



MLCPC 108:

Healthy Sexuality:

God's Design for Love, Sex, and Relationships

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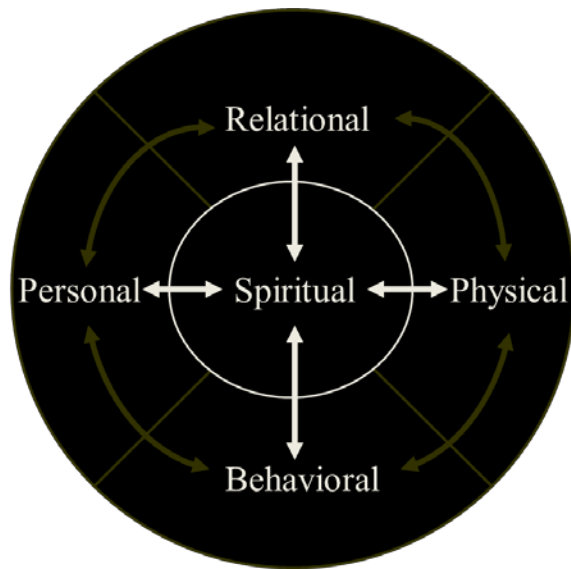
Abstract

This session will teach coaches how to approach the topic of healthy sexuality. Dr. Laaser will describe God's design for sexuality and will discuss principles coaches may apply when working with clients. He will also explain the five dimensions of healthy sexuality and will provide coaches with scriptural references for healthy sexuality.

Learning Objectives

1. Participants will identify God's design for sexuality.
2. Participants will explore the five dimensions of healthy sexuality.
3. Participants will discuss the spirituality features of sexuality with clients.

I. 5 Dimensions of Sexual Health



*www.faithfulandtrue.com

II. God's Design for Sexuality

- A. The word "sex" does not ever appear in Scripture.

- B. Genesis 1 talks about how Adam and Eve were made in God's own image. The man is created in the **masculine** image of God and the woman is created in the **feminine** image of God.

- C. In Genesis 2 the Bible talks about Adam and Eve coming together, becoming a **one-flesh unit**, which demonstrates that there is something about marriage that is supposed to bring men and women to some knowledge of the unified image of God. The act of sexual intercourse symbolizes the union of the masculine and feminine energy of God.

D. The first time an act of sexual intercourse is referred to in the Bible is in Genesis 4:1.

“Adam lay with his wife Eve, and she became pregnant and gave birth to Cain. She said, ‘With the help of the Lord I have brought forth a man.’” — Genesis 4:1

E. There is something about marriage in which we should intimately **know** our spouse. Therefore, an act of sexual intercourse is a spiritual knowing of a husband and wife.

F. Any other kind of sexuality that doesn’t involve a very sacred knowing, is not God-designed sexuality.

III. The Healthy Sexuality Model

A. Spirituality and Healthy Sexuality

1. We are living in a sexually immoral time.

2. Three Spiritual Questions:

- Are you willing to be a person who seeks to honor God’s design for sexuality?
Are you willing to be different?

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” — Romans 12:2

- What are you thirsty for?

“Jesus answered, ‘Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.’”

— John 4:13-14

- What are you willing to die for?

“Follow God’s example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.” — Ephesians 5:1-2

B. The Physical Dimension of Healthy Sexuality

1. Sexuality as an act creates a massive amount of neurochemistry in the brain. Simply thinking about sex causes arousal in the limbic system of the brain, involving neurochemicals like oxytocin, dopamine, and adrenaline.
2. Biological sexuality is never truly satisfying. Spiritual sexuality is satisfying.

C. The Personal Dimension of Healthy Sexuality

1. One third of all women and 1/4 to 1/3 of men who attend church have been sexually abused.¹
2. A lot of the people who are acting out in sinful ways are reenacting the abuse that they experienced early on in their life.
3. There is hope for the abuse survivor!

D. The Behavioral Dimension of Healthy Sexuality

1. In order to have healthy sexuality we need to have **accountability**.
2. Accountability is all about learning new intimacy and honesty.

E. The Relational Dimension of Healthy Sexuality

1. Coaches must teach young people that the infatuation period is not where the relationship will continue to stay as the marriage matures.
2. Couples need to learn how to communicate with one another in healthy ways.

F. The Spiritual Dimension of Healthy Sexuality

1. Even in the midst of the crisis pregnancy, what is the woman longing for? What is the thirst of her heart all about?
 - John 4—The Woman at the Well
 - This is the one that Jesus wants to talk to. This is the one Jesus is going to reveal Himself to.
2. Women in crisis pregnancy situations are welcomed in the church, as Jesus points out that **we all** sin.
 - John 8—The Woman Caught in Adultery
 - Jesus is going to be on His knees writing in the dirt against all those people, stating that the person who has not committed a sin can throw the first stone.
3. God is **always** willing to meet us more than halfway.
 - Luke 15—The Story of the Prodigal Son

IV. Marriage

- A. There is only one way to teach clients that sex is satisfying which is in a one-flesh union, between husband and wife in marriage.

- B. Marriage in the church is a **sacrament**, a sacred covenant.
 - 1. We have to invite Christ into the marriage.

 - 2. Husband and wife are to serve one another in a Christ-like way.

- C. God's intention for sexuality is for it to move from strictly biological to a spiritual act.

- D. 80+% of Christian men and women who are getting married today have had sex with someone other than the one they are going to marry.²

- E. The hope is that there is only one way to come into that Christ-centered experience.

- F. When we invite Christ into the act of sexuality, sexuality transcends biology.

Endnotes

¹U.S. Department of Health and Human Services Administration for Children and Families, "Child Maltreatment 2010," accessed September 6, 2012, <http://www.acf.hhs.gov/programs/cb/pubs/cm10/index.htm>.

²L.B. Finer, "Trends in Premarital Sex in the United States, 1954-2003," The Guttmacher Institute, accessed September 6, 2012, <http://www.ncbi.nlm.nih.gov/pubmed/17236611>.