

CARE RESOURCES

SEX BEFORE MARRIAGE

Sex outside of marriage is a very serious issue about which the bible speaks very clearly that it is not God's plan for your life.

UNHEALTHY EMOTIONAL AND SPIRITUAL BONDS ARE FORMED WITH WRONG SEX

Sex is not just a physical act. When people participate in sexual activity, they form an emotional and spiritual bond which is also called a soul tie. This bond or soul tie, is intended to be a part of marriage. If this bond is done outside the context of the marriage covenant it can create a number of long-term problems.

Those who are sexually active outside of this marriage covenant often end up with deep emotional wounds, or begin to desensitize themselves to the intimate connection created through sex, finding it difficult to ever find satisfaction in any relationship. 1 Corinthians 6:18 says that this is not only a sin against God, but it is also a sin against your own body as well.

SEX WAS MADE FOR A SPECIFIC PURPOSE

It is easy to get caught up in the excitement of the moment and give into temptation. **Maybe we can convince ourselves that it's worth it because of how good it makes us feel.** We can also convince ourselves that it's worth it as this we are being loved, but sex is not necessarily love. What's so dangerous about sexual sin is that it makes us doubt what God has told us to be true. **Just like anything, sex was made for a specific purpose – to be enjoyed as husband and wife.** (Mal 2:14-16) When we abuse this, we are saying that our self-indulgence is more important than God's intended plan and we make the sexual gratification of our own bodies our god. (Eph 5:5; Col 3:5-9).

- If you are sexually involved with someone you are not married to, it is God's will for you to stop.
- If you live with someone you are not married to, it increases the chances with 20-25% that you will have sexual problems in your marriage.
- The best reason why you don't just live together: you are more worth than that, don't cheapen God's marriage covenant. ([Also read the article: Living together before marriage](#))

The Bible is equally clear, though, that this is a sin for which God will pour out forgiveness and grace. **He offers healing and restoration to those who turn to Him with a broken and repentant heart.** He will not only forgive, but He will bring healing to your sexual brokenness.

If you are a Christian who has made poor decisions with your sexuality, today you are able to repent and turn to Jesus. Jesus is not looking for you to make promises to be a better person. He is looking for you to give Him your heart. Let Him guide you in His ways every day so that you might experience the true freedom, forgiveness, and satisfaction only He can offer.

BIBLE STUDY: WHY IS SEX SUCH SERIOUS BUSINESS FOR GOD

1	God wants us to have the best and not the second best. Sex outside marriage brings destruction. Marriage and family is God's idea and therefore works according to God's principles.	Rom 8:32; 2 Pet 3:9
2	God sees sex as a mysterious holy deed between a husband and wife. God expects us to be pure in our thoughts and deeds. Sex is not a game.	Eph 5:1-33; Eph 5:11-14 ; John 3:14-21
3	During the sexual deed a bonding in the flesh occurs. It is serious. It is called a soul-tie. It is not hooking up, it is a life-uniting deed which creates soul ties in the spiritual realm between you and the other person.	Heb 13:4-5; 1 Cor 6:15-20; Matt 5:27-28
4	Sex outside marriage is second rate, cheap and destructive.	1 Thess 4:3-9
5	How to attract the opposite sex in holiness: Inward character (Christlikeness, modesty, bring back the mystery; do not dress provocatively).	1 Pet 3:1-22; 1 Pet 3:3-4 ; 1 Thess 4:4

BIBLE STUDY: LOVE AND SEX IS NOT THE SAME THING

1	Relate to each other in a different way than the world does.	Eph 4:23-32; Eph 4:30-22
2	Live sacrificially, other-centred. Do to them what you want them to do to you. Don't use people for your selfish desires.	Eph 4:32 - 5:1-2
3	A direct command with regards to sexual relations (purity).	Eph 5:3
4	Sex is so miraculous, awesome, and holy that God does not want us to even make jokes about sexual immorality.	Eph 5:4, 12
5	What comes out of our mouths is a reflection of our hearts. God says it must be pure.	Matt 15:11, 17-20; Matt 5:27-30; Prov 23:7a; Luk 6:45
6	Sexual immorality destroys relationships with others, yourself and with God. It is a type of idol worship.	Eph 5:5-7
7	Develop a strong personal conviction regarding sexual purity otherwise you will always fall for immorality. Wait and be patient to receive God's best for your life.	Isa 1:18-19

BIBLE STUDY: THREE TYPES OF LOVE

1	Eros love. Sexual attraction (Erotica). God created that passion and fire for marriage only. If this fire is outside of the fire place it destroys relationships.	Prov 5:15-19
2	Phileo love. Companionship. Sharing time, activities, hobbies, friendship. Has to do with attitude, sharing, honouring, and eagerness.	Rom 12:9-13
3	Agape love. Love that gives regardless if the other person responds. This means to serve the other person even if you don't get anything in response.	Eph 4:32; 1 Cor 13:1-8

BIBLE STUDY: HOW TO WALK IN A RELATIONSHIP WITH THE OPPOSITE SEX

1	As a friend and not romantically. A constant breaking heart due to romantic relationships which did not work do too much harm.	Rom 12:1-21; Rom 12:9-13
2	As a family member. It helps that barriers pop-up regarding your treatment of the other person.	1 Tim 5:1-2
3	The primary question for every relationship.	Heb 10:24; Heb 13:4-6

BIBLE STUDY: SEXUAL PURITY IN A SEXUAL IMMORAL WORLD

Love is not a feeling but it is to place the needs of others above your own. Walk in the Light. Be sexually pure in your thoughts, language and actions.

1	Develop a personal conviction to be sexually pure and live a sexual pure life.	Eph 5:2-4
2	Think about the consequences.	Eph 5:5-6
3	Decide in advance how you will react according to your conviction when being tempted. Don't put yourselves in compromising situations.	Eph 5:7-12; 2 Tim 2:21-22
4	Get an accountability partner who can help you to remain pure.	Rom 12:1-2; Eph 4:23-24

PRAYER FOR SEXUAL HEALING

Dear Heavenly Father, I confess here and now that You are my Creator (John 1:3) and therefore the creator of my sexuality. I confess that You are also my Saviour and that You have ransomed me with the blood of Your Son Jesus Christ (1 Corinthians 15:3; Matthew 20:28). I have been bought with His blood, and my life and body belongs to You (1 Corinthians 6:19-20).

Jesus, I present myself to You now to be made whole and holy in every way, including in my sexuality. You ask me to present my body to You as a living sacrifice (Romans 12:1) and all parts of my body as an instrument of righteousness (Romans 6:13). I do this now: I present my body, my sexuality as a man / woman, and I present my sexual nature to You. I consecrate my sexuality to Jesus Christ.

I renounce the ways I have misused my sexuality. You acknowledged that You have created my sexuality for pleasure and joy within the context of the marital covenant and that sexuality outside the marriage can be very damaging to myself and my relationships (1 Corinthians 6:18-20). Therefore I confess and renounce all sexual sin (*name any sexual intimacy outside of marriage; not only intercourse, but other forms of sexual intimacy such as mutual masturbation and oral sex; extramarital affairs, the use of pornography and sexual fantasies*).

Jesus, I ask Your Holy Spirit to help me now remember, confess and renounce my sexual sins [*Pause. Listen. Remember. Confess and renounce*].

Lord Jesus, I ask Your forgiveness for every act of sexual sin. You promised that if I confessed my sins, You are faithful and just to forgive me of all my sin and cleanse me from all unrighteousness (1 John 1:9). I ask You to cleanse me of my sexual sins now; cleanse my body, soul, and spirit; cleanse my heart, my mind and will; cleanse my sexuality. Thank You for forgiving me and

cleansing me. I receive Your forgiveness and cleansing. I renounce every claim I have given Satan to my life or sexuality through my sexual sins. Those claims are now broken in the Name and through the blood of Jesus Christ (Colossians 2:13-15).

Lord Jesus, I thank You for offering me total and complete forgiveness. I receive Your forgiveness now and choose to forgive myself for all of my sexual wrongdoings. I also choose to forgive those who have harmed me sexually [*Name those people and forgive them*]. I release them to You. I release all my anger and judgment towards them. Lord Jesus, come into the pain they caused me, and heal me with Your love.

I now bring the full work on the cross of my Lord Jesus Christ between me and every person with whom I have been sexually intimate [*Name them specifically where possible*]. I break all sexual, emotional, and spiritual bonds with [*name if possible, or just that girl in this place or that guy in school etc. if you can't remember their names*]. I keep the full work on the cross of my Lord Jesus Christ between us as this bond is meant to be formed between husband and wife only (1 Corinthians 6:15-20).

Lord Jesus, I ask You to reveal to me every ungodly agreement I have made about my sexuality such as: "I will always struggle with this"; "I can never get free"; "I don't deserve to enjoy sex now"; "my sexuality is dirty" [*pause and let Jesus reveal the agreements to you and then break them*]. I break this agreement [*name it*] in the Name of my Lord Jesus Christ, and I renounce every claim I have given it in my life. I renounce [*name what the struggle is, for example: the inability to have an orgasm; the lingering shame; the hatred of my body*]. I bring the full work of Jesus Christ on the cross and the blood of Jesus against this [*guilt, shame and every negative consequence*]. I banish my enemy from my sexuality in the mighty Name of the Lord Jesus Christ. I invite the healing presence of Jesus Christ to cleanse me and restore me as a sexual being in fullness of joy and wholeness. I ask You, Jesus, to fill my sexuality with Your holiness, to strengthen me and restore me in Your Name.

Lord Jesus, I now consecrate my sexuality to You in every way. I consecrate my sexual intimacy with my spouse to You. I ask You to cleanse and heal my personal sexuality, and our combined sexual intimacy in every way. I ask Your healing grace to come and free me from all consequences of sexual sin. I ask You to fill my sexuality with Your healing love and goodness. Restore my sexuality in wholeness. Let my spouse and I experience all of the intimacy and pleasure that You intended a man and woman to enjoy in marriage. I invite the Spirit of God to fill our marriage bed. I pray all of this in the Name of Jesus Christ, my Lord and Saviour. Amen.



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If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at info@taniab.co.za