

Leader's Guide to

LESSON 9

SEX AND MORAL PURITY

NOTE TO NEW LEADERS

You can download the Leader's Guide from the website www.EveryManAWarrior.com to make it easier to follow while leading the lesson. It is important to follow the Leader's Guide in leading the lesson. While some items are the same each week, others are special, one-time instructions that will negatively impact the study if missed. These items are marked with a star. ★

SEX AND MORAL PURITY

- ✓ Break into pairs and recite all your verses to each other.
- ✓ Sign off on the *Completion Record*.
- ✓ Ask someone to open the session with prayer.
- ✓ Go around the room, asking each man to share one Quiet Time.
- ✓ Begin reading the lesson paragraph by paragraph.
- ✓ Pages 92–103: Ask each of the questions on these pages. Depending on time, have two to four people give their answer. Try to include everyone.
- ✓ Page 103: Have each person read his *Points to Remember*.
- ✓ Page 104: Read the *Assignment*.
- ✓ Page 104: Place 1 Corinthians 6:20 in the front window of your *EMAW Verse Pack* and memorize it this week. Because we are so close to the end of the course, this verse is optional.
- ★✓ Page 104: If you have a teenage son, schedule a father-son time to read and discuss this lesson with him.
- ✓ End in group prayer using the *WAR* method. Spend some time praying about your own battles with moral purity.





SEX AND MORAL PURITY



When a man falls in love, the hormones released shut down all the parts of the brain that relate to common sense.

—Author Unknown

Adam and Bev were both raised in Christian homes in a time when our culture still embraced a Christian worldview. They grew up before there was TV. Their lives consisted mostly of hard work and church activities. Their parents were committed Christians, and at a very early age Adam and Bev each gave their lives to Christ.

Adam and Bev lived just miles apart in a rural midwestern area and met for the first time at a regional church retreat. Adam was eighteen, Bev sixteen, and they were immediately attracted to one another. Adam had never had such an intense interest in a girl before and over the next two years, they courted.

Adam realized he was in trouble. He had never thought so much about a girl. His heart ached when they were apart. Bev too was feeling emotions and excitement that had never been awakened before. As their relationship progressed, the intensity of these feelings grew. Two years after their first date they were married. They had never loved or been interested in anyone else.

They had stayed pure during their courtship and the thought of their wedding night was a little frightening, yet was filled with a godly anticipation of being able to release the pent-up desire they had for each other.

Their wedding night was a little awkward, but during the next few days they learned. Adam could not believe the beauty of his wife's body. Her softness and curves brought a sense of holy awe. Her loveliness and form was so different from his own. They could lie together for hours, just caressing, exploring, and holding each other close. Clinging to Bev, Adam's heart felt a sense of refuge, rest, and completeness.

Bev too was overwhelmed by the new emotions exploding inside her. She longed for his touch. His gentle caressing brought bursts of desire inside of her, something she had never known. She wanted to reveal all of herself to him and gave herself with complete abandonment.



During the next few months, they discovered even more ways to bring joy to each other. Whenever they were separated, for even a few hours, their longing for each other became almost unbearable. When Adam had to leave on an overnight trip, they clung to each other, feeling something was being torn from their insides. That first year of marriage was the happiest time of their lives.

During their first year of marriage, unknown to Adam or Bev, an unseen act of God had unfolded. Inside the DNA codes of both their bodies, a biological trigger mechanism designed by the Lord to bring oneness had tripped. For Adam, the start was seeing his wife in all her nakedness and beauty; for Bev, it was his gentle touch and his words of love.

This mechanism was activated in both their brains on their wedding night. An unseen flood of life-bonding hormones, chemicals, and endorphins were released from their brains, hypothalamus, and sex organs. These biological and chemical agents reached a level many times more than normal. It was creating a “*God-designed glue*” between Adam and Bev that brought a oneness of their souls. In God’s plan, Adam and Bev would be bonded together for life.

During the next ten years, Adam and Bev had four children. Adam started a business and became intensely aware of his need to provide for his family. Once on

a business trip, another man showed him a pornographic picture. Adam was immediately repulsed. He had never seen a naked woman other than his wife. He only wanted Bev’s image of beauty stuck in his brain. What he and his wife shared was something pure and beautiful. Anything else felt dirty.

Adam and Bev were married for seventy-two years. They raised four children and lived to see their great-great-grandchildren. As they aged, their

Vasopressin – A Hormone

- *Predominantly in males.*
- *Awakens by visual stimuli.*
- *Released into the bloodstream and into the brain.*
- *Creates an insatiable biochemical bond between two people.*
- *Released during intimate male-female contact.*
- *Causes a laser-like focus on the person you are being intimate with.*
- *You see her and track her in your mind even when she isn’t there.*

The oxytocin levels in a woman jump to five times the norm during sex, creating a chemical bonding between couples.

—The Science of Sex

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only care was to take care of each other. When Adam died at age ninety-two, Bev grieved and comforted her family. Her mind was still alert and clear. But something had been torn from her soul, and knowing that she was no longer complete, ten days later she died too.

FAST-FORWARD FIFTY YEARS

Max was born during the mid-sixties in Denver. His dad and mom divorced when he was only five. Max's mom had to work full-time, and so he was left alone for much of his childhood. His mom was overworked, tired, and sometimes harsh with Max. When Max was ten, his mom remarried, to a business executive who also worked long hours. Even though he treated Max well, they hardly spent any time together. Max hung out mostly with other boys from the neighborhood.

One day, rummaging through the garage, Max found a hidden box of Playboy magazines. He showed his friends and together they laughed and enjoyed their new sense of maturing manhood. In the coming years, whenever Max was bored or alone, he looked at the magazines, now moved to a hiding place under his bed. It relieved the boredom, and he enjoyed the fascination he felt looking at the naked beauties.

By the time Max was sixteen, he was already experimenting with the girls in the neighborhood. One girl in particular he regularly pushed into having sex with him. He never really felt bad about it. From the stories he had read and the pictures he had seen, he knew this is how women wanted to be treated.

Max was good looking, over six feet tall, slender, and athletic. In college the girls threw themselves at him. He joined a fraternity where drinking and sex were the norm. After getting his business degree and an MBA, he wanted to settle down. He decided it was time to marry, and at the time he was dating Judy, one of the most beautiful girls he had ever known. She would do. But Max still looked at pornography on a daily basis. It had become his constant companion.

Two years after their wedding, Judy became aware of the affair Max was having with his office secretary. This had not been the first. Shortly after their wedding, Max had an affair with one of his old girlfriends. Sex was something he wanted and could easily get, so why limit himself to one woman?

Max and his wife already had a son and so they stayed together.

I met Max fifteen years later. He and his wife had become Christians. His long line of affairs had stopped for a while. Pornography was still a daily ritual. Max came to me for help because his wife had just discovered his most recent affair. It had been with her best friend. Judy was ready to walk. Max kept saying, “It was just sex—it didn’t mean anything!”

✓ Contrast the childhoods of Adam and Max. What do you see in how those years affected their lives? Try to jot down at least three differences.

✓ Why was pornography able to take such a powerful hold on Max?

✓ What do you think of Max’s statement, “*It was just sex—it didn’t mean anything*”?

UNDERSTANDING SEX

When the FBI trains agents in the art of spotting counterfeit money, they spend 98 percent of their time studying original, perfect bills. When an agent ultimately knows the genuine article, it is easy to spot a counterfeit.

It’s kind of like that with the issues of sex and moral purity. Our culture is awash in a sea of moral and sexual confusion. We need to start by going back to the original design that God had. What many people now call love is counterfeit and twisted.

IN GOD'S PLAN:

- Men and women are created by God as sexual beings.
- God designed men to be sexually stimulated by sight.
- Women were made to be stimulated by touch and loving words.
- God intended that sexual stimulation be activated and developed only in the context of marriage.
- God designed certain endorphins, chemicals, and hormones to be released in our bodies during sexual stimulation.
- These chemical compounds were intended to create a lifelong biochemical, emotional, and spiritual bond between a husband and wife.

"God knew that it would take a supernatural bonding between a man and his wife to face the challenges of life together. The mystery of bonding in sex is an involuntary one; sex creates a bond whether we want one or not. That's why breakups are so devastating and emotionally damaging. There is no more ironic a phrase than the oxymoron 'casual sex.'"

—Paula Rinehart, *Sex and the Soul of a Woman*

THE COURTSHIP PROCESS IN AN AGE OF CASUAL SEX

After coming to Christ, marriage is the most life-changing event in a man's life. This transformation process begins in courtship.

What's interesting in today's culture is that those who chose abstinence before marriage are considered odd, deviant, or stupid. For a man or woman to stay sexually pure before marriage takes courage and a deep walk with God.

Trust is a major building block for any good marriage. At some level, having sex before marriage erodes that sense of trust. Here's why: *Sex always gets stuck in the place where it was first started.*

For the young woman being pressured by her boyfriend to prove her love, there is always a subtle sense of being used and disrespected. After a breakup she feels discarded and abandoned. Something that should be

precious and beautiful is lost. Her ability to trust a man is greatly diminished, and she brings these feeling of being disrespected, used, and the resulting resentments into marriage. When a woman measures out tiny bits of herself over time to men, there may be nothing left to give to her husband in marriage. Her ability to bond for a lifetime and enjoy intimacy the way God intended is lost.

For the man, casually engaging in sex changes the way he views women. They become objects for his pleasure—a conquest for his self-centeredness. Deep down he begins to devalue them. *This is just the opposite of God's plan—which is for him to cherish, protect, and show them honor.* He then brings this sexual selfishness into his marriage. Eventually his wife begins to resent his physical needs because she feels used rather than loved.

Sex without commitment causes a man to be imprisoned in a form of permanent adolescence. He does not need to grow up, be responsible, plan, or build something for the future.

The best way for a man to mature is to do battle with his sexuality—to harness the energy contained in his sex drive, using that power for a greater purpose. God wants to bring him to a point where he will use his strength to live for something bigger than himself—the building, care, and protection of a new family.

If a man gets his validation from the fact that a woman gives in to his selfish desire for sex, it is actually a sign of weakness. In God's design, a man does not go to a woman to obtain his masculinity. No, he brings his masculinity, strength, and self-control to the woman, offering it to her as a canopy of protection for her future.

- ✓ What are your thoughts about abstinence before marriage in our current culture?

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✓ Do you agree that sexual experience before marriage will have negative consequences after you get married? If so, how might it affect the couple?

✓ What thoughts do you have about a man coming to maturity by doing battle with his sexuality in order to harness it? What greater purpose might God have for this drive?

✓ Look up the following passages. What do they say about sex outside of marriage?

Proverbs 6:26

1 Corinthians 6:18-20

1 Thessalonians 4:3-8

✓ Write a paragraph from the above passages about the spiritual and personal implications of sex outside of marriage.

PORNOGRAPHY: A CANCER ON THE SOUL OF AMERICA

Pornography is now one of the largest industries in America. “The adult entertainment industry takes in more money in any given year than professional football, basketball, baseball, and hockey combined,” according to *The War Within* by Bob Reehm.

Like Max in the previous example, continued exposure to pornography has devastating consequences on a man’s ability to experience real intimacy.

Wes was a pastor who came to me because of his struggle with porn. As a Christian he knew it was dishonoring to the Lord and it was keeping him from spiritual fruitfulness. It was also destroying his marriage.

As we prayed together, the Lord began to reveal the root of the problem. Wes’s mom had been a harsh, angry woman. Growing up, there had been few nurturing moments. As Wes got older, some of her criticisms were degrading to him as a man, an attack on his sexuality.

Wes began to use porn in high school. These women never rejected him or attacked his manhood. Porn eased the pain of life and the criticism he felt from his mom. But other unseen values were also being formed in Wes.

When Wes came to Christ in college he was set free from porn for a number of years. Wes married a beautiful woman and they had four children, two girls and two boys.

But Wes could never really feel close to his wife or his daughters. Even though his wife was extremely attractive and kept herself in great shape, Wes always felt dissatisfied. Her body was nothing like the pictures he had fed into his mind. No matter how hard his wife tried to please him, she got the message that Wes

Pornography

- A \$57 billion-a-year business.
- Twice as many adult bookstores as McDonald’s in the U.S.
- 11,000 X-rated videos are released annually compared to 500 Hollywood titles.
- 86 percent of college men use porn on a regular basis.

— Porn Nation—The Naked Truth
by Michael Leahy

“Continued exposure to pornographic material causes an inverse ability to experience real intimacy.”

— Michael Leahy, Porn Nation—
The Naked Truth

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was disappointed in her. After twenty years of marriage, Wes stopped making advances toward his wife and retreated into the world of pornography.

✓ What factors caused Wes to become addicted to porn?

✓ How did porn eventually affect his life?

Addictions are real! When you give yourself to something, you become a slave to that issue. If it is porn, it leads to some form of death: the death of relationships or the death of your ability to really love those closest to you.

✓ Look up the following passages. What life principles are stated in these verses?

Galatians 6:7-8

Romans 6:16

✓ What do the above two passages teach us about addictions?

Pornography is serious business, with far-reaching consequences. I hope every man reading this will sit down with his teenage sons to read and discuss the lesson and this issue.

Another horrible result of a porn addiction is that pretty soon it no longer satisfies. Many times porn becomes a stepping-stone to acting out this addiction with prostitutes or the abuse of children. If you have children, you need to take seriously the statistics in the box on the next page.

OVERCOMING THE POWER OF PORN OR A SEXUAL ADDICTION

I am not an expert on this issue. If you need more help, here are some websites of ministries that have a good track record of helping men in the areas of porn and sexual addiction:

- www.covenanteyes.com
(Internet accountability.)
- www.restoringthesoul.com
- www.darkness2light.org
- www.sexaddict.com—Heart to Heart Counseling Center
- www.ohmin.org—Open Hearts Ministry (If you were sexually abused as a child.)

- *1 in 6 boys are molested.*
- *1 in 4 girls are sexually abused.*
- *90% of sexual predators are known to the family.*
- *75% of teen prostitutes and 80% of incarcerated women were sexually abused.*

—www.Darkness2light.org

Every man will struggle with sex and moral purity at some level. Here are some practical tips on reducing the strength and frequency of sexual temptations.

- *Keep a strong walk with the Lord.*
- *Pray daily for the Lord's help and grace in moral purity.*
- *Memorize key verses on purity such as: Job 31:1-4; Psalm 119:9-11; and Psalm 101:2-3.*
- *Stay away from places you know are a source of temptation. Get a porn blocker for your computer. See www.covenanteyes.com above.*
- *When a thought of lust enters your mind, begin to pray immediately.*
- *If you see an attractive woman and your mind is tempted, begin to pray for her, her salvation, and her relationship with her husband.*



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I want to close with a story. In an Eskimo village, each Saturday night the men would gather to bet on a dog fight between two equally matched dogs, one black, one white. The owner of the two dogs always bet last and always bet on the winner. Some weeks the black dog won, other weeks the white dog. Finally the men of the village persuaded the owner to tell them how he always knew. He explained, "I know which dog will win because the week before the fight, I feed the one and I starve the other." Moral purity is like that. As long as we live in this world there is a fight going on between our flesh and our soul. The winner is always the dog that gets fed!

- ✓ How does the above story relate to pornography? If nothing comes to mind, see Galatians 5:16-17.



- ✓ What is an application that you need to make from this study? Do you need to apply any of the above practical tips? Which ones and why?





Points to Remember

✓ Organize your thoughts and jot down the most important points to remember from this lesson. Be prepared to share what you wrote.

1.

2.

3.

4.

Points that others shared that I want to remember:



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ASSIGNMENT FOR
NEXT WEEK

1. ✓ Optional: Place 1 Corinthians 6:20 in the front pocket of your *EMAW Verse Pack* and memorize it this week. We are close to the end of the course. The last two verses are optional. Spend extra time this week working on your verses and signing off on all the course requirements.
 2. If you have a teenage son, plan a time with him when you can sit down to read and discuss this lesson. Be prepared to report back how it went.
 3. Have your Quiet Times in: Genesis 2:1-15; 3:17-19; Colossians 3:22-4:1; James 4:13-5:6.
- ✓ End in group prayer using the *WAR* method. Spend some time praying about your own battles with moral purity.