

What the Bible Says About...Sex



Question: What the Bible Says About...Sex

Let's talk about sex...yes, the "S" word. The Bible actually has a lot to say about the subject. You may think, with all the warnings about not having sex before marriage, that sex is bad, the Bible says something quite contrary to that. Sex is biblical, if looked at from a Godly perspective. So what does the Bible have to say about sex?

Answer:

Sex is a Good Thing

What? Sex is a good thing? Well, God created sex. He created man and woman to create babies. The Bible says that sex is a way for a husband and wife to express their love for one another. Yes, "husband and wife." God did create sex to be a beautiful and enjoyable expression of love, but only between a man and wife.

Genesis 1: 27-28 – "So God created man in his own image, in the image of God he created him; male and female he

created them. God blessed them and said to them, "Be fruitful and increase in number;" [\(NIV\)](#)

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." [\(NIV\)](#)

Proverbs 5:18-19 – "May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer — may her breasts satisfy you always, may you ever be captivated by her love." [\(NIV\)](#)

Song of Songs 7:6 – "How beautiful you are and how pleasing, O love, with your delights!" [\(NIV\)](#)

1 Corinthians 6:13 – "The body is not meant for [sexual immorality](#), but for the Lord, and the Lord for the body." [\(NIV\)](#)

So, Sex is Good, but Premarital Sex is Not?

Right. There is a lot of talk going on around you about sex. Sex is in just about every magazine, newspaper, television show, and movie. It is the point of a lot of music. Our world has gotten lax about sex, making it seem like premarital sex is okay because it feels good, but the Bible does not agree. God calls us all to control our passions and wait for marriage.

1 Corinthians 7:2-3 – "But since there is so much immorality, each man should have his own wife, and each woman her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband." [\(NIV\)](#)

Hebrews 13:4 – "Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral." [\(NIV\)](#)

1 Thessalonians 4:3-4 – "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" [\(NIV\)](#)

What if I've Already Had Sex?

Everyone falls to sin in some area or another. If your area happens to be sex, there is still hope. While you cannot become a virgin again, you can obtain God's forgiveness. You just have to ask for it and try not to sin that way again. What truly angers God is willful sin, when you know you are sinning and keep on participating in that sin. While giving up sex may be difficult, God calls us to remain sexually pure until marriage.

Acts 13:38-39 – "Therefore, my brothers, I want you to know that through Jesus the forgiveness of sins is proclaimed to you. Through him everyone who believes is justified from everything you could not be justified from by the law of Moses." [\(NIV\)](#)

Romans 1:24 – "Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another." [\(NIV\)](#)

But It's So Tempting!

As a Christian you fight off temptation every day. Being tempted is not the sin, but giving into the temptation is. So how do you fight off the temptation? The desire to have sex can be very strong, especially if you have already had sex. It is only by relying on God for strength that you can truly fight off the temptation to have sex.

1 Corinthians 10:13 – "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it." [\(NIV\)](#)