

# **“What Does the Bible Say About Masturbation?”**

**Dr. Bohlin:**

**I have just read [your article on “Sexual Purity”](#) & found it to be an excellent resource. You have really hit this subject on the head.**

**Can you please address the following question?**

**I am a Christian male, age 36. My girlfriend, maybe soon to be fiancée is also a Christian. We do not cohabit, nor do we have sexual relations, albeit we are not virgins.**

**The secular world would have us believe that masturbation is a healthy practice. Research has shown that men think about sex more often than women. Obviously men and women are wired differently.**

**I catch myself entertaining sexual thoughts and I feel a tremendous amount of guilt. What does the Bible say about masturbation & entertaining sexual thoughts? I know that we can commit fornication in our hearts by our lustful thoughts & desires.**

You raise a difficult and even controversial topic. Christians have disagreed on the issue of masturbation. Some allow it and some do not. Here is my take. The Bible is clear that any sexual activity outside of marriage is sin. The biblical term “fornication” (sexual immorality) simply refers to any sexual activity outside of marriage. Jesus also clearly indicated, as you mentioned, that we can commit adultery in our hearts without any physical activity involved. Part of our sanctification process is to be transformed from being self-centered to being other-centered. With this background, consider these realities. Masturbation is sexual activity outside of marriage. Most if not all masturbation is accompanied by sexual thoughts to accentuate the experience. Masturbation is essentially self-centered, seeking to fulfill one’s own needs by oneself. There is no specific Biblical admonition to refrain from masturbation. However, based on the review above, it is difficult to find any justification for it either.

This is not to say, of course, that avoidance of masturbation in young men is easy. We praise God for His finished work on the cross that allows for forgiveness of past, present, and future sin, even besetting sins.

Respectfully,

Dr. Ray Bohlin  
Probe Ministries