

Confessions of a Missionary Addicted to Porn

Paul Rutherford explains the lies he believed and to which he was in bondage about pornography, until Jesus helped him achieve sexual sobriety.

Introduction—But Really, a Prologue. A Really Important Prologue.

Internet pornography use is ubiquitous. The metric you use to support that statement doesn't seem to matter: percent of internet users who consume it, number of bits of data flowing through the Internet, or even cash currency. It is a huge business. And the internet distributes pornography at levels historically unprecedented. It quickly became easy to access, cheap to acquire, and anonymous to consume.

I am myself no stranger to the consumption of internet pornography. To be clear, consuming pornographic material is not appropriate for a believer in Jesus Christ. Our [website](#) has more information on this. But I don't think that principle needs repeating; my older brothers in the faith have been very clear about that.

In this article I want to share with you some insights the Lord has taught me through my struggle to be free of an addiction to internet pornography. I will be frank. And rather than condemning you for your sin (the enemy does a plenty good job at that), I will address a number of beliefs you may find you hold, even if unwittingly. Then you'll see how those beliefs do not reflect reality—they are all a lie.

I Like Porn Because It's Easy



My name is Paul, and I am a missionary. In the late 2000's the Lord made plain to me that I was no longer dabbling with internet pornography, it had become my master. I was addicted, and I needed help.

By God's grace I found help through a group [recovery program](#) at a local church. I later placed membership there, and have found freedom from this life-sucking addiction. Still, I carry the wounds inflicted by my choices years ago. The balm of Christ has healed them. I'm walking today in the freedom only forgiveness from the Father can provide. By God's grace I have a beautiful wife, a blessed marriage, and three wonderful children.

Hindsight, though, is 20/20, and while I must be vigilant every day to guard against temptation, time and space have provided me perspective to gain clarity on the beliefs that got me into my addiction in the first place and kept me down for some time. I've since come to realize there were five lies in particular that I was believing. Let me share them with you, along with the truth that will set you free.

The first reason I love porn is because it is easy. It is easy to access, yes—as easy to access as turning on my smart phone. Years ago it was far more difficult to acquire. Now I carry temptation in my pocket! How dangerous! Only by God's grace am I sober from porn today.

When I say I love porn because it's easy, what I mean is it's easily to get what I want from sex without all the hard work. Pursuing my wife is hard work. Empathy is not easily mustered. Emotional intimacy with her is no easy task. Pornography on the other hand, is just a tap away. If all I'm looking for is that release, surely porn is a better choice because it's an

easier route. Same destination, right? No harm no foul. Right?

Wrong.

Nope. Not true. Pornography is in fact NOT easy because it circumvents God's good plan for sex.

Pornography only seems to be easy. That is just an appearance. Ultimately porn complicates my life. Confessing relapse to my wife? Not easy. Confessing lust to my small group and others? Difficult. The wound I inflicted on my wife by spiritually cheating on her? Not easy for her. The months of work required to earn back her trust? Not easy.

The ease of pornography is a lie. The truth is, it complicates my life and makes it harder. If you are tied up in it, please confess it to the Lord today, and confess it to another human being. The first step to getting better is simple. Admit you have a problem.

I Like Porn Because It's Fast

I love pornography because it's fast. I get pleasure fast. I get satisfaction quickly. I get what I want, and I get it now. Sound familiar? It's not unlike that famous song lyric from the 70's, "Wham bam, thank you, ma'am."

What I love about pornography is that it gives me what I want, and it gives it to me fast. No waiting involved. No patience required. Faster is better. Isn't it? Why rent the "Eight Minute Abs" workout VHS from the local video store, when "Seven Minute Abs" is on the shelf right next to it? (As referenced from the 90s film *Tommy Boy* starring Chris Farley.)

What I love about pornography is how it satisfies quickly. Pornography only asks for a few minutes of my time and then gives me what I want.

Do you know how long it takes to pursue my wife? It took

months to get to know her when we were dating. It took months to plan, prepare, then execute our wedding. Now that we're married, do you know how long it takes to pursue her, so that she feels close to me, intimately and emotionally connected? That takes a LOT longer than the time required to log on to the internet.

The problem with loving pornography because it's fast, is that eventually it isn't. The truth is pornography has sapped years from my life.

There was a season I was a casual user of pornography, and on a fine spring afternoon, I finished up work early for the day and looked forward to what adventures I might pursue with the remainder of that evening. By the time I went to bed that night, I'd wasted hours of my life consuming internet pornography.

The problem with pornography is that it *is* fast, until it requires hours of your life you would rather have spent otherwise. Furthermore, this trend continued for months, even years!

Proverbs 14:12 says, "There is a way that seems right to a man, but its end is the way to death." The fast pleasure of pornography seemed to me like the right way in the moment. Now I realize it is the way to death—death of my relationship with the Lord because sin separates me from Him; it is death to intimacy with my wife; death to time and energy that could have been better spend elsewhere doing things other than pornography itself.

The death I experienced led to so much loss because of the work required in my relationships to clean up the mess of my sin. It was a process over several years. I loved pornography initially because it was fast. it's not, and it's not worth it!

I Like Porn Because I'm in Charge

The third reason I love pornography is because I am in charge. I get what I want and risk nothing in return. I remain in control. I give up nothing. I risk nothing. It's everything a man-fearing, people-pleaser could ask for. Except that's not the true identity for a believer in Jesus Christ. And if you identify with Christ, then this applies to you.

Pornography is great because I remain in charge. I have control. That whole fear of rejection thing is not a problem. Since I'm not entering into a real relationship with a real person, I'm not taking any of those risks. I don't have to reveal anything about myself. I don't even have to give my name. I don't have to share my anxieties, my fears, or my dreams. I don't have to share anything.

With porn, I don't have to admit that I'm human in any way. And this appeal is strong for those of us who are cowards. And I am one. Since I fear rejection—and porn never risks rejection—it gives the false illusion of security. It's a lie.

Sadly, this means what I love about pornography is how it enables my cowardice.

This has no place for the genuine Christ-follower.

If you have taken a wife, you are called to love that woman as Christ has loved His Church. Jesus Christ is the paragon of courage, bravery, and vulnerability. If you are a husband, then the standard by which to compare yourself as a husband is not to your neighbor but to Christ Himself. That is a high call, friend—much higher than you or I are accustomed to, I'm afraid.

I like pornography because I feel like I'm in charge. But that is a lie. Being strung out, addicted to pornography, shows that you definitely are not in charge. It's a farce. It's a lie.

The truth is I have far less control than I desire. When it come to my wife's opinion of me, I have no control. Zero. I have a lot of influence, but no control. That's the risk inherent to the job of husbanding a wife. That's the risk inherent in marriage.

Marital love is a self-giving love. As Jesus died to love His bride when she was in sin, so you too, husband, are called to love your bride even if you are in fact right, and she is in fact wrong. Love her anyway. Love her always. It will require you to take risks. But it's ok. Those risks are good—both for you, your wife, your family, and the family of God.

I Like Porn Because I Get What I Want

The fourth reason I love porn is because I get what I want. That's what we all want, isn't it? We want what we want, and we want it now. That somehow seems like America's motto these days. Give me what I want but don't make me work for it. Capitalism does have some downsides.

In moments of temptation all I feel is my desire for gratification. I've learned from years now of recovery that I rationalize the pursuit of fulfilling this temptation by telling myself how good I've been, how many good things I've done, or perhaps with how much I've sacrificed to do the right thing.

If you can't tell already, the problem with this reason is that it is purely selfish. It's the definition of immaturity. You want what you want, and you don't care who you hurt to get it—be that your spouse, the Lord, your community, your children, or even yourself.

The Bible calls this "gratification of the flesh." In Ephesians 2:1-3 the author, Paul, admits that all believers in Jesus once lived this way, giving into the desires and inclinations of our sinful flesh. Insisting on getting what I

want is sin.

The worst part is that I wasn't actually getting what I wanted. That too was a lie. My flesh was merely chasing that fleeting feeling. The truth is, I have a God-given desire for the feeling, but also so much more: a desire for connection to another person, a desire to belong, a desire for intimacy—the thrill of knowing another and being known by another.

Porn never delivers any of these. Porn delivers emptiness, isolation, and disappointment. Marriage, on the other hand, delivers intimacy, satisfaction, and as a bonus, sanctification. This was God's intent from the beginning. You can also have this today if you are married. And it is God's will for you to find all your healthy sexual desire to be fulfilled by your spouse. It *can* happen. There *is* hope, and it is in Christ.

Don't believe the lie that porn will give you what you want. It's a bill of goods. Learn from my mistakes, please. "There is a way that seems right to a man, but its end is the way to death." (Proverbs 14:12)

I Like Porn Because It's Cheap

The fifth and last reason I will share that I love pornography is because it's cheap. It doesn't cost me anything. There is so much free pornography on the internet I struggled in my addiction for years, consuming hundreds of hours of content, and never paid a dime.

At the time I told myself I wasn't paying for it. That made me feel better about myself. At least it made me feel better about my budget.

The problem with pornography being cheap is that it's a lie. Pornography is NOT cheap. It's exceedingly costly. My problem was that I was looking at it strictly from the material point

of view. I was looking only at dollar signs. How many dollars did I spend on my addiction? None? Ok, well no harm to the budget, no foul. The worldview problem with this is that I was behaving like a materialist, like a naturalist, as if the natural, physical, material world were what mattered most.

Don't get me wrong—the material world matters, but so does the spiritual. And that was what I was ignoring.

The truth is, pornography cost me SO much. It has cost me hours of my life wasted, given away to sin. It has cost me trust and intimacy with my wife, gone for whole seasons at a time due to relapse. It has cost me a job opportunity. It has cost me the intimacy of being known by my community of brothers who would love me, care for me, and shepherd me into a joy-filled, holy, pure, and blameless walk with the Lord. It has cost me time, intimacy, and joy from being with the Lord, knowing Him, and enjoying Him.

What costs more than your relationship with the Father?

I loved porn because it was cheap—well, free in terms of dollars. But in relational capital it has cost me something that can't be purchased with ALL the dollars in the world. It isn't enough.

I'm grateful to God that He paid the awful cost of my sin, when the Father sent His Son, Jesus Christ, to die on the cross and rise again. Jesus' death satisfied my sin's debt—the one I owed the Father.

Pornography is so expensive. It cost Jesus His life. Please, if you're addicted, turn to the Father today. Follow the counsel of James 5:16 today: "Confess your sins to each other and pray for each other that you may be healed." I know you're scared. But trust me that this fear you feel for confessing and taking that first step out of addiction is from the enemy, not the Lord. Trust the Lord. He will make your path straight. He is good, and He loves you.

Why I Love Porn (The Lies)

It's easy
It's fast

I'm in charge
I get what I want

It's cheap

How the Story Ends (The Truth)

But it doesn't satisfy
But it sapped my life for
years.

Until I couldn't stop.
Except I hate myself
after.

But it nearly cost me my
marriage.

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Probe Survey 2020 Report 7: American Views on Morals, Politics and Social Justice in 2020

Steve Cable discusses Probe's survey findings on these topics. He reveals that most Born Again Protestants are not looking to the Bible for help in moral choices and do not think they should let their Christian faith impact their political positions.

Continuing our series examining the results from Probe's [2020 survey on American religious beliefs and behaviors](#), we will consider three topics that are important to any society:

1. What most influences your **moral choices**? Our survey shows that among adults under 40, less than half of those claiming

to be Born Again Protestants{1} look to biblical teachings as their primary resource for moral choices. Even among the minority group who look to the Bible, less than half of them would apply a biblical view of monogamous behavior to their choices regarding sex outside of marriage.

2. Do you mix your **religious views with your political views**? Almost two thirds of Born Again Protestants under 40 agree that one should not let your religious faith impact your political positions. As a Christian, we are to take every thought captive in obedience to Christ{2} who is the source of real truth. Every position we take in every area of life should be informed by our faith in Christ.

3. Where do you learn how to bring about **justice across our society**? While our government and educational leaders are pushing schools to take action and teach principles of justice without even telling the parents, over two thirds of younger adult Americans across all religious backgrounds believe that parents should be the primary source in teaching ways to stand for justice in our society.

If you have a society where 1) moral questions are answered by popular opinion rather than the Bible, 2) religious faith has no place in informing one's political stances, and 3) social justice training is left to the state, you are in danger of becoming a totalitarian state where all thinking is controlled for the benefit of the government or some other power bloc within your society. In an alternative society where 1) moral guidance is provided by consulting biblical teaching, 2) one can bring their religion's teaching into the domain of political discourse, and 3) your thinking on social justice is informed by your religious beliefs, you are in danger of having a democracy where everyone is allowed to develop and express their opinion.

Let's examine our survey results in more detail to see where American adults stand on these topics.

Making Moral Choices

Our first question deals with where people go for guidance in making moral choices, as laid out below:

When you are faced with a personal moral choice, which one of the following statements best describes how you will most likely decide what to do?

1. Do what makes the most people happy.
2. Do what your family or friends would expect you to do.
3. Do what you believe most people would do under similar circumstances.
4. Do what biblical principles teach.
5. Do what seems right to me at the time.
6. Do what will produce the best outcome for yourself.
7. Other

For our analysis, we combined answers 1, 2 and 3 as answers where people are looking to see what other people think. Across all Americans ages 18 through 55, almost four in twenty (20%) people selected one of those three answers^{3}. However, those 40 and over were less likely to select one of those three answers, at only about three in twenty (15%). Those under age 40 saw closer to five in twenty (23%) select one of those three.

Let's look more closely at respondents from ages 18 through 39. Key parts of the results are summarized in the table below.

Source of Moral Decisions	Born Again Protestant	Other Protestant	Catholic	Unaffiliated
What other people think	15%	24%	29%	20%
What seems right to me	27%	40%	40%	58%

Sum of first two sources	42%	64%	69%	78%
Biblical principles	47%	22%	12%	3%

First consider Born Again Protestants; we see that almost half (47%) look to biblical principles for guidance. That result is somewhat encouraging although possibly misleading, as we will explore below. The encouragement is tempered by the fact over half of them are not primarily looking at biblical principles for moral guidance. This includes over four out of ten (42%) who look to others or to what seems best to them.

The Unaffiliated{4} group are clearly not aligned with evangelical Christian values, with less than three out of 100 (2.7%) looking to biblical principles for guidance. Almost eight in ten (78%) look to others or to what seems best to them.

It is not surprising to most that the Unaffiliated would answer this question differently than Born Again Protestants. What about other Christians who might look to the Bible for moral guidance. As Evangelicals, we often think these other Christians are presenting Jesus as an example for moral living rather than as the one and only source for redemption through His sacrifice. But, for Other Protestants and Catholics, we find two thirds (64%/69%) of them saying they look to others or to what seems best to them for their moral compass. In contrast, Other Protestants show just over one in five (22%) looking to biblical principles, while Catholics are around one in ten (12%)

Do Born Again Protestants Really Do What They Say?

Almost half of Born Again Protestants say they use biblical principles to make moral choices. With this survey, we can see if their actions match their stated approach to moral decisions. Specifically, let's look at those who claim to use biblical principles and see if they applied those to their

ideas about sexuality. Let's use two questions on which the Bible provides clear moral guidance.

1. Sex among unmarried people is always a mistake: from **Agree Strongly** to Disagree Strongly

2. Living with someone in a sexual relationship before marriage:

a. Might be helpful but should be entered into with caution.

b. Makes sense in today's cultural environment.

c. Will have a negative effect on the relationship.

d. Should be avoided as not our best choice as instructed by God

The Bible clearly states that fornication (sex between people who are not married to each other) is always a mistake. Thus, they should select Agree Strongly for the first question. Living with someone in a sexual relationship is also fornication. They should select answer d. for that question. For our discussion, we will call someone who answered these two questions as shown a **Supporter of Sexual Purity**.

Now let's look at how these two questions on sexual morality relate to the answer on moral choices in the table below.

Specific Question or Combination of Questions	Born Again Protestant	Other Protestant
1. Use Biblical Principles for Moral Choices	47%	22%
2. Supporter of Sexual Purity	25%	3.7%
3. Use Biblical Principles (1) and Support Sexual Purity (2)	21%	3.1%

4.	% of those who	45%	14%
Use Biblical Principles who			
also Support Sexual Purity			
(Row3/Row 1)			

5.	% of those who	85%	82%
Support Sexual Purity who			
also Use Biblical Principles			
(Row 3/ Row 2)			

I realize that your eyes may have glazed over when looking over this table. So, let me explain the primary result. In Row 4, we see 45% under the Born Again Protestant column. This means that less than half of the Born Again Protestants who said they used Biblical Principles in making moral choices ALSO selected the biblical position on the two questions relating to fornication. For the other Protestants it was much worse, with only one in seven (14%) selecting to Support Sexual Purity.

What do we make of this disconnect? Either those who supported Biblical Principles picked areas where they chose not to apply Biblical Principles OR those who supported Biblical Principles do not understand what the Bible says about sexual purity. Both of those choices are a disconcerting view of the fractured worldviews held by many Born Again Protestants.

We also note in row 5, that almost all of those who select to Support Sexual Purity also said they would use Biblical Principles in making moral choices. This figure seems to show that those who do not use Biblical Principles are much more consistent in rejecting biblical morality.

Religion and Politics

The second question deals with how we relate our religious thinking and our political thinking. The question asked was:

Just as the government should not be involved in the internal

workings of churches, Christians should not let their faith impact their position on how government functions. Responses from Agree Strongly to **Disagree Strongly**.

A person’s understanding of religious principles should drive their thinking on any political questions which intersect with a religious principle. We should expect not only Christians but people of every religion to disagree strongly with this statement. For a genuine Christian, their faith in Jesus Christ and the teaching of the Bible are the foundation for all of their beliefs. As Jesus said, “I am the way, the truth and the life (John 14:6).” If we want to apply truth to our position on how government functions, we must look to the source of real truth, Jesus.

Christians can genuinely disagree about the best way to achieve certain objectives. For example, we know Jesus calls us to show concern for the poor and for widows and orphans. However, we may disagree on the best way to carry this out within the structure of our society. But any political approach we choose to support should not contradict our underlying faith position related to the issue at hand.

We can see how people responded to this question in the table below.

Faith should not impact positions regarding government issues	Age Range	Born Again Protestant	Other Protestant	Catholic	Unaffiliated
Strongly Disagree	18	21%	6%	8%	5%
Disagree or Strongly Disagree	– 39	39%	19%	23%	14%
Disagree or Strongly Disagree	40 – 55	58%	23%	26%	20%

Looking at Born Again Protestants, this group is much more likely than other groups to strongly Disagree or Disagree with

the statement.

Among those ages 18 to 39, we see that about one in five (21%) Strongly Disagree and close to four out of ten (39%) Disagree or Strongly Disagree. A significant number appear to realize that you cannot segregate your faith beliefs from your beliefs about how our government should operate. However, for this age group, the vast majority, almost two out of three (61%), either agree with the statement or don't know. This majority buys into the lie that their religious faith should not impact their political beliefs.

Secondly, we see a significant difference in the answers based on the age of the Born Again Protestants. For those ages 40 through 55, we find almost six out of ten (58%) disagree or strongly disagree. Younger adults have been brought up in a society that constantly warns them to leave their religious beliefs at home. Do not bring them to the public square as they are not welcome or appropriate. Those over the age of 40 are much more likely to reject this popular mantra and bring their religious beliefs into the political arena.

Of those Born Again Protestants under the age of 40 who say that **their faith has a significant impact on their daily lives**, over two thirds (70%) of them also say **they make moral choices relying on biblical principles**. This is a consistent result, for if faith has a significant impact on your daily life, one would expect it to impact your moral choices. But at the same time, less than one third (29%) of these Born Again Protestants with faith important in their daily lives said they strongly disagreed with the statement that our faith should not impact our political positions. Clearly some combination of the news media, secular education and politicians have succeeded in misguiding Americans on this topic. **Many have bought into the false model that political positions are not moral decisions.**

Finally, let's note that significantly less than one out of

ten people who are not Born Again Protestants strongly disagreed with the statement. Other Protestants and Catholics are not distinctly different than the Unaffiliated this muddled thinking.

Bringing About Social Justice

Most Americans probably want a fair and just society where law abiding citizens have fair access to opportunity and can apply themselves

toward achieving their life goals. However, there are many different ideas on how to best achieve such an objective. So, we asked this question:

Matters of social injustice like racial prejudice and bullying are best remedied by (rank from 1, most important to 5, least important):

1. Government laws and penalties
2. Churches teaching on how to live with and treat others
3. Parents overtly teaching their children how to treat others
4. Parents showing their children by example
5. School curricula focused on correct social thinking

As noted in the question, respondents were asked to rank the five responses rather than pick the best one. We did this because we felt that many people would have more than one approach they considered important.

Let's begin by considering the options that were ranked as most important. In our evaluation, we combined the two options featuring parents as one item.

First Choice	Born Again Protestant	Other Protestant	Catholic	Unaffiliated
Parental Guidance	69%	53%	66%	73%

Church Teaching	21%	19%	19%	8%
Government Laws	9%	15%	9%	11%
School curricula	1%	14%	6%	8%

As shown, parental guidance was by far the most popular choice across all religious backgrounds averaging about two thirds of the responses. Except for the Unaffiliated, church teaching was a distant second, polling about one out of five for the other religious groupings.

Let's consider the other extreme, the response selected as their least favorite choice by our respondents. Except for the Unaffiliated, the least popular option was school curricula focusing on correct social thinking. This option was selected last by about four out of ten respondents across all of the religious groups. Naturally, more than half of the Unaffiliated selected Church Teaching as their least favorite choice. For Born Again Protestants, government laws were selected as least favorite at almost the same level as school curricula.

As you can see, most Americans would say that remedying social injustice required parental involvement while school curricula was the least popular option. Thus, it is very interesting that many politicians and educators want to make the school the primary place for remedying social injustice while protecting the students from the poor examples of their parents. This may well be why that at the time this is being written that some school boards are seeing a significant change in their make up as pro-parental rights candidates are being elected.

Notes

1. Born Again Protestants affiliate with a Protestant denomination, have had an experience with Jesus Christ that is still important in their lives today, and state they will go

to heaven because they confessed their sins and accepted Jesus Christ as their savior.

2. 2 Corinthians 10:5

3. Each of the three answers accounted for about 7% of the respondents.

4. The Unaffiliated include atheists, agnostics and those who believe nothing in particular.

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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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What Would You Say to Your 8-Year-Old Self?

Recently I watched Disney's *The Kid* again. This is a movie recommended by a counselor friend of mine, and I have heard of several other counselors who assign people to watch it because of its insights into why we can become the adults we are. Bruce Willis plays a not very nice man who meets up with his 8-year-old self, and the two have some important information to give each other.

There is a scene where a friend helps him process what it means to be talking to his little boy self, and asks, "What would I say if little Deirdre turned up, bursting out of her St. Mary's uniform, asking me what comes next?" Suddenly, my eyes welled with tears at the thought: what would I say if little 8-year-old Susan LeClair appeared in my living room? What would I



want her to know, after 30+ years of intentionally seeking “wisdom beyond my years,” the prayer the Lord instructed me to pray for myself right after becoming a Christian?

Here’s my first pass:

“You are not damaged goods. You are not the ugly crippled girl you think you are. God made you beautiful, and He put you in a handicapped body to greater put His glory on display. Your frailty will make your gifts, and your intensity, less threatening to others. When His joy radiates out from you, He will get the glory, and you will love that. It’s OK that you had polio. One day, your scars will be beauty marks, and you will see that your ever-present limp simply *is*. It’s not a shameful thing. Jacob’s limp was the souvenir Yahweh chose for his nighttime wrestling match with Him.

“Your purity is a precious gift. Don’t let anyone steal it from you.

“Your intellect doesn’t make you better than anyone else. It’s like the color of your hair or eyes. It’s just part of the package God put together when He made you. Yes, you’re smart. Don’t be a show-off about it. That’s ugly. And nobody will figure out, especially seventh-grade girls who will leave a deep wound on your soul, that you’re desperately trying to cover up a core of shame by proving you’re not hopelessly rotten, damaged, not-OK. Speaking of which, you ARE hopelessly rotten, damaged, and not-OK in your flesh, the part of you that operates independently from God. That part of you deserves to die, and one day you’ll recognize that and it will be crucified with Jesus. Then He’ll give you a new heart and a new spirit that is whole and perfect and indescribably lovely—just like Him. You will realize that all the parts of you that you really like are all gifts from Jesus or His character shining through you.

“Oh, and Mom tells you that since your eyes change color depending on what you’re wearing, you have hazel eyes. You don’t. They’re green. Mom doesn’t know everything, but it will take you 40 more years to learn that.”

In the movie, Deirdre says she would answer little Deirdre’s question by saying, “Baby, don’t you worry about a thing. Everything’s just going to be great!” If it were me, I’d cup little Susan’s face in my hand and reassure her, “Sweetheart, I’m not going to spoil the adventure by telling you how it’s going to play out. I can just promise you that because you’ll put your trust in Jesus in college, He’s going to give you a life so full of joy that you can’t begin to imagine it right now. He’s not going to make your dreams come true; He’s going to give you new and better dreams, and make those come true. There will be pain, but the joy and richness will far outpace it. It’s going to be a delightful life, sweetie. I promise.”

What would you say to *your* 8-year-old self?

This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/what_would_you_say_to_your_8_year_old_self on June 9, 2009.

“My Husband Wants to Put Our Daughter on Birth Control!”

Help! During a casual child raising discussion, I found out that my husband insists on putting our (unborn) daughter on birth control when she enters high school. He claims that it is the best thing “just in case” she gets caught up in temptation – he does not want her to “ruin” her life by having a baby so young nor does he want to raise the child for her. I

tried to express my disagreement with the idea, indicating that I believe that placing her on birth control is a form of condoning the behavior and I do not want to give that impression to her. I even tried to use an analogy of telling her not to use drugs, but giving her a clean pipe to carry around "just in case" she is at a party one night and is tempted to smoke crack! Of course he saw the drugs as completely different, and he insists that birth control is the way to go. Your personal input backed by theological soundness is greatly appreciated.

I answer your question both as a mom and as someone who ministered to high school girls for several years.

First of all, you can relax. Making policy about unborn children is something lots of parents do and it completely changes when reality sets in.

Secondly, the cross-gender relationship between your husband and his little girl is going to be very different from what he expects. If he's like most fathers he's going to be extremely protective of her, and that means looking at the young men she hangs around with a very wary eye. Instead of putting her on birth control, there's an even better chance he'll have an eyeball-to-eyeball little "chat" with her male friends and let them know how he expects them to take extremely good care of her and that means not touching her sexually in ANY way. (With some dads, that "chat" happens without words by giving them the evil eye. . .<smile>)

Your drug analogy was really very good even if he blew you off about it. Here's another one: what if he bought a Lamborghini that he kept in the garage, washed and waxed every week, was absolutely obsessive-compulsive about keeping it maintained to perfection. . . and then, when you daughter got her license at 16, said, "Here are the keys, honey, and of course, I got you insurance because you might get in a wreck but hey-no big deal. I expect you to wreck a car the first year of driving."

Uhh....I'm thinkin', NOT!!! <grin>

When parents get their teenagers birth control, they are making a statement about having low expectations of their kids. It's amazing that we can expect that kids will exercise tremendous self-discipline for sports or academics, but when it comes to sexual activity we assume they are incapable of it! It's entirely possible to start talking about the treasure of virginity and the importance of maintaining modesty as soon as kids are old enough to know what they are, and build a protective wall of positive expectations that help the kids maintain their purity. It has been a joy to see both our teenage sons accept a chastity ring and the challenge to stay virgins until they get married, and to fight the temptations of the flesh out of their own convictions. In other words, it CAN be done.

When my husband and I were growing up, we were told "Just say no" to sex, but not given any reasons why. When it was our turn to parent, we explained how God's word tells us to keep the marriage bed pure and condemns fornication (sexual immorality), which is any kind of sexual activity outside of marriage. As Josh McDowell communicates in his "Right From Wrong" conferences and book, God's commands are given to both *protect* us from harm and *provide* us with good. We talked to our kids about sexually transmitted diseases (and showed them really gross photos of diseased sexual organs from the [Medical Institute for Sexual Health](http://www.medinstitute.org/) [http://www.medinstitute.org/], where Ray got training for giving lectures on STDs). We also told them that sex in marriage is worth waiting for.

We understand that our kids will make their own decisions about these things, but we gave them all the ammunition to fight temptation (and a culture that is absolutely saturated in sex) that we could.

The great news is that parents today have more help [for example, [Aim for Success](http://www.aimforsuccess.org) at http://www.aimforsuccess.org] in

assisting their kids to value purity and chastity than ever before, especially in the church. I hope that by the time your daughter is old enough to handle this issue, there will be even more!

Sue Bohlin
Probe Ministries

“Do You Have Any Advice to High School Graduates?”

Funny you should ask; after polling some wise people I know on “Things I Wish Someone Had Told Me Before I Graduated,” I just shared these thoughts with our graduating senior girls in our church.

- **The importance of choosing purity.** This is the biggest area of regret for many people, but especially young women, who pay a greater cost of giving their bodies away. One lady said, “I wish someone had told me that my body is a precious gift from God to give to ONE man. I wish someone had told me that if someone pays attention to you or says nice things, it doesn’t mean they love you and it SURE doesn’t mean you have to give them your body.”

One element of choosing purity is to choose modesty in dress and behavior. Showing skin (especially midriffs, shoulders and backs) is a great temptation to men and it is a statement about oneself that a girl might not want to be making: “I care

more about what's trendy than about honoring God with my body. I want guys to look at me, even if they have to struggle with their flesh over it."

- **Don't get into credit card debt.** The credit card companies will throw undeserved credit at you, and it doesn't take any time at all to be way over your head. One young lady was so desperate for other people's approval that she got \$80,000 into debt to buy friends and impress people. The people aren't around anymore, but her debt certainly is. Proverbs says that you are in bondage to your debtors, and credit card debt is a terrible kind of prison.

- **If you find yourself wondering, "Should I be doing this?" you probably shouldn't.** Untold heartache and regret can be avoided by listening to that internal alarm. You won't wonder "should I be doing this?" about things you should do, like, "Should I brush my teeth today?" "Should I be kind to my friends?" "Should I exercise self-control?"

- **Choose your friends wisely.** You will become like the people you hang out with, so choose people with beliefs and behaviors consistent with godliness.

- **Pursue your relationship with Christ.** Less than half of the students in church youth groups will still be walking with God ten years after they graduate. Pre-decide to be one of those people. Go to church every Sunday. *GO TO CHURCH EVERY SUNDAY!* Get plugged into campus Christian groups as soon as you get to college. If you don't go to college, get plugged into some Christian fellowship group where you will be continually encouraged in your walk with God in the context of Christian community. You are like wet cement; you will (probably) determine the shape of your spiritual life for the rest of your adult life by the choices you make and the habits you form during ages 18-24.

- **Pursue wisdom.** Pray for "wisdom beyond your years." God

loves to answer that prayer! Pray for your future spouse. Young women tend to be very passionate and full of longings for connection to a husband; turn that emotional energy into something constructive by praying faithfully for your husband. You might consider keeping a journal for him that you can give him when you marry, so he can see how you became the woman you will be. Write down your thoughts and feelings as well as the ways you are praying for him, even before you know him. At the same time, don't go to college for an "MRS degree," looking for a husband. Trust God to take care of that in His time. Getting married is a lousy goal for college.

- **Develop self-confidence.** Forget all the garbage about self-esteem that you were taught in school. It's not bestowed, it's earned. Real self-esteem is self-confidence, and there's only way to get it: by doing hard things, by rising to a challenge and working until you succeed.

- **PRAY!** Pray for your roommate. Pray for your studies, pray for your work. When you find yourself battling loneliness or homesickness, press hard into Jesus and let those hard feelings drive you to pray in dependence on Him. Trust God to be in control, and rest in Him. He loves you more than you can imagine!

Hope you find this helpful.

Sue Bohlin

“What About Virgins Marrying

Non-Virgins?"

I am engaged to a born again Christian who is not a virgin. Does the Bible say anything about this? We are equally yoked. Why is it strongly advised not to marry someone who is not a virgin even if their past is just that . . . their past. I have read a few articles on the subject, but few give reasons why. Thank you for taking time to answer my question. Your website has been a wonderful source of help to me and I have passed along several email answers and articles to friends and family who are facing such issues.

I'm so glad you wrote, because it is a privilege to encourage you about this. I think it is a form of legalism or judgmentalism to make non-virgins into an inferior class of people. Does the blood of Jesus not cleanse us from all unrighteousness? You know, there are a lot of technical virgins who are very sexually experienced with everything but intercourse; that is certainly not purity, and it still brings memories of past sexual partners into any marriage. Then there are people who haven't had sex but are still addicted to pornography and masturbation. Guess what: that is a tremendous burden to bring into a marriage!

The ground is level at the foot of the cross. So a person who has repented of their sexual experience and is living a holy and pure life can well be at the same place spiritually as a virgin.

Enjoy this story I came across a few years ago:

+ + + + + + + + + +

Slandering The Blood of Jesus

One night in a church service a young woman felt the tug of God at her heart. She responded to God's call and accepted Jesus as her Lord and Savior. The young woman had a very rough past, involving alcohol, drugs, and prostitution. But,

the change in her was evident. As time went on she became a faithful member of the church. She eventually became involved in the ministry, teaching young children. It was not very long until this faithful young woman had caught the eye and heart of the pastor's son. Their relationship grew and they began to make wedding plans. This is when the problems began. You see, about one half of the church did not think that a woman with a past such as hers was suitable for a pastor's son. The church members began to argue and fight about the matter. So they decided to have a meeting. As the people made their arguments and tensions increased, the meeting was getting completely out of hand. The young woman became very upset about all the things being brought up about her past. As she began to cry the pastor's son stood to speak. He could not bear the pain it was causing his wife-to-be. He began to speak and his statement was this: "My fiancé's past is not what is on trial here. What you are questioning is the ability of the blood of Jesus to wash away sin. Today you have put the blood of Jesus on trial. So, does it wash away sin or not?" The whole church began to weep as they realized that they had been slandering the blood of the Lord Jesus Christ. Too often, even as Christians, we bring up the past and use it as a weapon against our brothers and sisters. Forgiveness is a very foundational part of the Gospel of the Lord Jesus Christ. If the blood of Jesus does not cleanse the other person completely then it cannot cleanse us completely. If that is the case, then we are all in a lot of trouble. What can wash away my sins, nothing but the blood of Jesus . . . end of case!!! God forgives . . . so should we.

+ + + + + + + + + +

Hope this helps!

Sue Bohlin

Probe Ministries

“Is Oral Sex a Sin?”

Is oral sex a sin? Does it constitute having sex? Can you have and give oral sex and still remain a virgin? Is it okay to have oral sex if you're in a committed marriage? And if it's wrong can you tell me where in the Bible it says this?

I'm sorry about the many questions but these questions have been nagging me for quite a while.

Is oral sex a sin?

It's permitted within marriage (by mutual consent), but a sin outside of marriage. In condemning fornication (some translations call it “sexual immorality”), the Bible says that all sexual activity outside of marriage is sin. It's not that God is a cosmic killjoy—it's that He knows the best way to protect us is to keep the extraordinarily powerful nature of sex contained within the safe confines of a committed marriage relationship.

Does it constitute having sex?

Yes. We need to define “sex” more broadly than many people do (such as a former president . . .). There are a great many sexual activities and behaviors that fall in the category of “sex” besides intercourse. Here's a helpful question to help think clearly about any particular activity, such as open-mouth kissing or oral sex: would you do it with your parent or your pastor? If you shrink back in disgust at the thought, that means it's sexual. (But holding hands, however, is something you can do with anyone without it being sexual. People often hold hands while praying, for instance. See the difference?)

Can you have and give oral sex and still remain a virgin?

The definition of a virgin is a person who has not experienced sexual intercourse. It's really more of a biological term than anything else, because the real heart issue is about purity. You can't participate in oral sex outside of marriage and still be pure. So people can be technically virgins and still engage in very sexual behaviors. For example, there is an epidemic of gonorrhea of the throat among American junior-high age kids who are still genital virgins but have infected oral sex. The good news is, someone who has had oral sex outside of marriage can confess it as sin, be cleansed and have his or her purity restored.

Is it okay to have oral sex if you're in a committed marriage?

Yes, as long as both spouses are okay with it. If either one doesn't want it, it would be selfish and unloving for the other one to insist. Also, please see our article, "[What's God's Plan for Sex in Marriage?](#)"

And if it's wrong can you tell me where in the Bible it says this?

If you read the Song of Solomon, you can see that God encourages married people to enjoy His gift of sex in all its glory. Jody and Linda Dillow (authors of *Solomon on Sex and Intimate Issues*) believe that there are two veiled references to oral sex in the Song of Solomon. Keep in mind that in this biblical book, "garden" usually refers to the wife's genitals, and "fruit" to the husband's:

(Bride) Awake, O north wind
And come, wind of the south
Make my garden breathe out fragrance
Let its spices be wafted abroad
May my beloved come into his garden
And eat its choice fruits! (4:16)

Like an apple tree among the trees of the forest
So is my beloved among the young men
In his shade I took great delight and sat down
And his fruit was sweet to my taste. (2:3)

*I'm sorry about the many questions but these questions have
been nagging me for quite a while.*

I'm glad we could help!

Sue Bohlin
Probe Ministries