

Sex Outside of Marriage



Chapelwood Baptist Church
Worshiping God - Growing People
Serving Others - Sharing Christ

Faith2Live
Chapelwood Baptist Church

God's View on Sex Outside of Marriage

Sex is pleasurable. God designed it that way. He wants men and women to enjoy sexual activity. God created it, and therefore it is reasonable to expect that it is good. Of all the gifts God has given humanity, our sexuality is one of the most beautiful and meaningful gifts.

Sex plays a vital part in God's plan for human beings. The first command recorded in the Bible was to have sexual relations.

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. Genesis 2:24

Movies, books, television, magazines and the internet are full of themes and suggestions about sex. Our culture fills our minds with a massive amount of sexual material promoting sex outside of marriage. But as Christians, we want to know what the Bible says about sex.

From the beginning the Bible consistently states that sex is intended exclusively for the marriage relationship. The Bible clearly presents that sex outside of marriage is a serious wrong and is to be avoided at all cost. Notice the Bible's warning to Christians living in a sex-saturated city.

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 1 Corinthians 6:18

Why is God so adamant on this point? We will focus on a few reasons sex is only for the marriage relationship.



1. God has made his position clear that we are not to engage in sex outside of marriage.

The biblical condemnation of sex before or outside marriage is abundantly clear. The Bible uses the words adultery, fornication or sexual immorality to describe sexual relations outside of marriage.

You shall not commit adultery. Exodus 20:14

Not only is sex outside of marriage condemned as a serious sin in the Old Testament, but in ancient Israel it was a capital crime punishable by death. It tore at the fabric of society. The same punishment was handed out to anyone who engaged in pre-marital sex.

If a man commits adultery with another man's wife-- with the wife of his neighbor-- both the adulterer and the adulteress must be put to death. Leviticus 20:10

The New Testament goes even deeper by internalizing the entire sexuality of a person. Jesus emphasized that even to entertain lustful desires toward a person outside marriage means to be guilty of sexual immorality.

For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. These are what make a man 'unclean.' Matthew 15:19-20

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God.

God's View on Sex Outside of Marriage



2. By avoiding sex outside of marriage, we won't endanger our marriage.

God's plan for sexual expression is through the marriage, because it creates a oneness that cannot simply be undone. If a person has had sex with someone outside of their marriage, their marital intimacy has already been affected.

So they are no longer two, but one. Matthew 19:4-6

A man and woman build trust and respect when they both survive the struggles of self-control. This provides each with the confidence that the other cherishes their intimacy and will be faithful.

Those who keep sex in the marriage relationship have better communication skills and more sexual and relational fulfillment.

Sex before marriage greatly endangers the success and fulfillment of your future marriage. People who have premarital sex are more likely to have extramarital affairs than those who do not. Extramarital sex is a leading cause of divorce. People who have sex before marriage also have a greater chance of getting divorced.
(Journal of Marriage and the Family)

3. Spiritual health can be damaged by engaging in sex outside of marriage.

If we seek to gratify our own desires and live only to please ourselves, we live outside of God's plan. If we live this way, the Bible says we cannot please God. As we continue to feed our desires, our spirit will grow weak and our relationship with God will be damaged. Complacency regarding sin leads to even worse sin.

Those controlled by the sinful nature cannot please God. For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. Romans 8:8,13

Our ability to understand God's will for our lives is extremely limited by continued sin, and we spiral into more and more bad decisions. Our spiritual growth builds on our obedience and trust of God's plan for our lives.

4. We as well as others are physically healthier by engaging in sex only inside of marriage.

By only engaging in sex in marriage there are no worries about sexually transmitted diseases. Over 25 STDs have been identified and several are incurable. There are approximately 15.3 million new cases each year, which cause 16,000 deaths annually. At least 1 in 4 girls between the ages of 14 and 19 have a STD nationwide. (Centers for Disease Control)

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? ... Therefore honor God with your body. 1 Corinthians 6:16-20

Worst of all the willful destruction of human life often results from sex outside of marriage. Many of the abortions in our nation are the result of people who have engaged in sex outside of marriage.

5. We are more emotionally healthy by engaging in sex only inside of marriage.

Sexual immorality is serious, because it affects the individual more deeply and permanently than other sins. The sexual act, once committed, cannot be undone. A radical change has taken place in the interpersonal relationship of the couple involved that can never be undone. Something indelible has been stamped on them both forever. (1 Corinthians 6:18)

Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Hebrews 13:4



God's View on Sex Outside of Marriage

One reason God tells us to honor marriage and keep sex exclusively in the marriage has to do with carrying baggage into the relationship. Memories from the past, emotional scars and unwanted mental images can defile our thoughts and make the marriage bed less than pure. Certainly God can forgive the past, but that doesn't mean we're free from the baggage that can linger in our minds.

Those who have sex outside of marriage often incur a profound sense of guilt, shame and regret. The act leaves many women feeling used, disillusioned and burdened with emotional confusion. In addition to their own later feelings of guilt for having used women, men often find it hard to maintain a long-term relationship.

6. Sex without commitment is the exact opposite of love.

Love is a decision, not a feeling. Sex outside of marriage fools a person into thinking they love someone who really isn't right for them. True love will always lead to commitment. We can learn the sincerity of our partner's love by their willingness, or lack thereof, to wait.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking ... 1 Corinthians 13:4-5

When unmarried couples have sex, they are not expressing genuine commitment to one another. Dating and engagement are preparation for marriage, but they are not marriage. Anything less than sexual intimacy in marriage is not genuine love but merely lust and convenience.

7. Keeping sex only in marriage enables us to live more like Jesus.

If we do not engage in sex outside of marriage, we have a clear conscience with God. Our lives have a greater ability to point people to the transforming power of Jesus Christ, instead of being a hindrance.

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Ephesians 5:3

If your partner wants sex before marriage, consider this as a warning sign about their spiritual condition. If you are the one who wants sex before marriage, consider this as a warning sign of your own spiritual condition.

Sex is a good thing. It must be, if God created it. The only way to keep it a "good thing" is to follow God's guidelines. God will reward you if you choose to honor Him, and save sex for its proper time and place — your marriage.

Therefore, we oppose in and all sexual expression outside of marriage.



Faith2Live Actions

- Admit that sex outside of marriage is not honoring to God and that it is interfering in your relationship with Him and your marriage or future marriage.
- Believe that God can and will, through the power of Jesus Christ, enable you to make changes in your life to restore a right relationship with Him and your future spouse.
- Make a decision to allow God to work in your life to change you, realizing it will be difficult.
- Admit to God and another believer the nature of your problem and your desire to overcome it.
- Humbly ask God for His forgiveness if you have engaged in sex outside of marriage.
- Immediately chose to value sex enough to no longer engage in sex outside of marriage.
- Draw physical and emotional lines and be committed to maintaining them.
- Only date people who share and respect your views, you need them to work with you, not against you.
- Trust God and make your marriage or future marriage a priority.