage. When we lose sight of God's perspective, sex can degrade into a pastime for pleasure that will ultimately hurt us physically, emotionally and spiritually.

The Pickle Principle

It's not surprising that in a time of growing biblical illiteracy, so few people have any idea what God thinks and says about the extremely important subject of sex. The world holds the Christian view of sex in contempt, considering it prudish, naïve and repressive. But the Bible elevates sexuality as God's gift to us that is both sacred and mysterious. The world's perspective degrades it to just something that feels good—another form of recreation or socialization.



Counselor [Waylon Ward](#) offers an insightful way to understand the problem, which he calls “the Pickle Principle.” In order to make pickles, we put cucumbers in a brine solution of vinegar, spices, and water. After a cucumber soaks in the brine long enough, it is changed into a pickle. Most of us are like pickles. We sit in the brine of a sex-saturated culture, absorbing its values and beliefs, and it changes the way we think. Even most Christians are pickled today, believing and acting exactly like everyone else who has been sitting in the brine of a culture hostile to God and His Word.

The world's sex-saturated brine includes the belief that sex is the ultimate pleasure. The message of much TV, movies, and music is that there is no greater pleasure available, and that it is the right of every individual, even teenagers, to have this pleasure.[{1}](#) Another aspect of this pickling process is the belief that no one has the right to deprive anyone else of this greatest of all human pleasures, that no one has the right to tell anyone else what is right or wrong about the expression of his or her sexuality.[{2}](#)

If the purpose and goal of sex is primarily pleasure, then other people are just objects to be used for sensual gratification. Since people are infinitely valuable because God made us in His image, that is a slap in the face whether we realize it or not. The Christian perspective is that the purpose of sex is relational, with pleasure as the by-product. The Bible teaches that sex welds two souls together.[{3}](#) It is so powerful that it is only safe within a committed, covenant marriage relationship. It's like the difference between the wild energy of lightning compared to the harnessed power of electricity. God knew what He was doing when He limited sex to within marriage!

God wants to get His "pickled people" out of the world's brine and into an intimate relationship with Him. He wants to change our thinking and beliefs to be in alignment with His.

Sex is God's Invention! The Purpose of Sex

Sex is God's idea. He made it not only efficient for making babies, but pleasurable and deeply satisfying. He designed men's and women's body parts to complement each other. He created hormones to make everything work right and make us want to be sexual. Unlike animals, whose mating behavior is purely instinctive for the purpose of reproducing, human sexuality has several wonderful purposes. God means for all of

them to be contained within marriage.

In a lifelong covenant of faithfulness between husband and wife, we can express and enjoy God's two major purposes to sex: fruitfulness and intimacy. His first command to Adam and Eve was to "be fruitful and multiply" (Genesis 1:28); one very foundational purpose of sex is to create new living beings. Fruitfulness is not limited to having children, though. A mutually loving and serving sexual relationship between husband and wife can produce emotional and personal fruitfulness as well. Both people are nurtured to grow, develop, and soar, becoming more of what God means them to be.

The other big purpose for sex, emotional and physical intimacy, is only possible within marriage. In his little gem of a book called [What God Says About Sex](#),^{4} Eric Elder says that intimacy really means "into-me-see." It is only safe to reveal the fullness of who we are, "warts and all," to someone who loves us and has committed to be faithful and supportive "till death do us part." The fullest experience and freedom of sex is found within the marriage bed, which God says to keep holy or set apart.^{5} God says that we are to use self-control to keep all expressions of sexuality limited to marriage.^{6}

Sex also builds oneness, a mystical union of two lives and souls into one life together. The one-flesh union of sex is a picture of the way two souls are joined together into a shared life. In fact, we could say that sex is like solder that is used to fuse two pieces of metal together. Once they are joined, it is a strong bond that helps keep marriages and families intact, which is God's intention for our lives. Another purpose of sex is the pleasure that comes from being safe in another's love. The entire book of Song of Solomon is gorgeous poetry that glorifies married sexual relations.

God also says that an important purpose of sex is to serve as an earthbound illustration of the mystical but real unity of Christ and the church, where two very different, very *other*

beings are joined together as one. This spiritual component to sex is what helps us see more clearly why any and all sex outside of marriage falls far short of God's intention for it to be holy and sacred—and protected.

So . . . What Does God Actually Say?

A lot of people believe the Bible says, "Sex is fun and it feels good, so don't do it." Nothing could be farther from the truth! Sex was God's great idea in the first place! But God's view of sex as a sacred and private gift to married couples, as well as a gift each spouse gives to the other, is at great odds with the world's perspective of sex as simply a pleasure no one should deny him- or herself.

The overarching statement God makes is that sex is to be completely contained within marriage.^{7} As I said above, sex is so powerful that it's like the difference between the wild, uncontrollable power of lightning compared to the safety of harnessed electricity in our buildings. God wants us to harness the power of sex within marriage. This means that all other expressions of sexuality are off-limits, not because God is a cosmic killjoy, but because He loves us and knows what's best for us, namely, not playing with lightning! So God says not to engage in sex with anyone before marriage, with anyone else once we are married, with anyone of the same sex; or with prostitutes, or with family members, or with animals.

God says that sexual purity is a treasure to be guarded and valued. It is a reflection of God's own character, which is what makes it so valuable. In our culture, many people have been deceived into thinking that their virginity is worthless, something to get rid of. But God says it is special,^{8} a gift that we can only bestow on one person, one time. God calls us to purity after marriage as well by remaining faithful to our spouse. Purity before and during marriage prevents "ghosts" in the marriage bed; comparisons are nowhere as deadly as in the intensely intimate realm of sex. We glorify

God in our sexuality by using self-control to stay pure if single, and by loving our spouse sexually if married.

The good news is that purity can be restored if we confess our sin and put our trust in Jesus to forgive us and give us a new, holy quality of life. The Bible promises, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."[{9}](#) God stands ready to forgive and cleanse us, and restore our purity the moment we ask.

God says that sex is to be reserved for adults only. Three times in the Song of Solomon, a beautiful book extolling the glory of married sex, it says, "Do not arouse or awaken love until it so desires," which means "until the time is right."[{10}](#) As I minister to sexually broken people,[{11}](#) most of them bear the still-painful scars of childhood sexual abuse from people who never should have opened a door to sexual experience. Their entire view of sex has been warped and skewed. God never meant for children to be introduced to sex. It's for adults. *Married* adults.

God wants us to actively fight sexual temptation. The battle is harder than it's ever been because of our sex-saturated culture. He says to flee immorality.[{12}](#) In fact, God says to offer not even a *hint* of sexual immorality.[{13}](#) That means that it is a violation of His intentions to engage in phone sex with strangers, or virtual sex in chat rooms and porn sites. The fact that you're not physically touching another person's body doesn't mean it's not sin, because Jesus said that sexual sin happens in the mind first.[{14}](#)

Eric Elder suggests asking a powerful question to help clarify the battle against sexual temptation: will this lead to greater intimacy and fruitfulness with the husband or wife God has created for me?[{15}](#) This filter is helpful for both married people and singles. If an action doesn't build intimacy or fruitfulness, it probably destroys them. Another

question to ask is, Can I glorify God in what my flesh wants to do? Can I invite Jesus into what I'm about to do? If the answer is no, God invites us to meet the struggle with *His* supernatural energy instead of our own puny human strength.[{16}](#)

Outside of the safety of marriage, sex is wounding and hurtful, but God created it for our pleasure and delight. In the Song of Solomon, God enthusiastically invites the newlyweds to enjoy His good gift of sex, where He says, "Eat, friends, and drink, o lovers!"[{17}](#) In fact, God wants married couples to bless each other by enjoying sex often and regularly.[{18}](#)

Are you surprised by what God says about sex?

Why Sexual Sin Hurts So Much

Pastors and counselors will tell you that there is a greater intensity of shame and pain in the people they counsel when the issues involve sexual sin.[{19}](#) Paul says that all other sins are outside our bodies,[{20}](#) but sexual sin touches you deep in your heart and soul.

As mentioned above, it may be helpful to think of sex like solder. God created it to make a strong, powerful bond that creates healthy, stable families into which children are welcomed. But when people fuse their souls through sexual sin without the safety and commitment of marriage, it causes tremendous pain when the relationship rips apart. (Have you ever seen a broken weld? It's pretty ugly.) When sex is disconnected from love and commitment, it also disconnects the body from the soul. This inflicts deep wounds of shame and guilt on a heart that has been used for gratification instead of love.

Waylon Ward says that sex sins expose and exploit our deepest emotional and spiritual vulnerabilities. He writes, "In the

counseling office, individuals rarely if ever weep scalding tears about any other sense of loss like they do for a sexual relationship when it ends. There are soul ties that bind two partners together in unseen ways and there is a sense that part of you has been stolen. There is a hole in your soul where the connection was ripped from you.”[\[21\]](#)

The pickling brine of our culture’s increased sensuality says, “If it feels good, do it. You’re entitled.” But while this belief about sex may *feel* good, it is most definitely not good for us. Note the runaway epidemic of sexually transmitted diseases, and the resulting increase in infertility. Note the number of broken hearts and broken families. Note the alarming amount of sexual abuse. Note the soaring rates of depression, especially in teens, much of which is related to sexual activity outside of marriage.

God invented sex for His glory and our benefit. His basic rule—keep sex inside marriage—isn’t meant to be a killjoy, but to protect our hearts and bodies and relationships and families. He knows what He’s doing, and we do well to follow.

Notes

1. Waylon Ward, *Sex Matters: Men Winning the Battle* (McKinney, Texas: Allison O’Neil Publishing Company, 2004), 7.
2. Ibid., 8.
3. Genesis 2:24; 1 Corinthians 6:15-16.
4. Eric Elder, *What God Says About Sex* (Inspiringbooks.com, an imprint of Eric Elder, 2006). Contact theranch.org/2006/07/03/bookstore-what-god-says-about-sex/ for more information.
5. Hebrews 13:4.
6. 1 Corinthians 6:18.

7. There are 44 prohibitions of *porneia* (sexual expression outside of marriage, usually translated “sexual immorality”), just within the New Testament alone. This is where God draws the line between sex within marriage and sex outside of marriage, which determines what is sin and what is not.

8. Song of Solomon 4:12.

9. 1 John 1:9.

10. Song of Solomon 2:7, 3:5, 8:4.

11. I have the privilege of serving with Living Hope Ministries (www.livehope.org), a support group for those dealing with unwanted same-sex attractions, and the families of those who struggle. (Or who don't struggle because they are just fully immersed in a gay identity.) I mainly minister to women, for whom a history of sexual abuse has long been a common denominator.

12. 1 Corinthians 6:18.

13. Ephesians 5:3.

14. Matthew 5:28.

15. Elder, *What God Says About Sex*, 37.

16. Colossians 1:29, Ephesians 6:10.

17. Song of Solomon 5:1.

18. 1 Corinthians 7:5.

19. Ward, *Sex Matters*, 16.

20. 1 Corinthians 6:18.

21. Ward, *Sex Matters*, 17.

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“How Do I Help My Friend Get Unstuck From a Failed Relationship?”

I have a friend who has been saved for about 8 years. She is a 30 year old single parent with an 8 year old daughter. She broke up with the baby's father about 6 years ago. The problem bothering her is that she is still in love with him. She realizes this is not a man she can marry due to his lifestyle and the fact that he is living with another woman. This is the only man she has been sexually involved with. Moving on with her life has been a constant struggle. Her confession to me is, “I feel stuck.” What do you recommend?

I suggest you encourage her to reframe her thinking about her daughters daddy. In our culture, we tend to elevate our feelings to the position of idols, and we feel like it would somehow be dishonest not to follow them. But feelings are just feelings, and they are not equally valid or wise. If shes still “in love with” a man she hasnt had a relationship with for six years, who had made it abundantly clear he doesnt care for her, then its because she is still feeding the fantasy and the feelings with her thoughts. No wonder she feels stuck! She is stuck because she keeps feeding the feelings.

The problem is that we cant change our feelings by attacking them directly. Feelings are like the caboose on a train; they follow the engines. The engines are our beliefs/thoughts and our behavior. Redirect the engine, and the caboose will follow in a different direction.

I would suggest you help her write out on a sheet of paper two columns: the lies and stuck thoughts she believes, and the

truths that would counter the lies. Such as:

Lies and Stuck Thoughts	Truths
I want my daughters daddy to come back	Hes not coming back. That chapter is over.
I have feelings for him	So what, theyre just feelings. I have to deal with reality.
I am stuck	God will help me get unstuck as I follow Him
I need him	Hes not available; I must get my needs met from God, through my support network of friends and family
I love him because I had sex with him	I must confess my sin of sexual immorality and renounce the emotional ties I have to him because of our one-flesh union

I would also suggest that you instruct her to imagine taking a giant roll of Saran wrap to her bundle of feelings and wrapping them up like leftovers that go in the fridge. Then put them on a mental shelf, and purposely engage in some activity that will help her replace her thoughts and feelings with something else. The biblical pattern for lasting change is to replace and displace the old with the new, but first we have to plan on what the new will be—such as a new hobby, new relationships, new habits that dont remind us of the old thing were trying to renounce. She may need some help with coming up with ideas for new things to add into her life.

Its also possible that shell say no, no, no to all that you suggest, giving excuses why none of those will work. Sometimes people dont really want to change, they just want to complain about their terrible emotional state and suck sympathy and compassion from those they complain to. If you discern that thats the route shes taking, then I would suggest that you tell her, You dont really want to be unstuck. So Im not going to talk about this situation with you. Then always change the subject if it comes up.

Bless you for being a friend! I hope you find this helpful.

Cordially,

Sue Bohlin

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“Why Won’t My Sister Accept My Live-In Boyfriend?”

Please help me answer this question?

I am a single parent (40 yrs old) of three children 16, 14, and 9. I have decided to live with my current boyfriend. I have taken all the pros and cons into consideration. So far it is going well. The only draw back so far has been my sister, her husband and 2 children. My sister and I are very close and spend a lot of time together. But since I have started dating again, 2 years with this one person (the only person I have dated by the way), I am not allowed to bring my boyfriend to her house. We are not allowed to do things with her children at all. I can understand that they would not want their children to spend the night or us to spend the night over

there. I do not however understand why we can not spend time together as a family as we have in the past. Going to Six Flags, etc... We do not hug or kiss, we may on occasion hold hands. I understand this is a moral issue, living together.

Can you please explain why I can't spend time with my niece and nephew?

P.S. My family is Catholic. When I married the first time I married into a different church. My family is Catholic. I was married for 19 years. Been divorced for about 2 1/2 years and have been dating my current boyfriend for much of that time.

Dear _____,

I'm sort of wondering why you're asking US instead of your sister. . .??!

My guess is that your sister is extremely uncomfortable with your choice of an immoral lifestyle and she is concerned that doing things together as if you were married might communicate to her children that immorality is okay. Many people are not confident that their kids can handle (or that they can teach) both the belief that "we love our family member" and "that family member is doing wrong things that we deeply disagree with."

I noticed you used the term "moral issue," but my guess is that your sister is thinking of it as an IMMoral issue. Which, to be blunt, it is. Living together outside of marriage is sin. You said you took all the pros and cons into consideration, but apparently you didn't, since you could not possibly foresee how other people would react to your choice.

I hear the hurt in your "voice," and I am sure that it weighs very heavily on you. Unfortunately, that's one of the consequences of making choices that do not align with God's intentions and commands for us. Sin causes pain and always ends up affecting more people than just ourselves. Your sister

may be concerned about the effect of your lifestyle choice on your children as well, since you are teaching them that living with someone you're not married to and not committed to is a good thing. As a mother, your sister may be concerned about the impact your children's attitude and perspective may have on HER children as a result of what you're modeling to your own kids.

By the way, I don't think this issue has anything to do with denominations. It's a people issue and it's a moral issue. You could substitute any mix of religious traditions and have the same heartbreak over this situation.

If you were looking for comfort, I'm sure this isn't what you were hoping for, but it DOES align with what the Word of God says. He grieves over your choice just as He grieves over the pain you are experiencing because of it.

I hope this helps.

Sue Bohlin
Probe Ministries

“Where does the Bible Talk About Unmarried Sex?”

I am a single Christian and I do believe in abstaining from sex until marriage. But I have a friend who is also a Christian and is having sex outside of marriage with her boyfriend (both are single).

I have always believed that the Bible teaches that you shouldn't have sex outside of marriage, but when I went to look for scriptures that teach this, I couldn't find any. I

found plenty about not sleeping with relatives and animals and such, but nothing about unmarried sex.

Can you tell me where the Bible teaches that you shouldn't have sex outside of marriage?

Kerby Anderson answered:

I typed in the word "premarital sex" on the Probe web site (www.probe.org) and got back 16 matches. I might encourage you to look at my article on "[Teen Sexual Revolution](#)" along with the article by Ray Bohlin on "[Sexual Purity](#)" and the article by Jerry Solomon and Jimmy Williams on "[Why Wait Until Marriage](#)."

Perhaps the reason you are having difficulty finding verses on premarital sex is due to the fact that the Bible uses words or phrases like fornication, sexual immorality, or youthful lusts. If you put these terms in a search engine, you will find numerous verses in the Bible dealing with premarital sex.

Thanks for writing, and stay pure.

Kerby Anderson
Probe Ministries

Dr. Ray Bohlin answered:

The term fornication, or in more modern translations, sexual immorality, simply refers to all sexual activity outside of marriage. Below is the first paragraph under "fornication" in the *Zondervan Pictorial Encyclopedia of the Bible*, 1975, Vol. 2, p. 601:

"Four different NT meanings are obvious. 1. In 1 Corinthians 7:2 and 1 Thessalonians 4:3, Paul is warning unmarried people about the temptation to fornication. In both cases fornication refers to voluntary sexual intercourse of an unmarried person with anyone of the opposite sex. The meaning is specific and restricted. In four other passages fornication is used in a

list of sins which includes “adultery” (Matt. 15:19; Mark 7:21; 1 Cor. 6:9; Gal. 5:19). Since adultery involves a married person, the meaning of fornication in these passages is specific and restricted, involving unchastity of unmarried people.”

Later the same entry relates,

“Jesus related fornication to adultery when he said “Everyone who looks at a woman lustfully (i.e. with a thought of sexual intercourse) has already committed adultery with her in his heart” (Matt. 5:28). R. C. H. Lenski interprets the “everyone” to include both men and women and both married and unmarried. Thus Jesus was saying that sexual intercourse of unmarried people (fornication) is as evil as extra-marital sexual intercourse (adultery).”

The entry closes with this statement:

“Those who state that the NT makes no reference to permarital sex relations and gives no advice on the personal and social problems involved are overlooking the NT use and meaning of the word fornication, esp. in such passages as 1 Corinthians 7:2 and 1 Thessalonians 4:3.”

Please also note that Paul closes his discussion of sexual immorality in 1 Cor. 7 with verses 8 and 9. “But I say to the unmarried and to widows that it is good for them if they remain even as I (verse 8). But if they do not have self-control, let them marry; for it is better to marry than to burn (verse 9).” I’d say he felt rather strongly about it.

While the Scripture is very clear concerning the immorality and sin of pre-marital sex, these verses also need to be shared with humility and gentleness with the end of restoring a brother and sister in Christ, not driving them away. The truth of God’s word convicts on its own. A spirit of judgment can often be counterproductive.

Respectfully,

Ray Bohlin

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