

THE STEWARDSHIP OF SEXUALITY

1 Corinthians 7:1-5

I. The Stewardship Of Sexuality For The Single Person (1)

1 Now concerning the matters about which you wrote: "It is good for a man not to have sexual relations with a woman."

A. Abstinence Is Commendable, But Not Commanded (1 Tim 4:3; 1 Cor 7:8-9)

B. Abstinence Outside Of Marriage Is For The Purpose Of Holiness (1 Thess 4:3-8)

1. God's Will (1 Th 4:3; cf. 1 Cor 7:1; Hebrews 13:4)

³ For this is the will of God, your sanctification: that you abstain from sexual immorality;

2. God's Possession - Your Body (4)

⁴ that each one of you know how to control his own body in holiness and honor,

3. God's Standard (5)

⁵ not in the passion of lust like the Gentiles who do not know God;

4. God's People (6)

⁶ that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you.

5. God's Call (7)

⁷ For God has not called us for impurity, but in holiness.

6. God Himself (8)

⁸ Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.

II. The Stewardship Of Sexuality For The Married Couple (2-5)

A. Marriage Is Safeguard Against Sexual Immorality – Sex Is Limited To A Husband And Wife (2)

2 But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.

B. Marriage Mutually Gives One's Body To The Spouse – Sex Is About Sharing, Not Using (3-4)

3 The husband should give to his wife her conjugal rights, and likewise the wife to her husband. 4 For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does.

C. Sex And A Period Without Sex Is A Spiritual Self-Control (5)

5 Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

- Sex Meets Each Others Needs – *5 do not deprive one another*
- Marital Abstinence Is Temporary – *except perhaps by agreement for a limited time ... but then come together again*
- Marital Abstinence Is Spiritual – *that you may devote yourselves to prayer*
- Marital Abstinence Is To Be Safeguarded – *so that Satan may not tempt you because of your lack of self-control*

Conclusion:

1. Be A Good Steward Of Your Singleness

- Guard Yourself With Precautions And Barriers
- Make Wise Choices (Prov 5:1-5; 7:4-8; Isa 56:4)
- Run Away From Tempting Situations (2 Tim 2:22; Gen 39:12-13; Prov 22:3)

2. Be A Good Steward Of Your Marriage

- Focus On Meeting Your Spouse's Greatest Need (Eph 5:33)
- Continue To Be In Awe Of Your Spouse (1 Pet 3:7)
- Thank God For The Gift Of Your Marriage (Gen 2:22; 1 Cor 7:2)

Appendix:

Reasons Youth Have Premarital Sex

(from Josh McDowell & Dick Day's *Why Wait? What You Need To Know About The Teen Sexuality Crisis*)

Physical Reasons	1. You always want more 2. Early dating 3. It's the natural thing to do 4. It feels good 5. It provides a thrill 6. It releases tension 7. It's a way to have a child
Environmental Reasons	8. Lack of moral standards 9. Lack of information about sex 10. A broken home 11. Lack of understanding of love 12. Peer pressure 13. The Media 14. Alcohol and drugs 15. Easy access to birth control
Psychological Reasons	16. Search for security and self-esteem 17. Search for intimacy 18. An escape from relational problems 19. A way to be popular 20. Living together in preparation for marriage

Myths & Faulty Beliefs	21.No one will be hurt 22.It's all right during engagement 23."I owe it to him" 24.It proves one's love 25.Shows passage from childhood to adulthood 26.There's no way back
Emotional Reasons	27.Need to love and be loved 28.Loneliness 29.Fears 30.Pressure from boyfriend or girlfriend 31.Rebellion
Spiritual Reasons	32.Negative perception of God 33.Longing for spiritual oneness 34.Lack of biblical understanding about sex

47 Reasons To Wait

(summarized from Josh McDowell's *What I With My Parents Knew About My Sexuality*, pp. 171-193)

1. God commands us to be pure (1 Thess 4:3; 1 Cor 6:13)
2. Premarital sex can make future courtship much more difficult
3. Waiting allows freedom to develop strong friendships
4. Premarital sex takes away the specialness of sex in marriage
5. God has set sex aside for the marriage relationship
6. Sexually transmitted diseases are dangerous
7. Premarital sex hurts your walk with God
8. There can be resentment between marriage partners if one's virginity was lost before marriage and the other's wasn't
9. Premarital sex causes self-esteem to go down
10. A break-up after having premarital sex with a person will leave scars
11. Premarital sex breaks down communication within the relationship
12. Premarital sex makes it more difficult to break up with someone
13. The desire for sex and not love becomes predominant
14. Guilt can be avoided
15. Unwanted pregnancies and abortions can be prevented
16. There is only one "first time"
17. Waiting brings true fulfillment on the wedding night and in marriage
18. Fear of sexual comparison when married will be avoided
19. You will not be subject to God's judgment (Heb 13:4)
20. Divorce rate among those who have premarital sex is high (twice as many engagements are broken among couples who have had intercourse)
21. Avoiding premarital sex builds trust in the marriage relationship
22. Premarital sex hurts one's relationship with his or her parents
23. Waiting will bring God's blessing
24. Waiting produces dignity
25. Premarital sex often leads to extramarital sex
26. Jesus can fill the need for intimacy without sex
27. Premarital sex is a sin against your body (1 Cor 6:16-20)
28. Premarital sex can lead to sexual addiction

29. Don't cause a weaker brother to sin
30. It is a poor testimony for Christ
31. Waiting shows your marriage partner how much you love him or her
32. Premarital sex can give rise to misleading feelings
33. Once you engage in premarital sex, it is easier to do it again
34. Premarital sex buries love
35. Waiting brings maturity
36. Expectations fail
37. Premarital sex induces performance syndrome
38. Bad memories of broken friendships stay with you
39. Waiting brings real freedom
40. It is a sin against God (Gen 2:18-25)
41. Premarital sex can make it difficult to make proper decisions regarding the relationship
42. Waiting for marriage can lead to good habit patterns
43. Premarital sex can have bad effects on children
44. Waiting keeps respect for each other
45. Premarital sex may hurt your reputation
46. God has our best interest in mind
47. Premarital sex can lead to bad consequences for the entire society

37 Ways To Say "No"

(summarized from Josh McDowell's *What I With My Parents Knew About My Sexuality*, pp. 195-211)

1. Go to the Creator who created us, who knows how we run best
2. Control your own body (1 Thess 4:3,4,7,8)
3. Build a relationship with Jesus so that your loneliness will be satisfied
4. Develop a set of convictions
5. Learn to say "no"
6. Take preventative measures to avoid temptations
7. Repent and walk in God's grace and His provisions (John 8:11)
8. Meditate on God's Word to be "transformed by the renewing of your mind" (cf. Ps 119:11)
9. Seek godly counsel
10. Flee or break up (Gen 39:7-12)
11. Don't watch TV or movies that have sexually based material
12. "Take captive every thought to make it obedient to Christ" (2 Cor 10:5)
13. Stop dating and get your thoughts straight
14. Avoid the "little sins"; they lead to big ones
15. Communicate with each other your feelings about sexual involvement
16. Make yourselves accountable
17. Sit down and write out some goals of what you want for your relationship and your convictions
18. Ask God to help you
19. Build a "Christian conscience"
20. Hang around people who have the same values you have (1 Cor 5:9)
21. Commit each date to the Lord; be Christlike, and act like Jesus would if He were on a date
22. Realize that God has a special purpose for your life
23. Don't think that you are strong enough to "handle it" when the temptation comes
24. Realize that there is nothing wrong with sex in the proper situation. It is what God has planned. (Gen 2:18-25; Eph 5:32)
25. Plan your dates; be creative. Occupy yourselves with other activities

26. Set your standards before the relationship starts
27. Don't assume that you have gone too far
28. Consider the benefits you would have by waiting to have sex until after marriage
29. Be involved in a group where you can be real and can gain support
30. When a person who is tempting comes around, start talking about Jesus Christ
31. Do not become too committed to the "steady" relationship too quickly, but in the proper timing
32. Let your words and actions be proper so that those who want sex will avoid you because they know where you stand
33. Date only those who have convictions similar to yours (Ecc 3:3; Prov 17:17; 18:24)
34. Never give up
35. Avoid being alone with each other (Prov 6:27-28)
36. Have minimal physical contact
37. Make a commitment before God