

What Does the Bible Say About Sex?



Kay Arthur, David & BJ Lawson

4minute
BIBLE STUDIES

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PRECEPT MINISTRIES INTERNATIONAL



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WHAT DOES THE BIBLE SAY ABOUT SEX?

Sex! Everyone is talking about it, yet many people are uncomfortable having honest conversations on this topic. If you bring God into the discussion, people often grow even more uncomfortable. Many find it hard to believe that God would care about this facet of their lives, while others resent what they see as interference with a private matter. Perhaps you are among those who consider their sexual behavior to be completely separate from their faith.

As our culture has grown more obsessed with sex, various misconceptions have cropped up, leaving people both inside and outside of the church confused and asking questions such as...

Why does God hate sex?

Does my choice of sexual expression really matter?

*Whatever we do is okay as long as we love each other,
right?*

If love makes it okay, why do I sometimes feel guilty?

How far is too far if we're not married?

God has a lot to say in His Word about sex, both inside and outside of marriage. You may be surprised to learn that He is not antisex. On the contrary, He invented sex and values it so much that He wants to help us deal with it properly.

We will spend the next six weeks looking at what the Designer of sex says about His intention for this priceless gift.



WEEK ONE

Many people believe that sex is a physical need that must be fulfilled just as our need for food and water must be met. They consider it just another “animal appetite” to be satisfied, without any deeper spiritual meaning. In this lesson we’ll look at the true origins of sex—who invented it, why it was created, and what boundaries, if any, were designed to protect it.

OBSERVE

Let’s go back to the very beginning, to Genesis, the first book of the Bible, and see what God says about the first union between a man and a woman.

Leader: Read Genesis 1:25–28 aloud. Have the group say aloud and...

- mark every reference to **God**, including pronouns such as **Our**, **Us**, and **His**, with a triangle, like this: 
- draw a box around every reference to **man**, including the pronouns **him** and **them**: 

As you read the text, it’s helpful to have the group say the key words aloud as they mark them. This way everyone will be sure they are marking every occurrence of the word, includ-

GENESIS 1:25–28

25 God made the beasts of the earth after their kind, and the cattle after their kind, and everything that creeps on the ground after its kind; and God saw that it was good.

26 Then God said, “Let Us make man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and

over all the earth, and over every creeping thing that creeps on the earth.”

27 God created man in His own image, in the image of God He created him; male and female He created them.

28 God blessed them; and God said to them, “Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth.”

ing any synonymous words or phrases. Do this throughout the study.

DISCUSS

- What did you learn from marking the references to man?
- Who created man?
- What specifically did you learn about the creation of man in verse 27?
- What is the first thing mankind was commanded to do in these verses?
- Is it possible to fulfill this command without sex?
- Is it possible in a same-sex union?
- Since God created mankind, who created sex?
- Logically then, who would determine the specifications and limitations of sex?

OBSERVE

Now let's look at Genesis 2, which offers a more detailed look at how man and woman were created.

Leader: *Read aloud Genesis 2:7–8, 15–25.*

Have the group say aloud and...

- *draw a box around every reference to **man**, including pronouns.*
- *circle every reference to **woman**, including pronouns and synonyms such as **wife**.*

DISCUSS

- Discuss what you learned about the creation of man and woman in this passage.
- Who was created first?

GENESIS 2:7–8, 15–25

⁷ Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being.

⁸ The LORD God planted a garden toward the east, in Eden; and there He placed the man whom He had formed....

¹⁵ Then the LORD God took the man and put him into the garden of Eden to cultivate it and keep it.

¹⁶ The LORD God commanded the man, saying, "From any tree of the garden you may eat freely;

17 but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die.”

18 Then the LORD God said, “It is not good for the man to be alone; I will make him a helper suitable for him.”

19 Out of the ground the LORD God formed every beast of the field and every bird of the sky, and brought them to the man to see what he would call them; and whatever the man called a living creature, that was its name.

20 The man gave names to all the cattle, and to the birds of the

- Within a garden filled with so many good things, one thing was not good, according to verse 18. What was it?
- What was God’s purpose for creating woman?

INSIGHT

The word translated as *helper* in this passage means “someone who comes alongside to help accomplish a task.” It does not indicate someone of lesser value or position. As a matter of fact, the same Hebrew word used here often is used to describe God coming alongside us to deliver us from trouble. According to this passage, man needed a helper, a partner every bit his equal whose strengths would compensate for his weaknesses. She would be suitable for him, spiritually, emotionally, and physically.

WRAP IT UP

Despite what you may have heard, God is not against sex. In fact, from the very beginning He planned for sex to unite a man and his wife. There was no alternate plan, no substitute, and no better companion for man than his wife. God designed the sexual relationship—the union of two into one flesh—to bring the blessings of companionship, unity, and pleasure. God planned on our being sexually satisfied within the marriage relationship.

Sex within the bounds of marriage is awesome; it brings about a dimension of total oneness and completeness that cannot be fully explained to those who haven't experienced it. However, as we'll see in the following weeks, sex outside of marriage violates God's design and can lead to hurt, guilt, shame, and perversion.

God's plan remains unchanged since the beginning of time. No matter how our culture changes and redefines sexual activity, God, the inventor of sex, has clearly set the boundaries for the sexual relationship. Sex is:

designed solely for one man and one woman,
to be practiced inside marriage only,
satisfying and pleasurable when enjoyed within God's
guidelines,
but dangerous and destructive when practiced
outside of God's plan.

In a culture saturated with sex and distorted by lust, following God's design may be considered old-fashioned, but it's the only way

to enjoy this precious gift without destructive consequences.

Take the time this week to examine yourself and see what ways you may have personally bought into the world's view on sex.



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