



## God's plan for sexuality

**God created sex as a gift for a husband and wife to enjoy only in marriage.**

### 1. Procreation

Genesis 1:26-28

<sup>26</sup> Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground."

<sup>27</sup> So God created mankind in his own image, in the image of God he created them; male and female he created them.

<sup>28</sup> God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

Genesis 2:20-25

<sup>20</sup> So the man gave names to all the livestock, the birds in the sky and all the wild animals.

But for Adam no suitable helper was found. <sup>21</sup> So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. <sup>22</sup> Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.



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<sup>23</sup> The man said, “This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was taken out of man.”

<sup>24</sup> That is why a man leaves his father and mother and is united to his wife, and they become one flesh. <sup>25</sup> Adam and his wife were both naked, and they felt no shame.

## 2. Pleasure and Intimacy

Proverbs 6:18-19

<sup>18</sup> Let your fountain be blessed,  
And rejoice in the wife of your youth.

<sup>19</sup> As a loving hind and a graceful doe,  
Let her breasts satisfy you at all times;  
Be exhilarated always with her love.

Song of Solomon

## 3. Protection

1 Corinthians 7:3-5

<sup>3</sup> The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. <sup>4</sup> The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. <sup>5</sup> Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

## 4. Glory

When we do something that God has commanded, we are worshipping Him. Sex between a husband and wife is worship.

## The world has tarnished God’s good plan for sexuality.

Genesis 3:1-7

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’”

<sup>2</sup> The woman said to the serpent, “We may eat fruit from the trees in the garden, <sup>3</sup> but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”



<sup>4</sup> “You will not certainly die,” the serpent said to the woman. <sup>5</sup> “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

<sup>6</sup> When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. <sup>7</sup> Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Is there unconfessed sexual sin in your past or currently in your life?

Have you been sinned against sexually? Seek wise, biblical counsel.

How are these issues affecting how you present sexuality to your kids?

## **God has given parents the responsibility to teach their kids about sexuality.**

Deuteronomy 6:4-9

Hear, O Israel: The LORD our God, the LORD is one. <sup>5</sup> Love the LORD your God with all your heart and with all your soul and with all your strength. <sup>6</sup> These commandments that I give you today are to be on your hearts. <sup>7</sup> Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. <sup>8</sup> Tie them as symbols on your hands and bind them on your foreheads. <sup>9</sup> Write them on the doorframes of your houses and on your gates.

In Proverbs, we read about a father teaching very descriptively to his son about sex in chapters 5-7. The father talks to his son in a very detailed way about staying away from the adulteress woman and sexual sin.

## **Stage 1: Ages 0-5**

### **Practice naming body parts correctly**

Two benefits:



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- 1) Teaches kids not to be ashamed of their bodies
- 2) Helps avoid confusion later on when you do tell your kids about sexual intercourse

### **Be comfortable being naked around each other when it happens naturally**

Example – your baby takes off his diaper and runs around the house, your toddler walks in on you in the bathroom

Three benefits:

- 1) Teaches children that we don't need to be ashamed of our bodies
- 2) Provides many opportunities for your children to ask questions and naturally learn about body parts.
- 3) Provides opportunities for open conversation about sexuality that will create a foundation for years to come.

### **The Question?**

**“Daddy or Mommy, how are babies made? Mommy, how did my brother or sister get in your belly?”**

Tell them the truth – God made you. God put the baby in mommy's belly. Everything is framed in marriage. Give limited information.

### **Focus on your child's heart**

Matthew 22:35-38

<sup>35</sup> One of them, an expert in the law, tested him with this question: <sup>36</sup> “Teacher, which is the greatest commandment in the Law?” <sup>37</sup> Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ <sup>38</sup> This is the first and greatest commandment.

Luke 6:45

<sup>45</sup> A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.



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### **Offense (pouring the truths of God into your children's hearts):**

Romans 12:1-2

<sup>1</sup>Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup>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.

Philippians 4:8-9

<sup>8</sup>Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

### **Defense (protecting your children's hearts from the lies of the world):**

Proverbs 4:23

<sup>23</sup>Above all else, guard your heart,  
for everything you do flows from it.

Protect your children from TV shows, commercials, movies, music and the internet.

### **Other issues:**

Touching themselves

Sexual predators

\*\*\* As parents, we want to be the authority in our children's lives on anything that has to do with sex. We want our kids to hear about sexuality and sexual intercourse first from the one who created it rather than hear it from the world who has tarnished it. If not, we have to go back and clean up the mess and lies that they have heard. Also, we want it to be as natural as possible for our children to talk with us about anything sexual. The earlier you start these



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conversations, the more likely your children will be to come to you first with their questions about something they've seen or heard.

### **Resources for Ages 0-5:**

Shepherding a Child's Heart – by Tedd Tripp

"A Foundation for Moral Purity" – Audio series by Family Life (Covers ages 0-12)

The Story of Me by Stan and Brenna Jones (Book 1 in God's Design for Sex series)

Miss Pattycake videos, Donut Man videos, Hermie and Wormie resources, Veggie tales resources, What's in the Bible with Buck Denver

## **Stage 2: Ages 4-7**

**Teach your children to honor God with their body and to treat the opposite sex with respect.**

**Our bodies are meant for God and for our future husband or wife.**

1 Corinthians 6:19-20

<sup>19</sup> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies.

Question 1: What image are we allowing our children to convey with their clothing?

Question 2: How do our children carry their bodies and how do they talk about them?



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Question 3: How do we treat the opposite sex?

### Sons

- What they do with their bodies - shaking their butt and pelvis thrusts
- What they say- their use of language in connection with their body parts
- How they treat girls – sisters, mommy and friends

### Daughters

1 Timothy 2:9-10

<sup>9</sup> Likewise, I want women to adorn themselves with proper clothing, modestly and discreetly, not with braided hair and gold or pearls or costly garments, <sup>10</sup> but rather by means of good works, as is proper for women making a claim to godliness.

- Clothing
- How they carry their bodies
- How they treat boys

Caution - male babysitters



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**Resources for Ages 4-7:** “A Foundation for Moral Purity” – Audio series by Family Life (Covers ages 0-12)

### **Stage 3: Ages 6-9**

**Be the first to teach your children about marriage and the basic information about sexual intercourse between a husband and wife.**

**At what age is the “intercourse talk” appropriate?**

- Public school vs. Christian school vs. homeschool
- Amount of interaction with neighborhood friends and/or unchurched friends
- Goal is that this information is heard from parents first!

**The goal is to teach your kids about sex from God’s perspective before the world does.**

- Both Dad and Mom are involved if still married.
- Emphasize that what we talk about is only supposed to be discussed with your dad and mom.
- Say that we want to talk to you more about how you were made.
- Sit on the sofa together with child in between us.
- Start with prayer.
- Then go to God’s Word – Genesis 1:26-28

<sup>26</sup>Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,<sup>[a]</sup> and over all the creatures that move along the ground.”

<sup>27</sup>So God created mankind in his own image, in the image of God he created them; male and female he created them.





<sup>28</sup> God blessed them and said to them, “**Be fruitful and increase in number; fill the earth and subdue it.** Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

- God tells moms and dads to have babies (to be fruitful) in the beginning.

Genesis 2:18 <sup>18</sup> The LORD God said, “It is not good for the man to be alone. I will make a **helper suitable** for him.”

- God made a helper for the husband = his wife. “When you grow up you’ll leave your mom and dad and get married.”

Genesis 2:24-25 – <sup>24</sup> That is why a man leaves his father and mother and is united to his wife, and they become **one flesh**.<sup>25</sup> Adam and his wife were both naked, and they felt no shame.

- In marriage, you become one flesh. To become one flesh means to have sex. Have you ever heard the word, ‘sex?’ I’m going to explain what sex is.”
- Focus on intercourse/sex only good in marriage, one flesh, let no man separate.
- Smile a lot and enjoy this blessed conversation the Lord has allowed you to have with your children.
- Describe in detail what one flesh or intercourse is.
- Give only the detail that’s needed – a husband’s erect penis goes into a wife’s vagina and releases sperm that travels to meet the egg inside of mommy. The egg is fertilized and a baby begins to grow. Communicate that sex feels good but no talk of orgasm.

- Read Psalm 139: 13-16 together.

For you created my inmost being;  
you knit me together in my mother’s womb.

<sup>14</sup> I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.

<sup>15</sup> My frame was not hidden from you when I was made in the secret place,  
when I was woven together in the depths of the earth.

<sup>16</sup> Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.

- Jesus talked about marriage and being one flesh in marriage in the New Testament.  
Great opportunity to emphasize again that sex is only good in marriage.

Matthew 19:4-6



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Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,'<sup>5</sup> and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'?<sup>6</sup> So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

- Read Before I Was Born (Book 2 in God's Design for Sex series) together.
- Watch the "Miracle of Life" PBS special together. (Start right at point where sperm enters wife)
- Emphasize that God created sex to be good in marriage only.
- Say, "Do you have any questions?"
- Tell your child, "You only talk to us about this subject. If you hear or see anything about sex (from friends, school, TV, books), we want you to come tell us so we can talk about it. If you have any more questions, just come and ask us when we're alone."
- Take your child out to favorite place to eat after this for alone time with dad and mom.

#### **Resources for ages 6-9:**

"A Foundation for Moral Purity" – Audio series by Family Life (Covers ages 0-12)

Before I Was Born by Stan and Brenna Jones (Book 2 in God's Design for Sex series)

"Miracle of Life" PBS Video

### **Stage 3: Ages 9-13**

**Be the first to teach your children more details about gender changes and puberty while still reinforcing God's view of their body, marriage and sex.**

Ideally, Dad goes away with son and Mom goes away with daughter to discuss these issues.

**Dad with son:** voice changes, body odor, facial hair and pubic hair



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Erections – preparation for marriage

Nocturnal emissions (wet dreams) - God's design for relief

Lust – “Bounce your Eyes”

**Mom with daughter** - breast development, menstrual period, mood swings, body odor, pubic hair, clothing and our responsibility to our brothers in Christ

**Topics to discuss with both sons and daughters separately:**

### **Masturbation**

“Have you heard the word Masturbation?”

Yes – what do you think it is? Where did you hear about it?

No – explain to your child what it is. It's touching your sexual areas for pleasure.

Masturbation is a false substitute for real sex reserved in marriage. It is a sin because it is a means of self-pleasure rather than giving pleasure to your husband or wife.

Passages: 1 Corinthians 7:3-5

1 Thessalonians 4:3-5 It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God...

**Pornography** –average age for 1<sup>st</sup> exposure is 8

“Have you heard the word porn?”

Yes – what do you think it is? Where did you hear about it? Have you seen any of it?



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No – explain to your child what it is. It is photos or videos showing bodies in a sexual way or showing sexual activity.

It is sinful to participate in making pornography and it is sinful to view pornography. God desires us to honor Him with our bodies. God desires sexual pleasure to occur only in marriage. When we engage in or view pornography, we are stealing intimacy (closeness) from our future spouse. We are also settling for a false substitute for the good sexual pleasure that God has designed in marriage.

How to help your child turn from pornography:

1. **Radical Amputation** – cut off all ways that they access pornography

Matthew 5:27-30

<sup>27</sup> “You have heard that it was said, ‘You shall not commit adultery.’ <sup>28</sup> But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. <sup>30</sup> And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”

2. **Focus on the heart** – why? When they watch pornography, what is their heart wanting more than loving and pleasing God (2 Corinthians 5:9)?

3. **Read these books:**

[Every Young Man’s Battle](#) by Fred Stoeker and Stephen Arterburn

[Finally Free](#) by Heath Lambert

## Opposite Gender issues

Talk to your daughter about erections.

Talk to your son about periods.



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## Ongoing issues of discussion:

**Analogy of Sex and Fire** - sex has physical, emotional and spiritual consequences

### Technology

According to a 2006 study by the Kaiser Family Foundation, the average American child spends more than 38 hours a week on video games, music, TV, reading and their computers — nearly the equivalent of a full-time job. And the report notes that 68 percent of the material the children watch contains sexual content, up from 56 percent just two years ago. In 2010, they updated the screen time average for kids to 53 hours per week.

Keep up with all devices, especially those that have access to the internet. Examples: phones, iPads, iPods, Kindles, video game systems.

Monitor apps like SnapChat, Instagram, Twitter, Facebook and others like it. Attend Chip Wentz's "Safe and Secure Online Seminar."

Monitor technology at sleepovers.

### Music

How easy is it for your kids to memorize something they read at school?

How easy is it for your child to memorize a hit song?

What are these songs teaching your child?

This is another wisdom issue in your parenting. At the very least, keep an open dialogue with your kids about the music that they are listening to.

### Dating/Courtship/Guarding your Child's Heart

What is the purpose of teenage dating?



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What are the risks of teenage dating? Physical temptation (bodies are wired sexually)

Divorce is rampant in our generation. Is serial dating a set-up for divorce?

These are questions that you have to search the Scriptures for wisdom on.

## Homosexuality

Have you ever heard of the word “homosexuality?”

“Yes” – what have you heard about it?

“No” – you might hear that word so I want to explain what it means.

Read and explain Romans 1:18-32 – below is a part of that passage

<sup>24</sup>Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another.<sup>25</sup>They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.

<sup>26</sup>Because of this, God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones. <sup>27</sup>In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed shameful acts with other men, and received in themselves the due penalty for their error.

Explain that unsaved people who don't follow God have their hearts darkened and they don't worship God. Instead they worship created things. God gives them over to their desires and they believe lies. One result of this progression can be acting on a same-sex attraction.

We must approach people who don't agree with us with humility and compassion. It's not us against them. We are following God only because of His gracious work in our lives. We must genuinely love people who practice homosexuality all the while remembering the depth of sin that God has rescued us from (Ephesians 2:1-8). In fact, at the end of Romans 1, Paul explains that those who practice others sins are worthy of death as well— i.e. gossip, disobedience to parents.

Explain that there is a movement in our culture to teach people that homosexuality is right and good as long as there is love. However, God is love. He is the essence of love and He gets to define how it play out in our relationships. He is truth. His truth trumps what we feel is right. Romans 1:32 warns us that those who practice these things will also give “hearty approval to those who practice them.”



The world will say that we are not loving if we don't condone or support homosexuality. They say that we are haters, bigots. Throughout the ages, God is looking for men, women, and children who will stand up for truth and speak it out in a loving way. The truth is that real love is pointing people gently to the truth of God. If we don't, we have believed a lie and loved ourselves (our reputations) more than others. Not telling our homosexual friends the truth is actually hurting them and is unloving.

Other verses to show your child:

1 Corinthians 6:9-11

Leviticus 18:22, 20:13

What Does the Bible Really Teach About Homosexuality? By Kevin DeYoung

Is God Anti-Gay? By Sam Alberry

Transforming Homosexuality: What the Bible Says about Sexual Orientation and Change By Denny Burk

The Secrets of an Unlikely Convert – Dr. Rosario Butterfield

Out of a Far Country – by Christopher Yuan and Angela Yuan

## **Transgender**

This movement is not as much about gender as it is about truth being whatever you determine it to be at that moment. You'll find more information on this topic in the books above.

Be on guard in public restrooms, locker rooms, dressing rooms. Be aware that we are almost at the point where men will be able to go into a girls' bathroom if they feel like a woman that day. This comes back to Romans 1 – believing the lie that God did not create us male and female.

## **Resources for ages 9-13:**

Instructing a Child's Heart – Tedd and Margy Tripp



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“A Foundation for Moral Purity” – Audio series by Family Life (Covers ages 0-12)

Passport 2 Purity - Version 3 Kit from Family Life

What’s the Big Deal by Stan and Brenna Jones (Book 3 in God’s Design for Sex series)

The Care and Keeping of You (American Girl) by Valorie

Schaefer [http://www.amazon.com/s/ref=ntt\\_athr\\_dp\\_sr\\_1?encoding=UTF8&field-author=Valorie%20Schaefer&ie=UTF8&search-alias=books&sort=relevancerank](http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?encoding=UTF8&field-author=Valorie%20Schaefer&ie=UTF8&search-alias=books&sort=relevancerank)  
[http://www.amazon.com/s/ref=ntt\\_athr\\_dp\\_sr\\_1?encoding=UTF8&field-author=Valorie%20Schaefer&ie=UTF8&search-alias=books&sort=relevancerank](http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?encoding=UTF8&field-author=Valorie%20Schaefer&ie=UTF8&search-alias=books&sort=relevancerank)

[http://www.amazon.com/s/ref=ntt\\_athr\\_dp\\_sr\\_1?encoding=UTF8&field-author=Valorie%20Schaefer&ie=UTF8&search-alias=books&sort=relevancerank](http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?encoding=UTF8&field-author=Valorie%20Schaefer&ie=UTF8&search-alias=books&sort=relevancerank)

**Ages 13+:** Continue the conversation about sexuality with your kids. Remind them that if they have any questions, no matter how embarrassing, they can come to you. Continue to address with your daughters how to dress in way that is sexually pure and keeps them from being a stumbling block to their brothers in Christ. Give your children more details about the sin of sexual immorality and its emotional, spiritual and physical consequences. Also, discuss sexually transmitted diseases and pregnancy out of marriage.

**AS YOUR CHILDREN GET OLDER, BE INVOLVED AND ASK A LOT OF QUESTIONS!**

**Resources for ages 13+:**

ACBC – Association of Certified Biblical Counselors –  
[www.biblicalcounseling.com](http://www.biblicalcounseling.com)

Counseling and Discipleship training coming to Colonial Baptist –  
<https://biblicalcounseling.com/raleigh-training/>

September 23rd-24th, October 28th-29th, November 18th-19<sup>th</sup>, 2016



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CCEF – Christian Counseling and Education Foundation –  
[www.ccef.org](http://www.ccef.org)<http://www.ccef.org/>

<http://www.ccef.org/>

New Growth Press – any books from this publisher

Covenant Eyes – software that blocks sexual websites and alerts parents/accountability partners that the user tried to access it



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