



Teaching God's Design for Sex

Peake Youth / Grades 8-12

God has an intended design for life. It's rich, satisfying, and best.

- Life lived outside of God's version of life leads to so much pain and heart ache

Sex is one of the biggest ways we miss God's intended design for life.

- God has a design, a plan, for sex. It's an incredible gift to us.

But sex has been so distorted, we've been lied to about sex in our culture...

MYTHS AND TRUTHS ABOUT SEX

MYTH - God thinks sex is BAD

- Why could some people think God looks down on sex?
- If God created us, didn't God then create sex too? Why did He create it?

TRUTH – God created sex for us to ENJOY IN MARRIAGE and create LIFE

Genesis 2:24

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.

MYTH - Sex is no BIG DEAL

- Why do people think it's no big deal? Where do you hear or see this message?
- Why is sex actually a very big deal?
- What kind of life-long consequences can sex have?

TRUTH – Sex is the strongest and MOST SACRED bond

- Sex is a sacred bond that isn't made to be broken. What happens when you stick two stickers together and rip them apart? Do they stick well to other things after that?

Hebrews 13:4 (The Message Bible)

Honor marriage, and guard the sacredness of sexual intimacy between wife and husband. God draws a firm line against casual sex.

MYTH - Sex is purely PHYSICAL

- Why do people think sex is purely physical? Is it more? Is it also emotional?
- Why would God design sex to be both emotional and physical?
- What is the danger in thinking sex is only physical?

TRUTH – Sex is highly EMOTIONAL as well as physical and spiritual

Song of Solomon 4:9-10

You have captured my heart, my treasure, my bride. You hold it hostage with one glance of your eyes...your love delights me, my treasure, my bride.

MYTH - Everyone is DOING IT

- What percentage of teens at your school does it seem like are having sex?
- Do you ever feel alone if you're trying to commit to not having sex?
- How would that make someone feel if all their friends were having sex but them?

TRUTH – Everyone is NOT doing it!

- In 2005, [researchers from the National Center for Health Statistics](#) found that 47% of teens (6.7 million) were having sex.
- Does that number surprise you? Why or why not?
- Does that mean that at worst, more than half of teens are NOT having sex? Is *everyone* actually having sex?

MYTH - It's impossible to be PURE

- Does it seem impossible to actually wait until marriage for sex? Why?
- How do you know that it's possible for you to stay pure?
- How does God help us be sexually pure?

TRUTH - With God's help you can REMAIN PURE (You're not a freak...or gay)

Philippians 4:13

I can do everything through Him who gives me strength.

Psalms 119:11

I have hidden your Word in my heart that I might not sin against you.

Romans 12:1-2

...I plead with you to give your bodies to God. Let them be a living and holy sacrifice-- the kind he will accept. When you think of what he has done for you, is this too much to ask? Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do...

MYTH - Sex before marriage is NORMAL in TV, music, and movies so it must be ok

- Why do so many people think it's normal to have sex before marriage?
- How does this culture of sex being normal make being pure more difficult?

TRUTH – Sex in music, TV and movies is a FAKE and TWISTED version of sex

- How is the reality of sex different than what we see in movies or TV?
- Do they depict the reality of pregnancy, STD's or heartache from sex?
- Do you think God is honored or dishonored by this fake version of sex?

MYTH – There's nothing wrong with a SAME SEX physical relationship

- What does the modern culture say about same sex relationships?
- What do you think the Bible says about it? Is it wrong or sin?

TRUTH - God created sex for a MAN and WOMAN only

- Sex before marriage is wrong either way...homosexual or heterosexual
- Plus, it just doesn't work, it doesn't create life...it's just not natural...
- How can you disagree with homosexuality but not condemn someone for it?

Romans 1:24-27

So God abandoned them to do whatever shameful things their hearts desired...They traded the truth about God for a lie...Even the women turned against the natural way to have sex and instead indulged in sex with each other. And the men, instead of having normal sexual relations with women, burned with lust for each other.

MYTH – REAL MEN have sex whenever they want.

- Why can being a virgin in high school be so embarrassing?
- If having sex whenever you want, outside of marriage, describes the sexual instincts of a dog, why does that make you more of a man?
- What makes waiting till marriage to have sex the *MORE* manly thing to do?

TRUTH – REAL MEN care enough about their girlfriend to NOT have sex.

- How can guys HONOR girls in relationships with their physical relationship?
- How can guys set Godly standards instead of being a source of pressure for being more physical in a relationship?

1 Corinthians 13:4-5

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way.

MYTH – Sex is the best way for a girl to feel LOVED and DESIRED

- How do girls allow sex to become a way to feel more loved by their boyfriend?
- How are girls pressured to have sex because that's what "good" girlfriends do?
- Why is "if you love me..." a stupid reason for a guy to convince you to have sex?
- If you feel you truly love someone...is that reason enough to have sex? Why not?

TRUTH – Outside of marriage, sex is a FAKE and TWISTED version of love

Galatians 5:19, 22

When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures...But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness...

ESTABLISHING SEXUAL BOUNDARIES

The key to staying sexually pure is strong, specific BOUNDARIES

Boundaries allow us to ENJOY our relationships in the context of what is safe.

- Without boundaries, life becomes a wreck...like a crosswalk w/o lines; it's not safe

FIRST, ask yourself these questions:

1. What's most important about your relationship?

- If a quality friendship is most important...being physical changes everything
- Where you set your boundaries will tell you what is most important...
- Where your boyfriend wants to set them will tell you what's most important to HIM.

2. What's your motivation?

- Why do we ask the question, "How far is too far?" What are we looking for?
- **Is your motivation to see how far you can go, or what you can get away with?**
- If it is, then your natural instincts to cross those lines will eventually win.
- Is this a better question, and why?
"How can I make boundaries so I don't go too far AND honor God in this relationship?"
- We need to be asking for God's help to stay **as far away as possible** from those things we know will only harm us. Not how close we can get.

3. What's God's standard?

- What do you think are Christ's standards for how far is too far?
- God's standard: to be the holy generation He has called us to be...it IS POSSIBLE

1 Peter 1:16

But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy."

1 Corinthians 6:18

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

4. What is considered sex?

- Vaginal sex, oral sex, anal sex...it's all called sex for a reason. It is sex.
- Don't think you've found a "loophole" by engaging in oral sex...it is sex too.

SECOND, understand how God built our sex drive.

(When you are married someday...this is how it is supposed to work!)

The further you go, the faster and further you want to go

- After you cross one line, the next line is crossed even sooner
- God built us keep going! Don't start that fire yet...

The further you go, the more difficult it is to go back

- God built us to go forward, not backward
- It's nearly impossible to go backward once you cross a physical boundary

The further you go, the more intense the temptation

- How much do you want to have to resist? How difficult do you want it to be?

Where you draw the line determines the consequences of crossing that line

- What is the consequence of crossing your line?
- Catching a cold (from kissing)...or making a baby? (from sex)

THIRDLY, understand temptation and be prepared for it

- Are you expecting to be tempted...or are you immune? Are you ready for it?
- Look for God to provide a way out of sexual temptation...and TAKE IT!
- For example, mom calls while you are kissing...answer the phone! It's God.
- What situations will you commit to avoiding in order to avoid temptation?

1 Corinthians 10:13

God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

LASTLY, COMMIT TO A BOUNDARY PLAN

Remember...boundaries only work if you WANT them to. If you're looking for loopholes, you will find them.

BE SPECIFIC!

- Will we lie down next to each other? Cuddle in a bedroom or on a couch?
- Will we be alone in a car or bedroom? Will we always keep lights on?
- Will we kiss? If so, what kind of kissing and for how long?
- Where will hands go and not go? Will ALL clothing stay on?

- Have you thought about and committed to a boundary plan?
- Have you written it down?
- **Tell someone else and ask for accountability. You can't do this alone...**

Agree on it with your boyfriend or girlfriend

- You must BOTH be on the same page or you will fall into temptation
- Are you willing to break up with someone if they didn't share your boundaries?
- It's so much easier to be pulled down to lower standards...

Get out if your boyfriend or girlfriend isn't on the same page!

- If you're not on the same page you WILL do things you regret
- No relationship, no boy, no girl, is worth making sexual mistakes

COMITTING TO SEXUAL PURITY

Purity isn't always EASY...you have to PURSUE it and make it your goal. FIGHT for it.

1. Decide **NOW** on your **STANDARDS** and **BOUNDARIES**
 - Decide NOW...don't wait until you're in a tempting situation to decide
 - Don't let your friends convince you otherwise...be committed no matter what
 - Don't make it a secret to others, don't hide it

2. Choose **WISELY** who you will date

2 Corinthians 6:14

You are not the same as those who do not believe [in Jesus]. So do not join yourselves to them. Good and bad do not belong together. Light and darkness cannot share together.

- Just like our friends, our **dating relationships are a HUGE INFLUENCE** on us
- If you're not on the same page you WILL do things you regret
- **It's so much easier to be pulled down, then for us to pull others up**

3. Avoid **TEMPTING** situations

- **Even if you're both committed to purity...with enough temptation you'll fail!**
- You're not immune to temptation! If you play with fire, eventually you'll get burned
- If you were trying to lose weight, would you get a job working at a donut shop?

Proverbs 6:27

Can a man scoop fire into his lap without his clothes being burned?

4. Don't fill your **MIND** with sexual things

What you put into your mind deeply affects who you are! It matters!

Our mind determines what's right and wrong...it's how God shapes us to honor Him

1 Titus 1:15

To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. In fact, both their minds and consciences are corrupted.

Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is...

Let's be brutally honest...are you dumping filth into your mind?

Stop and think about the music you listen to...

- Would you play your music in the church van? Is God honored by it?

Stop and think about the movies and TV you've watched this year

- Would you take Jesus to see that movie too?

What you put into your mind deeply affects who you are! It matters!

If you're pouring sexual music and movies into your brain...that's what will come out of you

Guys - want to destroy your mind & commitment to purity? Than look at pornography

- It's a powerful addition, no different than drugs...run from it!
- Pornography ruins your relationships, view of women and future marriage
- www.settingcaptivesfree.com or email me for where to start for help

5. Make **CHRIST** your most important relationship

- Are you spending time each day getting to know God and reading His Word?
- Are you trusting Him each day...believing in His promises to love you and help you?
- Are you more concerned about pleasing God...or pleasing your boyfriend?
- Are your values and standards based on God's version of life and believe it's best?
- Are you relying on God for strength when life is really hard?
- Is God the one who defines what is good or right in your life?

6. Make a **COMITTMENT** to save sex for marriage

- Write it down, or use the Peake Youth commitment card
- Find a symbol to remind you (ring, chain links, bracelet, etc.)
- Visit peakeyouth.com for more ideas on the "committing to sexual purity" page

THE TRUTH ABOUT MISTAKES

We need God's help to STOP the cycle of making mistakes...we can't do it on our own

Romans 7:18-19

I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.

STARTING OVER

1. Admit your mistake and accept, GOD'S FORGIVENESS

Psalm 32:3, 5

Finally, I confessed all my sins to You and stopped trying to hide them...And You forgave me!
All my guilt is gone.

Psalm 103:13

He has removed our rebellious acts as far away from us as the east is from the west.

2. Forgive YOURSELF

- We should feel a level of regret; we need to understand the gravity of our mistakes
- But we must also accept God's complete forgiveness and start fresh
- Pray and ask God to help you forgive yourself as much as He has forgiven you

2 Corinthians 5:17

...those who become Christians become new persons. They are not the same anymore, for the old life is gone. A new life has begun.

3. Confide in a trusted FRIEND

- Telling someone else is a powerful way to admit, and move past, our mistakes
- If we don't tell someone else, we are more likely to repeat our mistakes
- Ask that person to help hold you accountable

James 5:16

Confess your sins to each other and pray for each other so that you may be healed.

4. Live like you're FORGIVEN

- Don't let guilt hang over you; you have been truly and completely forgiven
- Don't view yourself as broken or unclean; we are made new in Christ
- Make a new commitment to purity from this day forward
- Make a change – do what it takes to keep your new commitment to purity

Psalm 32:1-2

Oh, what joy for those whose rebellion is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the LORD has cleared of sin...

If you've been the victim of sexual abuse...

1. It's not your fault
2. Seek help; don't suffer in silence
3. There is hope
4. God cares about your pain and loves you

You can start over TODAY

- You can have a fresh start...commit to saving sex from this day forward
- DO WHATEVER IT TAKES to get out of your sexual habits or relationships
- Know that you never run out of God's forgiveness...start over again when needed