

God's Great Plan for Human Sexuality

Basic Ideas:

- **God made our bodies, mind and emotions, as well as our spirit and soul. He made us good. Therefore our bodies are good and so are our emotions.**
“Then the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living being.” Genesis 2:7
“Then God saw everything He had made, and indeed it was very good.” Genesis 1:31a
- **God made us male and female and He made us good. Therefore human sexuality is a good thing.**
“So God created man in His own image, in the image of God He created him, male and female He created them. Then God blessed them, and God said to them, ‘Be fruitful and multiply and fill the earth...’ Genesis 1:27-28a
“Then God saw everything He had made, and indeed it was very good.” Genesis 1:31a
- **God created one man and one woman for each other.**
“And the LORD God said, ‘It is not good that man should be alone; I will make him a helper comparable to him...And the LORD God caused a deep sleep to fall on Adam and he slept; and He took one of his ribs, and closed up the flesh in its place. Then the rib which the LORD God had taken from man He made him a woman, and He brought her to the man. And Adam said, ‘This is now bone of my bones and flesh of my flesh. She shall be called Woman because she was taken out of Man.’” Genesis 2:18.21-23
- **God created one man and one woman to be committed to one another in a lifelong, unbreakable relationship. He ordained this as the covenant of marriage. (A covenant is a very serious and important promise—an unbreakable promise made officially in the presence of others.)**
Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.” Genesis 2:24
- **God made sex to be attractive and powerful. This assures the continuation of the human race even under the bad conditions that our sin brought into the world.**
Sex produces children.
- **God made sex to cement and assure a strong relationship between husband and wife.** In this relationship each partner needs and appreciates the other so that the marriage is strengthened.
- **God made sex to be attractive and powerful to men and women alike, but even more to men. This is because God planned for the man to be the head of the family.**
“For the husband is the head of the wife, as also Christ is the head of the church...”
Ephesians 5:23

- **God who created our sexuality gave us rules about how to use that sexuality for good. Following His rules brings the greatest possible and most long-lasting joy. It also promotes the prosperity of the family and protects us from all kinds of harm.**

Here are some of those rules that protect us from harm and promote our happiness and good:

- **God made sex to be used only in marriage.**
 - Therefore, fornication, or sex before marriage, is wrong and harmful.
 - Therefore, adultery, or sex after marriage with someone other than your marriage partner, is wrong and harmful.
 - Therefore, sex with animals is wrong and harmful.
 - Therefore, having sex with someone of your own sex is wrong and harmful.
 - Therefore, masturbation, or stimulating yourself sexually, is wrong and harmful.
 - Therefore, prostitution, or sex in exchange for money or gifts, is wrong and harmful.
 - Therefore all forms of sexual activity, that is, all activities involving the private sexual parts of our bodies, are wrong and harmful outside of marriage whether or not they are technically sexual intercourse. This includes acts like oral sex, anal sex, masturbating one another, or anything related to stimulating the private or sexual parts of the body of another person.
- **Human sexuality and God's plan for marriage and family are to be respected.**
 - Therefore, coarse joking about sexuality is wrong and harmful.
- **Our bodies with their sexuality are to be respected. They must not to be used in a way that tempts others sexually or defrauds. (Defrauding is promising or leading someone to expect sex through words, actions or dress when there is no intention of fulfilling the sexual act.)**
 - Therefore, pornography is wrong and harmful.
 - Therefore, public nudity and indecent exposure are wrong and harmful.
 - Therefore, sexual gestures and joking are wrong and harmful.
 - Therefore, all people, but especially women, should dress modestly.
- **God's plan for marriage and family is to be respected.**
 - Therefore, having more than one marriage partner is wrong and harmful.
 - Therefore, breaking the marriage covenant through divorce is wrong and harmful.
 - Therefore, deserting one's marriage partner is wrong and harmful.
- **Sin has damaged and distorted God's plan for marriage and family so that today, many families are not experiencing the joy God planned.**

- **Sin is choosing our own way instead of God's way.**
 - **Sin has disastrous consequences.**
 - **Sin has perverted God's plan for our bodies, leading to:**
 - **Suggestive dressing**
 - **Female genital mutilation**
 - **Pornography**
 - **Sin has perverted God's plan for sex, leading to:**
 - **Prostitution**
 - **Pornography**
 - **Sexual slavery, shrine slavery like trokosi and vudusi**
 - **Adultery or unfaithfulness in marriage**
 - **Fornication or sex before marriage**
 - **Masturbation & bestiality**
 - **Homosexuality**
 - **Disrespectful, coarse joking about sex**
 - **Sexual movements & suggestive ways of dancing**
 - **Rape**
 - **Defilement**
 - **Incest**
 - **Abortion**
 - **HIV/AIDs & other Sexually Transmitted Diseases (STD's)**
 - **Sterility & Barrenness**
 - **Sin has perverted God's plan for marriage, leading to:**
 - **Polygamy**
 - **Trial marriage**
 - **Living together without marriage**
 - **Divorce**
 - **Desertion**
 - **Child marriage**
 - **Forced marriage**
 - **Prostitution**
 - **Disrespect for one's marriage partner**
 - **Disrespectful talk about marriage**
 - **Streetism**
 - **Dissipation of family resources**
- And so much more, all leading to misery in place of the joy God intended.**

- **Sin is choosing to follow our own way and our own desires instead of God's way.**
- **Sin looks attractive, but has disastrous consequences. Its pleasure last for only a moment and are followed by shame, guilt and many difficulties.**
- **When both partners follow God's plan for sexuality, it brings many blessings.**

- **It gives great protection against HIV/AIDS, STD's, and premature pregnancy.**
- **It builds a strong, satisfying and lasting relationship between marriage partners so that it meets our human needs for close personal relationship, love, acceptance, being needed, and being able to contribute meaningfully.**
- **It builds strong families where both partners and all children feel secure and loved. Children do much better in school under such circumstances.**
- **It preserves family resources so that they can be used wisely to bring blessing and to be multiplied rather than dissipated. This tends to promote greater prosperity for the family.**
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- **Sex outside of God's plan is pleasant only for a few minutes and it can ruin years of your life or even take your life.**
- **Sex outside of God's plan bring dishonor to God. It brings shame on you, your family, and your church.**
- **God can forgive the sexual failures of our past and give us strength to follow His ways in the future.**
- **God planned for our bodies to begin developing sexually at puberty. This is normal and good.**

Puberty is the time, usually in the early teens or just before then, when God begins preparing our bodies for eventual marriage and parenthood. The changes come about through very powerful hormones that God has created our bodies to produce when we reach a certain age. The changes of puberty can lead to a time of emotional ups and downs. It is very important to avoid sexual activity during this time. Neither your body nor your emotions are yet ready for marriage and parenthood.

Supplement 1—The Dangers of Anal Sex

- Anal sex is the act of placing the penis into the anus of another person for purposes of sexual stimulation, pleasure, or for feelings of power.
- Anal sex is the most dangerous kind of sex. This is admitted held even by those who are not Christians.

Why is anal sex so dangerous?

- In the person receiving the penis of another person, the forceful opening of the anus sphincter muscle (the muscle that holds the anus closed) produces many small tears. This is true even when bleeding does not occur. This happens because the sphincter muscle is not intended to be forced open from the outside. These tiny tears have been called a “superhighway” to admit HIV virus and other contaminations into the body.
- The cell wall of the rectum is very thin. It is not designed for sexual activity, so it is easily damaged when an erect penis is forced against it. It can easily sustain small and large punctures.
- These punctures allow for HIV virus and other bacteria and viruses to enter the bloodstream. Sometimes they can allow the feces to escape into the body cavity. This can result in a long list of diseases.
- Repeated rubbing against the rectal wall has been linked to anal cancer due to human papilloma virus.
- The rectal wall is designed to absorb liquid into the bloodstream. This is its primary job in the digestive system, a job for which God designed it. If it is misused in ways God did not intend through anal sex, then HIV and other viruses and germs will be introduced into the bloodstream very easily—more readily, in fact, than in almost any other way.
- The opening of the anus by force as in anal sex often results in hemorrhoids and in rectal prolapse (when the lining of the rectum begins to hang out of the body).
- Repeated anal sex can result in anal incontinence. That is, the sphincter muscle that holds the anus closed and holds feces inside until elimination is so weakened that it can no longer do the job for which God designed it. It gets loose, and feces begins to leak out of the body. The person can no longer control when he has a bowel movement. This causes him to become stinky and dirty all the time and results in others ridiculing him and staying away from him.

- These conditions can only be made better by surgery that is very expensive and painful. Sometimes they result in death.
- The person forcing his penis into the anus of another person can get HIV and other diseases as well as the person receiving the penis.
- God made different parts of our body for different purposes. He made our rectum and anus, as part of the digestive system, for elimination of body waste. He did not make it for sexual purposes. When we use it for the purposes for which God made it, it is right and good and helpful. When we use it in ways He did not intend, it is harmful and wrong.

Conclusion:

Anal sex is an extremely dangerous and degrading act. It may feel good, but it is not the way God intended us to use our bodies. Strong men learn to control their sexual urges and feelings, and to save sex for marriage.

For those who have engaged in anal sex:

When you were having anal sex, did you feel proud and good? Or did you feel ashamed? You felt ashamed because God put it in your conscience to know that this act is not normal and is not good. Listen to the voice God put within you.

Appendix 2:

Controlling Sexual feelings and urges:

- Sexual feelings and urges are normal and good because God created us male and female. Our sexual parts were designed and made by God for His good purposes and for our good.
- Sexual feelings and urges become intensified about the time of puberty, when many changes take place in the body.
- Just because you have sexual feelings or feel a sexual urge does not mean you need to have sex. You can learn to devote these energies into useful purposes like work and sports. Throw your mind and body into doing something else—something active and constructive.
- Boys and men experience erections of the penis from time to time. This is normal. It is not a sin unless it is accompanied by lustful thoughts. The penis may even release or ejaculate semen on its own. This sometimes happens at night. This is not wrong, and it does not mean you need sex.
- Sexual feelings are strong and they can be harder to control if a person has formed a habit of acting on every urge. God can give us strength to control these urges. It will help to talk often with a responsible older person about these issues.
- Facilitators are urged to contribute their thoughts to this discussion by contacting ECM with their suggestions. Male facilitators are welcome to add other practical hints for the boys.