

Teenage Struggles

Teenage Sexuality

Teenage Sexual Issues:

Strong cultural influence (unlimited access, unrestrained, self-centered, focus on the now, pleasure, hard-core/base, degrading)

Focus on the physical (holding hands/hugs/kissing) and the romance rather than building a mature friendship

Hidden battles with lust and masturbation which effect teen's future view of marriage, future mates, and sex.

Immorality (oral sex, heavy petting, extended kissing)

Ezekiel 20:43; 23:5,6,8,16-19,21,29,30,35,43-45,48,49

Loss of virginity or teen pregnancy

Parental silence (false view: teenage hormones/phase you weather)

- **Guard your heart.**

Proverbs 4:23 "Above all, guard your heart, for from it flows the springs of life."

- **Protect marital purity (emotional & physical)**

Hebrews 13:4 "Marriage should be honored by all and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral."

1 Thessalonians 4:4-7 "Each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust... and no one should defraud his brother or take advantage of him... for God did not call us to impurity, but to live a holy life."

- **Things to promote:**

Virginity

Isaiah 62:5; Gen. 24:16; Deut. 22:21,23,24; Lev. 21:13,14

Abstinence till marriage

Proverbs 5:15-20

Song of Solomon 2:7; 3:5; 8:4

Exodus 22:16

Emotional purity

Matthew 5:28

Self-Control

1 Thessalonians 4:3-7

1 Corinthians 7:1-5,9

Titus 2:12

Physical and emotional boundaries

- never be alone together with out interruption
- never lie down together or undress in each other's presence
- never give away what you are saving for your marriage.
- never defraud another (whether by word or touch)

Marriage is the only place God designed for emotional & physical intimacy to be fully satisfied. (without guilt)
Genesis 2:18-25 (Matt. 19:4-6)

Marriage is the place of true companionship.

1 Corinthians 7:2-5,9

Marriage is the place to righteously fulfill sexual desire.

Proverbs 5:15-23

Marriage is where a couple is fully satisfied sexually.

Song of Solomon

Hebrews 13:4

Marriage is to be honored and protected.

Sex is very powerful, irresistible, & captivating and must be protected in the proper context of marriage. (Prov. 5:19)(exclusivity)

Sex is a union between husband and wife, not a private affair. It is not primarily about you.

Sex is very important, but not the main thing in a marital relationship.

• Goals in coed relationships:

- Be the best of friends until you are ready to pursue marriage. Stop pursuing the romance and put the physical on hold till you are ready to say I Do.
- Treat single men/women as brothers or sisters in Christ.
1 Timothy 5:2
Be very careful not to say "I love you" flippantly.
- Strive to be a good wife/husband (not good boyfriend/girlfriend)
- Save everything for your future marriage/spouse
first kiss, whole-heart devotion, first sexual experience, deep emotional communication
- Treat the person you are with now the same way you would want someone else to treat your future mate.
- Don't awaken physical desire until you can righteously satisfy it in marriage. (Song of Solomon 2:7; 3:5; 8:4)

• Biblical warnings against sexual immorality:

1 Thessalonians 4:3-7

Hebrews 13:4

2 Timothy 2:22
Galatians 5:13,19,20
Colossians 3:5

1 Corinthians 6:9-11,18-20
Ephesians 4:19,20; 5:3-5
Romans 13:13,14

The Battle Of False Intimacy:

1. Lust (pornography/of the eyes & of the flesh)

“Craving sexually what God has forbidden.” (coveting)

- Cultural pressure/opportunity (internet, movies, books, music, teen magazines, sensual clothing styles, video games)

Romans 1:24-26 “Therefore, God gave them over in the sinful desire of their hearts to sexual impurity for the degrading of their bodies with one another.” “Because of this, God gave them over to shameful lusts...”

(Ps. 106:14,15,43; 81:12; 1 Cor. 5:5) “Is that what you really want? Then go for it...”

Ephesians 4:19 “Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity with a continual lust for more.”

Romans 12:2 “Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind...”

Proverbs 5:20-23 “Why should you, my son, be exhilarated with an adulteress and embrace the bosom of a foreigner (another man’s wife)? For the ways of a man are before the eyes of the LORD, and He watches all his paths. The evil deeds of a wicked man ensnare him and he will be held with the cords of his sin. He will die for lack of discipline and in the greatness of his folly he will go astray.”

- Loss of innocence (too much too soon)
- Perversion of desire (twisted view of love, sex, & people)
 - “Men are tempted to give themselves to pornography, women are tempted to commit pornography.” (Mohler)
 - “Lust offers men the pleasure of sex devoid of the hard work of intimacy. Lust offers women the power to get what they want relationally if they use their sexuality to seduce.” (Harris)
 - “The lie – that satisfaction can be found apart from God.”
 - “There is a difference between dressing attractively and dressing to attract.”
 - Pornography never satisfies and becomes controlling.
 - Pornography creates false expectations on one’s future marriage partner. (performance comparison)

- Fantasy can create unhealthy and unrealistic expectations of sex." ("this is what couples do normally")
- Lust dishonors women ("sisters" 1 Tim. 5:1,2; 1 Pet. 3:7)
Giving in to lust in one area impacts every area.
- Lust is violent, unloving, selfish, demanding, undisciplined
1 Corinthians 6:18 *"Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body."*
2 Timothy 2:22 *"Flee youthful lust... but pursue righteousness... along with those who call on the Lord out of a pure heart."*
1 Thessalonians 4:3-8 *"For it is God's will... that you avoid sexual immorality..."*
1 Peter 2:11 *"Abstain from sinful desires which wage war against your soul."*
James 1:8,14,15 *"A double minded man is unstable in all his ways." "Each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin and sin, when it is full-grown, gives birth to death."*
Proverbs 6:23-35 *"Do not lust in your heart after her beauty" "can a man play with fire and not get burned"*
Matthew 5:27,28 *"He who looks on a woman to lust for her has committed adultery with her already in his heart."*
Romans 13:13,14 *"Let us behave decently, not in orgies... sexual immorality and debauchery... rather clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature." (Don't even go there!)(If you don't want to fall, don't walk where it is slippery!)*
2 Corinthians 10:4,5 *"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds...we take every thought captive to the obedience of Christ."*
Job 31:1,7,9 *"I have made a covenant with my eyes not to look lustfully at a girl. So that my heart would not be led by my eyes, so that I would not be enticed by a woman."*
- Double-mindedness (sin in the mind without the act)
James 4:8 *"Wash your hands you sinners, and purify your hearts, you double-minded."*
Job 31:33 *"If I have concealed my sin as men do, by hiding my guilt in my heart."*

Jeremiah 4:14 "Wash your heart...how long will evil thoughts lodge within you?"

Ezekiel 11:5 "I know what is going through your mind."

Matthew 9:4 "Knowing their thoughts, Jesus said, 'Why do you entertain evil thoughts in your hearts?'"

Luke 16:15 "You are the ones who justify yourselves in the eyes of men, but God knows your heart."

Psalms 44:21 "Would not God have discovered it since he knows the secrets of the heart?"

Matthew 12:34,35 "Out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him."

Matthew 15:18,19 "The things that come out of the mouth come from the heart. For out of the heart come evil things..."

Proverbs 23:7 "As he thinks within himself, so he is."

- Parents must guard their homes with vigilance
 - Clear Play (movies)
 - Safe Eyes (internet)
 - Modesty in clothes selection
 - Limit physical expression in relationships (PDA's)
 - Open door policy, limited access

Psalms 101:2-4 "I will behave wisely in a perfect way... I will walk within my house with a perfect heart. I will set nothing wicked (worthless) before my eyes... I will not know wickedness."

Philippians 4:8 "Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things (let your mind dwell on these things)."

2. Masturbation (self stimulation)

- * The Bible is silent on the act, yet clear on the sin.
- Issue of a guilty conscience (shame)
 - Broken promises ("I'm going to quit...")
 - We feel guilty because we are guilty. (Rom. 2:15)
- Issue of lustful fantasy (impure mind)(Matt. 5:28)
- Issue of false substitute to marriage/false intimacy
 - (1 Cor. 7:2-5,9; Matt. 5:27,28; Genesis 2:18-25)
 - It isolates an act from God's design of marital union.
- Issue of false gratification & selfishness (self-centered/isolated)

- self-centered sex on demand (lack self-control)
- sex is the ultimate intimacy between a husband and wife and is not a private pursuit. Two becoming one. Mutual fulfillment (selfless sex)(1 Cor. 7:2-5)
- Issue of the law of diminishing returns/never fully satisfies
 - sin is always progressive in nature. (Eph. 4:19)
 - masturbation always leaves one unfulfilled.
- Issue of slavery (it becomes controlling or obsessive)
 - Romans 6:16 "You are slaves to the one whom you obey..."*
 - 2 Peter 2:19 "for a man is a slave to whatever has mastered him."*
 - Psalms 19:13 "Keep your servant also from willful sins, may they not rule over me." (119:133)*
- Issue of rejection of God's provision (nocturnal emissions/"wet dreams")
 - 2 Corinthians 10:5 "The weapons we fight with... have divine power to demolish strongholds...we take every thought captive to the obedience of Christ."*
 - 1 Corinthians 6:20 "...Honor God with your body."*
 - Galatians 5:16 "Live by the Spirit and you will not gratify the desires of the sinful nature."*
 - Galatians 5:24 "Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires."*
 - Romans 6:1 "Shall we go on sinning so that grace may increase? By no means!"*
 - Romans 6:11-14 "Count yourselves dead to sin but alive to God... do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin as instruments of wickedness, but rather offer yourselves to God... and offer the parts of your body to him as instruments of righteousness. For sin shall not be your master..."*
 - Romans 6:17-19 "Thanks be to God that though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness." "Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness." (v. 22 "the benefit you (now) reap leads to holiness and the result is eternal life.")*
 - Colossians 3:5,8-10 "Put to death, therefore, whatever belongs to your earthly nature, sexual immorality, impurity, lust, evil desire and greed, which is idolatry." "But now you must rid yourselves of all such things as these... since you have taken*

off your old self with its practices, and have put on the new self which is being renewed in the knowledge in the image of its Creator."

Ephesians 5:3 "There must not even be a hint of sexual immorality or any kind of impurity for these are improper of God's holy people." "Nor should there be any obscenity, foolish talk, or coarse joking which are out of place..."

Titus 2:12 "Say no to ungodliness and worldly passions and live self-controlled, upright, and godly lives in this present age."

3. The discipline of inner purity

Job 27:6 "I will maintain my righteousness... my conscience will not reproach me..."

Acts 24:16 "So I strive always to keep my conscience clear before God and man."

Ephesians 5:3,4 "But among you there must not be even a hint of sexual immorality or any kind of impurity... because these are improper of God's holy people."

1 Timothy 4:7 "Discipline yourselves for the purpose of godliness. For physical discipline is of some value, but godliness has value for all things..."

• What should be the ultimate goal of your teens relationships with the opposite sex?

1 Corinthians 10:31 To bring God glory in everything we do.

Acts 24:16 To have a clean conscience before God and others.

Hebrews 13:4 To protect and honor your future marriage/partner.

"Sharing the pleasure of intimacy is the most satisfying human experience possible, and sexual pleasure reaches the highest level in a caring, loving, lifelong relationship. That's true because the most sexually excitable part of our body is our mind, and over time with one partner, the full, intimate connection of two hearts, souls, and bodies can occur." Harry Schaumburg

Resources On Teenage Sexuality:

When God Writes Your Love Story, by Eric and Leslie Ludy

Boy Meets Girl, by Joshua Harris

Sex Is Not The Problem, Lust Is, by Joshua Harris

Undeclared, & False Intimacy, by Harry Schaumburg

Sex, Romance, and the Glory of God, by C. J. Mahaney

Why Wait? by Josh McDowell & Dick Day

Teens And Sex, by Paul David Tripp

Passion And Purity, by Elisabeth Elliot

"True Love Waits" Conferences (Grace Community: February 11-13, 2011)

Sexual Detox: A guide for guys who are sick of Porn, by Tim Challies

Discussion On Talking With Teens About Sexuality:

Ideas:

Topics:

- God's design of marriage.
- What is love? How is it different from infatuation or lust?
- The differences between men and women (emotionally/physically).
- Dealing with sexual desire and how it can righteously be fulfilled.
How a Christian man or woman can honor God with their body.
- Warnings against lust, fornication, & masturbation.
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Things to think about:

- Don't give more detail than what the teen is ready to understand.
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Resources:

Family Life: "Passport 2 Purity" by Dennis and Barbara Rainey