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 can 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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Pornography – A Biblical Worldview Perspective

Kerby Anderson looks at pornography from a biblical worldview perspective. He clearly chronicles the physical, emotional and spiritual harm created by pornography and lays out the scriptural warnings to protect us from its degrading effects.

Pornography has been tearing apart the very fabric of modern society, but the problem has been made much worse with pornography's proliferation through the Internet. Studies show that 40 million adults regularly visit Internet pornography sites.{1} To put that in perspective, that is ten times the amount of people who regularly watch baseball.



When I first started writing about pornography in the 1980s, it was already a multi-billion dollar-a-year business mostly promoted through so-called "adult bookstores" and pornographic magazines. With the development of videos, DVDs, and the Internet, pornography has become ubiquitous.

The wages of sin are enormous when pornography is involved. Revenue from Internet porn exceeds by nearly a 2 to 1 ratio, the combined revenues of ABC, CBS, and NBC.{2} And sales of pornographic material on the Internet surpass the cumulative sales of all other products sold online.{3}

The current estimate is the there are over 4 million pornographic websites representing almost 400 million pages of pornographic material.{4}

Pornography is not just something a few men view in the late hours in the privacy of their homes. At least 70 percent of

porn is downloaded during work hours (9 am to 5 pm). A percentage of those who do so admit to accessing pornography at work.

And pornography also affects those in church. According to *Leadership Journal*, 40 percent of pastors admit to visiting a pornographic website.{5} And at one Promise Keepers Convention, 53 percent of men admitted to visiting a porn site the week before.{6}

The impact pornography is having on young people is alarming. It used to be that when you would ask someone when they first saw pornography they would tell you a story about seeing a porn magazine at a friend's house when they were in middle school or high school. Now a child in grade school has already seen images that were only available in an adult bookstore a few years ago. At one time these images were inaccessible to youth; now they are merely a mouse click away. The average age of first exposure to Internet pornography is 11 years old. And the largest consumer of Internet pornography is the 12-17 age group.{7}

How should we define pornography? What is the effect on individuals and society? And what is a biblical perspective on this? I deal with each of these questions in detail in my book, *Christians Ethics in Plain Language*.{8} In the next section, we address some of these questions.

Definition and Types of Pornography

How should we define pornography? Pornography has been defined as material that "is predominantly sexually explicit and intended primarily for the purpose of sexual arousal." Hard-core pornography "is sexually explicit in the extreme, and devoid of any other apparent content or purpose."{9}

Another important term is obscenity. In the 1973 Supreme Court case of *Miller v. California*, the justices set forth a three-

part test to define obscenity:{10}

> (a) The average person, applying contemporary community standards, would find the work, taken as a whole, appeals to the prurient interest.
>
> (b) The work depicts or describes, in a patently offensive way, sexual conduct specifically defined by the applicable state law, and
>
> (c) The work, taken as a whole, lacks serious literary, artistic, political, or scientific value.

What are the types of pornography? The first type of pornography is adult magazines, which are primarily directed toward adult male readers. The magazines with the widest distribution (*Playboy* and *Penthouse*) do not violate the *Miller* standards of obscenity and thus can be legally distributed.

The second type of pornography is video. Videocassettes or DVDs are rented or sold in most adult bookstores and the Internet. They have become a growth industry for pornography.

The third type of pornography is motion pictures. Ratings standards are being relaxed, and many pornographic movies are being shown and distributed carrying R and NC-17 ratings. Many of these so-called “hard R” rated films would have been considered obscene just a few decades ago.

A fourth type of pornography is television. As in motion pictures, standards for commercial television have been continuously lowered. But cable television poses an even greater threat. The Federal Communications Commission does not regulate cable in the same way it does public access stations. Thus, many pornographic movies are shown on cable television.

A fifth type of pornography is audio porn, which includes “Dial-a-porn” telephone calls, the second fastest growth market of pornography. Although most of the messages are

within the *Miller* definition of obscenity, these businesses continue to thrive and are often used by children.

A sixth type of pornography is "cyberporn," or Internet pornography. Virtually anyone can download and view hard-core pictures, movies, online chat, and even live sex acts through the Internet.

Addiction to Pornography

Victor Cline, a psychologist, documented how men become addicted to pornographic materials, then begin to desire more explicit or deviant material, and finally act out what they have seen.{11} He maintained "that memories of experiences that occurred at times of emotional arousal (which could include sexual arousal) are imprinted on the brain by epinephrine, an adrenal gland hormone, and are difficult to erase. This may partly explain pornography's addicting effect."{12}

Other research showed that biochemical and neurological responses in individuals who are aroused release the adrenal hormone epinephrine in the brain, which is why one can remember pornographic images seen years before. In response to pleasure, nerve endings release chemicals that reinforce the body's own desire to repeat the process.{13} Kimberly Young, an authority on Internet addiction, found that 90 percent of those who became addicted to cyberporn became addicted to the two-way communication functions: chat rooms, newsgroups, and e-mail.{14}

Psychologists identified a five-step pattern in pornographic addiction. The first step is *exposure*. Addicts have been exposed to pornography in many ways, ranging from sexual abuse as children to looking at widely available pornographic magazines.

The second step is *addiction*. People who continually expose

themselves to pornography “keep coming back for more and more” in order to get new sexual highs. James L. McCough of the University of California at Irvine said that “experiences at times of emotional or sexual arousal get locked in the brain by the chemical epinephrine and become virtually impossible to erase.”{15}

A third step is *escalation.* Previous sexual highs become more difficult to attain; therefore users of pornography begin to look for more exotic forms of sexual behavior to bring them stimulation.

A fourth step is *desensitization*. What was initially shocking becomes routine. Shocking and disgusting sexual behavior is no longer avoided but is sought out for more intense stimulation. Concern about pain and degradation get lost in the pursuit of the next sexual experience.

A fifth step is *acting out fantasies*. People do what they have seen and find pleasurable. Not every pornography addict will become a serial murderer or a rapist. But many do look for ways to act out their sexual fantasies

In my book *Christian Ethics in Plain Language*, I discuss in further detail the issue of pornographic addiction as well as describe the social and psychological effects of pornography.

Social Effects

Defining the social effects of pornography has been difficult because of some of the prevailing theories of its impact. One theory was that pornography actually performs a positive function in society by acting like a “safety valve” for potential sexual offenders.

The most famous proponent of this theory was Berl Kutchinsky, a criminologist at the University of Copenhagen. His famous study on pornography found that when the Danish government

lifted restrictions on pornography, the number of sex crimes decreased.{16} Therefore, he concluded that the availability of pornography siphons off dangerous sexual impulses. But when the data for his "safety-valve" theory was further evaluated, many of his research flaws began to show.

For example, Kutchinsky failed to distinguish between different kinds of sex crimes (such as rape and indecent exposure) and instead merely lumped them together, effectively masking an increase in rape statistics. He also failed to consider that increased tolerance for certain crimes (public nudity and sex with a minor) may have contributed to a drop in the reported crimes.

Proving cause and effect in pornography is virtually impossible because, ethically, researchers cannot do certain kinds of research. As Dolf Zillman said, "Men cannot be placed at risk of developing sexually violent inclinations by extensive exposure to violent or nonviolent pornography, and women cannot be placed at risk of becoming victims of such inclinations."{17}

Nevertheless, a number of compelling statistics suggest that pornography does have profound social consequences. For example, of the 1,400 child sexual molestation cases in Louisville, Kentucky, between July 1980 and February 1984, adult pornography was connected with each incident and child pornography with the majority of them.{18}

Extensive interviews with sex offenders (rapists, incest offenders, and child molesters) have uncovered a sizable percentage of offenders who use pornography to arouse themselves before and during their assaults.{19} Police officers have seen the impact pornography has had on serial murders. In fact, pornography consumption is one of the most common profile characteristics of serial murders and rapists.{20}

Professor Cass Sunstein, writing in the *Duke Law Journal*, said that some sexual violence against women "would not have occurred but for the massive circulation of pornography." Citing cross-cultural data, he concluded, "The liberalization of pornography laws in the United States, Britain, Australia, and the Scandinavian countries has been accompanied by a rise in reported rape rates. In countries where pornography laws have not been liberalized, there has been a less steep rise in reported rapes. And in countries where restrictions have been adopted, reported rapes have decreased."{21}

Biblical Perspective

God created men and women in His image (Gen. 1:27) as sexual beings. But because of sin in the world (Rom. 3:23), sex has been misused and abused (Rom. 1:24-25).

Pornography attacks the dignity of men and women created in the image of God. Pornography also distorts God's gift of sex which should be shared only within the bounds of marriage (1 Cor. 7:2-3). When the Bible refers to human sexual organs, it often employs euphemisms and indirect language. Although there are some exceptions (a woman's breasts and womb are sometimes mentioned), generally Scripture maintains a basic modesty towards a man's or woman's sexual organs.

Moreover, Scripture specifically condemns the practices that result from pornography such as sexual exposure (Gen. 9:21-23), adultery (Lev. 18:20), bestiality (Lev. 18:23), homosexuality (Lev. 18:22 and 20:13), incest (Lev. 18:6-18), and prostitution (Deut. 23:17-18).

A biblical perspective of human sexuality must recognize that sexual intercourse is exclusively reserved for marriage for the following purposes. First, it establishes the one-flesh union (Gen. 2:24-25; Matt. 19:4-6). Second, it provides for sexual intimacy within the marriage bond. The use of the word

"know" indicates a profound meaning of sexual intercourse (Gen. 4:1). Third, sexual intercourse is for the mutual pleasure of husband and wife (Prov. 5:18-19). Fourth, sexual intercourse is for procreation (Gen. 1:28).

The Bible also warns against the misuse of sex. Premarital and extramarital sex is condemned (1 Cor. 6:13-18; 1 Thess. 4:3). Even thoughts of sexual immorality (often fed by pornographic material) are condemned (Matt. 5:27-28).

Moreover, Christians must realize that pornography can have significant harmful effects on the user. These include: a comparison mentality, a performance-based sexuality, a feeling that only forbidden things are sexually satisfying, increased guilt, decreased self concept, and obsessive thinking.

Christians, therefore, must do two things. First, they must work to keep themselves pure by fleeing immorality (1 Cor. 6:18) and thinking on those things which are pure (Phil. 4:8). As a man thinks in his heart, so is he (Prov. 23:7). Christians must make no provision for the flesh (Rom. 13:14). Pornography will fuel the sexual desire in abnormal ways and can eventually lead to even more debase perversion. We, therefore, must "abstain from fleshly lusts which war against the soul" (1 Peter 2:11). Second, Christians must work to remove the sexual perversion of pornography from society.

Notes

1. Mark Penn, *Microtrends: The Small Forces Behind Tomorrow's Big Changes* (NY: Twelve, 2007), 276.
2. Ibid., 277.
3. George Barna, *Boiling Point: Monitoring Cultural Shifts in the 21st Century* (Ventura, CA: Regal, 2003), 223.
4. Truth in Porn, www.truthinporn.org.
5. The Leadership survey on Pastors and Internet Pornography, 1 January 2001, http://ctlibrary.com/9582.
6. *Today's Christian Woman*, September/October 2003.

7. Truth in Porn.
8. Kerby Anderson, *Christian Ethics in Plain Language* (Nashville, TN: Thomas Nelson, 2005), chapter 11.
9. Michael McManus, ed., *Final Report of the Attorney General's Commission on Pornography* (Nashville: Rutledge Hill, 1986), 8.
10. *Miller v. California*, 413 US 15, 47 (1973).
11. Victor Cline, *Where Do You Draw the Line?* (Provo, UT: Brigham Young University Press, 1974).
12. Victor B. Cline, *Pornography's Effects on Adults and Children* (New York: Morality in Media, 1990), 11.
13. J. L. McGaugh, "Preserving the Presence of the Past," *American Psychologist,* February 1983, 161.
14. Kimberley Young, Paper presented to 1997 convention of the American Psychological Association. A full treatment can be found in Kimberley Young, *Caught in the Net: How to Recognize the Signs of Internet Addiction-and a Winning Strategy for Recovery* (New York: John Wiley & Sons, Inc. 1998).
15.Quoted in Kenneth Kantzer, "The Power of Porn," *Christianity Today,* 7 February 1989, 18.
16. Berl Kutchinsky, "The Effect of Easy Availability of Pornography on the Incidence of Sex Crimes: The Danish Experience," *Journal of Social Issues* 29 (1973): 163-81.
17. Dolf Zillman, "Pornography Research and Public Policy," in *Pornography: Research Advances and Policy Considerations*, ed. Dolf Zillman and Jennings Bryant (New York: Academic, 1989), 387-88.
18. Testimony by John B. Rabun, deputy director of the National Center for Missing and Exploited children, before the Subcommittee on Juvenile Justice of the Senate Judiciary Committee, 12 September 1984.
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20. *The Men Who Murdered*, FBI Law Enforcement Bulletin, August 1985.
21. Cass R. Sunstein, "Pornography and the First Amendment," *Duke Law Journal,* September 1986, 595.

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