

Culture Lies & Biblical Truth

1. **Long term exclusivity is not possible** or perhaps sexual maturity is determined by multiple partners in one year rather than multiple years with one partner.

The bible is clear that when we enter into marriage that it is to be an exclusive relationship.

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

1 Timothy 3 *[Overseers and Deacons are to be] the husband of but one wife.*

2. **Introducing sex is necessary to sustain a new or struggling relationship**

Sex is a wonderful part of a married relationship where it embodies and enhances the emotional relationship of the couple.

Matthew 6:33 *“Seek first the Kingdom of God and all these things will be added”*

3. **Men (and women) are slaves to lower impulses and can't be expected to control these**

Galatians 5:22-23 *“The fruit of the Spirit is . . . patience . . . self-control”*

4. **Everyone is having more (and better) sex than you are**

Exodus 20:17 *“You shall not covet . . . your neighbour's wife”,*

Philippians 4:11 *“I have learnt to be content whatever the circumstances”*

5. **Pornography won't affect your relationship** (c.f. David & Bathsheba) – rewiring of the brain that leads to changes in patterns of thinking and behaviour. Addictive nature.

www.covenanteyes.com provide excellent resource including internet accountability software for computers, tablets and phones.

Every Man's Battle by Stephen Arterburn & Fred Stoeker.

Every Woman's Battle: Discovering God's Plan for Sexual and Emotional Fulfillment by Shannon Ethridge. (Not so focused on Pornography)

6. **You must be married**

In terms of sexual relationships the bible is clear that sex is to be enjoyed within the boundaries of marriage which are designed to bring safety.

However there is no expectation or call for everyone to be married. Marriage is not what completes us as humans, good though it may be. We are all called to find companionship but this can be found in friends and family (and church). It is relationship with our Father that completes us. **[1 Corinthians 7]**