

healing
the
sexually
broken
hearted



sexuality, ages 13-18

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To parents, teachers, counselors, pastors and other spiritual leaders:

We must not keep our heads in the sand any longer. We need to take our responsibility in educating our children concerning their sexuality. If we don't do it, the world will.

Please follow up with your teenager after giving them this book. It may answer many questions but raise many others. It is designed to lay a foundation for you to build upon. There are many other issues that can and should be addressed.

Some of the greatest pain I have seen in counseling people has come from this area. Many are wounded simply because their parents left them ignorant regarding such an important topic.

I encourage you to help put this booklet into the hands of as many teenagers as you can. It will make them stop and think, which will impact their choices. Those choices can affect the rest of their lives.

Hos. 4:6 "6 My people are destroyed for lack of knowledge; because you [the priestly nation] have rejected knowledge, I will also reject you that you shall be no priest to Me; seeing you have forgotten the law of your God, I will also forget your children."

Additional info by Amanda - Kanaan Ministries:

Introduction - The Father's Role

When God made little girls, He made them very special. He gave to each one of them a "curtain" which we call her hymen. This "curtain" has a very specific role to play in the whole message of covenant and marriage.

God calls upon the father of every little girl and gives him the responsibility to protect this "curtain" until the day that she gets married. As long as this "curtain" stays "closed" and in its place, it means that she is a virgin.

As children grow up and reach puberty stage, parents need to help them to understand the changes taking place on all levels – body, soul, and spirit.

There is a very ancient tradition amongst the Hebrew people of God which they call Bar-Barakah. It means: Initiation into Adulthood. (See booklet available from Kanaan Ministries.)

What happens here is that the father will take his son/daughter and explain to the child that before God he has a responsibility to keep them pure before their marriage. The father and the child make a covenant with each other before God for purity. The child promises to immediately tell the father if someone is trying to steal / tear the curtain!

The son will promise to keep himself pure and to honour and protect this curtain in every relationship until he gets married.

As a sign of this covenant, the father will buy a very expensive gift that the child will wear continually to remind him / her of the promise. For the girls it can be a watch, ring, bracelet, chain, etc. For the boys, an expensive watch is always a good idea!

Then to celebrate them coming into the adulthood and to welcome them, we have a BIG party!

THE SON:

The Mother will "officially" / publicly release the son to become a man. The father and the men at the party will speak blessings over his manhood and future, and acknowledge him now not only as a son, but also as a man.

THE DAUGHTER:

The father will bless her and welcome her into womanhood. The mother and the other women will bless her and release her as a woman.

Chapter 1

You Were Designed with Sex in Mind

In case you hadn't noticed, when God created and fashioned you, He did it with sex in mind. Your very bodies were designed as male and female to be perfectly fit together in sexual unity.

But actually, God had a higher purpose and you were really designed with covenant in mind.

Our sexuality is just a physical expression of our covenant relationship.

God did not create Adam and Eves nor did He create Eve and Adams. He created one man for one woman. He created us for covenant sexuality.

Matthew 19:4-6 *"And He answered and said to them, 'Have you not read that He who made them at the beginning made them male and female.' And said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh?' So then they are no longer two but one flesh. Therefore what God has joined together, let not man separate."*

Let's look at a simple definition of covenant: the promises or agreement made by two or more parties to do or keep from doing a specified thing.

In marriage, God requires a man and a woman to become one flesh and to covenant not to have sexual relationships physically or mentally with anyone else. If they do, it is considered adultery.

In **Exodus 20:14**, the Seventh Commandment says, *"You shall not commit adultery."* The Tenth Commandment in verse 17 says, *"You shall not covet your neighbors wife."*

In **Matthew 5:27-28**, Jesus raises the standard and says *"You have heard that it was said to those of old, 'You shall not commit adultery.' But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. "*

Chapter 2

So What Does All This Covenant Stuff Have To Do With Sex? Isn't That Just Important For Marriage?

In order to protect your sexuality, you have to understand it. Not just the physical components but the spiritual design and purpose. When we don't know the purpose for something we can use it in a wrong way. We can abuse it; abnormally use it. When we do not understand our sexuality from God's perspective we can abuse it.

First, we have to understand that we were created spirit, soul, and body. Our soul contains our mind, memory, emotions, and will. If you do not understand how God created us you will think that sex is just a physical thing. But actually our sexuality is part of us; spirit, soul, and body.

So if we abuse our sexuality, it can affect us spiritually, emotionally, mentally, and physically.

Anytime we use our sexuality outside of a covenant marriage relationship, we have abused it. We have used it for abnormal use and damage will occur. The more abuse the more damage we suffer.

Because we were created for covenant, our sexuality was also created for covenant. God did not make it hard to be sexually faithful. Sin has made it hard.

SEXUAL IMPRINTS:

When God designed you, He created your sexuality like a soft wax so when you had your first sexual relationship with your husband or wife, there would be an **imprint** left on your **sexual desires**.

God really made it easy to be faithful. We have made it hard. Because God designed us for covenant, He created our sexuality in such a way that when we entered into sexual intimacy with our covenant **partner we would be forever marked with a desire for that experience**. This would make it easy not to desire other people or other sexual experiences.

In **Proverbs 5:18-19**, the Word says "Let your fountain be blessed, and rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love."

When we have other sexual experiences outside the marriage relationship it creates confusion in our sexual desires, unfaithful thoughts and feelings, and it robs us of sexual peace within the marriage.

Imprinting comes from two main sources:

- 1) our first time experience, and
- 2) from repeated experience.

Both of these will affect our sexuality permanently unless healed or restored by God. Sexual imprinting does not come from just having intercourse. It comes from anything that affects our sexuality.

We protect our sexuality by not allowing other sexual experiences to imprint us sexually.

So it is important to understand the covenant stuff in order to understand how God created you sexually.

Chapter 3

That Stuff Sounds Good, But It's Not the Real World

The world we live in does make it difficult to do things God's way. But it is not impossible. God's Word says that nothing is impossible with Him.

We live in a world where sexual purity is not the norm. From music, TV, movies, video games, books, advertisements, and from lifestyles of those around us, we are bombarded with messages contrary to God's Word.

A recent study concluded that an average American teen watches 14,000 sexual encounters a year on television alone. (Michael Gurian, *The Wonder of Boys*, Tarcher/Putnam)

These messages tell us it is okay to have sex outside marriage; that it is okay to watch other people having sex; that it is okay to have sex with people of the same sex. They also tell us we must look, smell and act sexy in order to feel good about ourselves and to be loved and accepted.

God has created everyone to need love and acceptance. Because our society has turned from God, oftentimes those needs are unmet. In order to have those basic needs met, people have turned to sexual relationships. However, sex was not designed to meet those needs and it always fails. People are then left feeling even more unloved and accepted so they try harder to look prettier, smell better, dress sexier and have a sexier car so that maybe someone will love and accept them.

Our culture has confused love and acceptance with sexual desire and intimacy. Understand sexual desire and intimacy is an expression of love and acceptance in a covenant marriage relationship, but it is only part of the puzzle of a covenant relationship.

As young people who know God, we basically have a choice to make. Are we going to live life God's way or are we going to live life the way our culture portrays it? If we make a decision to live life God's way, then we can no longer abuse our sexuality by using it for purposes it was not created for...

- It wasn't created for a lot of different people.
- It wasn't created to experiment with.
- It wasn't created to be used outside of the marriage relationship.
- It wasn't created for other people to watch.
- It wasn't created for us to use ourselves.

It was created with covenant in mind.

When we make the decision to see our sexuality from God's perspective, and not from the world's perspective, then we have a responsibility to protect our sexuality from wrong messages. In order to protect your sexuality from wrong sexual imprinting it's important to **guard your ear gate** and **your eye gate**. What you allow in through those gates can and will affect you sexually. The **music** you listen to, the **movies** and **television** you watch, and the **conversations** you hear are all places where a decision has to be made. Will you choose to protect yourself and your future covenant relationship?

As a teenager, it is easy to believe that what you are doing is just affecting you. But adults who have been married know that isn't true.

Any sexual experience prior to marriage does have an effect.

You may have a relationship that lasts 6 months as a teenager that can affect your marriage that may last for 50 years or more. What you do today, does affect someone. It is a person that you have probably not even seen or met yet, but they are out there waiting for God's perfect timing.

In the Song of Solomon, Chapter 3, Verse 5, it tells us not to awaken love before its time. Listening to music or watching things that are very sexual in nature can begin to awaken desires in us that we are not ready for. They can create feelings of lust, which are sexual desires outside of the marriage relationship. Because lust is a very strong desire, it can lead us to make bad choices.

Right now in our nation a recent report concludes that 20% of adolescents in our nation have had sexual intercourse before their 15th birthday. It also states that one in seven of the sexually experienced 14 year old girls have been pregnant. **There are serious consequences to making poor choices:**

- **Teenage pregnancy**
- **Sexually transmitted diseases**
- **Etc.**

Chapter 4

How Am I Supposed to Find Out About Sex?

Because God made your sexuality a very important part of you, it is only natural for you to want to know about sex as you get older. Many times it is curiosity that causes young people to expose themselves to impure sexual things like a Playboy Magazine, a pornographic movie, or experimenting with another person.

These kinds of exposure can give you confusing and perverted (wrong) messages about sex. Whenever possible, it is best to talk to your parents about sexual questions you have or to your spiritual leaders.

Sometimes parents were given wrong messages as they were growing up and they feel uncomfortable talking about sex. Some people grow up with the messages like; sex is dirty; you shouldn't talk about sex; sex is only to be talked about with grownups. These messages make it hard for some parents to do their job in explaining and training you in this important area.

Always try talking to your parents first. If you find they do not have answers or are uncomfortable talking about the subject, then find an adult you can trust. Talk to someone at your church. Ask your youth pastor if they feel comfortable in answering your questions or ask them to recommend someone for you to talk to.

Many times parents will have "the talk" with you. They will explain some things about sex to you. Don't think it has to stop there. If you have more questions, at other times, ask them. It's okay to go beyond "the talk".

Many times at school, you will have some type of sexual education. Most of the time, the physical side and maybe some of the emotional side will be explained. That's why we wrote this little booklet. So you can also understand the spiritual side of your sexuality.

Sometimes the messages you get from church and from home about sex, say, "Just don't do it." They say it's wrong but they don't always tell you why. God doesn't tell us not to do things just for the fun of it. God tells us that things are wrong when He knows they will hurt us. God knows how He created us. He knows how our sexuality was designed to work.

God knows that sex outside of marriage damages our ability to be faithful in our covenant relationship.

He knows that it can create confusing desires and cause us shame and memories we would want to forget.

It is not wrong to want to understand your sexuality and to be curious about sexual things. It only becomes destructive when you satisfy your curiosity in ways that cause your sexuality to be exposed to impure sexual imprinting.

Chapter 5

What Are Some of the Things To Avoid and Why?

Let's talk about some of the things that you need to avoid and why. We have already talked about avoiding the temptation to learn about sex from wrong places because when we do we can get wrong messages.

MASTURBATION:

Next, let's talk about **masturbation**. First of all what is it? It's when you stimulate yourself physically to the point of orgasm. Some people think that just boys do it, but it is something girls can do also. Sometimes other kids may tell you about it or otherwise you may discover it on your own.

There are several reasons why you should avoid masturbating. One of the reasons is that it can become **addicting**. Because it brings a physical release and even releases chemicals in the brain, you can find your desire to do it increasing. After awhile, whenever you feel upset or tense, you will find a desire to masturbate.

Most teenagers think that they can do it and when they get married they will just stop. That is a lie. Many adults still struggle with masturbation in their marriage. It is how they were **sexually imprinted** and until that imprinting is cleansed that desire is there. If it becomes an addiction as a teenager, whenever circumstances are tense or upsetting, you will have a desire to masturbate even if you are having regular sexual intercourse with your husband or wife.

How does masturbation hurt the marriage? It causes your partner to feel like they are not enough. It makes them feel that something is wrong with them and creates feelings of rejection. Also, the Word of God tells us not to withhold our bodies from our marriage partner unless agreed upon for a time of fasting. Masturbation allows us to get mad and stay mad at each other because we can meet our sexual needs on our own. When masturbation is not an option, then we have to forgive each other and make up because we need each other. Masturbation says, 'I really don't need you'.

Another reason to avoid masturbation is that because you are stimulating yourself sexually you are much more open to getting involved in a sexual relationship with someone else.

Is it sin? Many people argue whether masturbation is sin or not because it is not specifically mentioned in the Bible. It's easy to tell. Do you feel ashamed? Is it something you would want your parents to know, people at your church or at school?

Shame is always the result of sin and masturbation is accompanied by shame. In the Garden of Eden when sin had entered in, Adam and Eve were ashamed and hid themselves. Whenever we are ashamed of something, we will hide it and do it in secret. That's a pretty good indicator that masturbation is sin. Even in marriage, most people hide it from their husband or wife because they know it is wrong.

To protect yourself sexually, it is important to avoid masturbation.

PORNOGRAPHY:

You also need to **avoid pornography** because it also creates **sexual imprinting**. It creates desires for certain body types, for perverted sexual practices, and often leads to masturbation.

Now let's talk about pornography. What is it? Pornography is anything that you can visually see either in magazines, books, movies, videos, on the internet, cell phones or computer games that depict other people in a sexual nature. It can simply show nakedness or other people involved in sexual acts. It can also be what you hear through things like music, movies, or videos.

Pornography allows you to be sexually stimulated without the responsibilities or risks of relationship. A center-fold can not reject you. Watching a video scene does not take any effort on your part. Relationship and intimacy takes work, sacrifice, commitment and communication. All of these can be avoided through the use of pornography.

Most pornography is done with models and actors. The people have been air brushed or made up. Special lighting is used. Because they are hired, they can select only the most beautiful or the most handsome. Pornography can create dissatisfaction with the reality of life. Most bodies are not that perfect. No one looks that good all the time.

People who have been imprinted sexually with pornography are usually never happy and satisfied in a normal covenant sexual relationship unless they are healed.

Also, pornography many times depicts perverted sexual acts. It creates sexual imprinting and desires that makes our marriage partner uncomfortable. Many times people go outside of the marriage relationship to have their sexual needs met, because they have perverted needs from **pornographic imprinting** in their lives.

It is a lie to say I can look at pornography now, but when I get married I will stop. It will still affect you. You will either keep looking at it and hide it because of your shame, or you will be frustrated and resentful that your covenant relationship is not meeting the wrong desires that are in you. Either way it will produce bad fruit in your relationship.

Masturbation and pornography are two main areas to avoid. But anything that creates sexual imprinting is important to avoid.

Sexual imprinting is a very powerful thing.
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In the next Chapter we will talk about avoiding sexual imprinting that comes through physical relationships with other people. Those relationships also create sexual imprinting.

Here is an example. Let's say you dated someone with dark hair and certain type of features. You ended up having sex with them. Now you are married. Your husband or wife has light hair and different features. You love them and want to be with them yet you still feel attracted to people with dark hair and different features. Why? Because through that relationship, you were sexually imprinted and you made a false covenant with the wrong person at the wrong time. Now, the only answer is God's restoration in your life which we will talk more about later.

Additional info by Amanda - Kanaan Ministries:

So how far can you go?

Bible-Terms Defined (Scriptures taken out of the AMP and KJV)

Let's look at what God says in His Word:

1 Thessalonians 4:3-5

*"3 For this is the will of God, that you should be **consecrated** (separated and set apart for pure and holy living): that you should **abstain** and shrink from all **fornication** (sexual vice),*

*4 That each one of you should **know how to possess (control, manage) his own body in consecration (purity, separated from things profane) and honor,***

*5 **Not [to be used] in the passion of lust (concupiscence) like the heathen, who are ignorant of the true God and have no knowledge of His will,"***

Colossians 3:4-5

"4 When Christ, Who is our life, appears, then you also will appear with Him in [the splendor of His] glory.

*5 So kill (deaden, deprive of power) the evil desire lurking in your members [those animal impulses and all that is earthly in you that is employed in sin]: **fornication** (sexual vice), impurity, sensual appetites, unholy desires, and all greed and **covetousness**, for that is idolatry (the deifying of self and other created things instead of God)."*

1. Sex outside of marriage?

What is the meaning of Fornication (according to the Encarta dictionary)?

Sexual intercourse between a man and woman who are not married, or any form of sexual behaviour considered to be immoral.

Fornication:

- Greek word: pornea (pornography)
- To indulge unlawfully outside of a limit that has been set by God.
- Idolatry + harlotry + fornication = root word: pornea

Idolatry:

Gal. 5: 19-21 *"19 Now the doings (practices) of the flesh are clear (obvious): they are immorality, impurity, indecency, 20 **Idolatry**, sorcery, enmity, strife, jealousy, anger (ill temper), selfishness, divisions (dissensions), party spirit (factions, sects with peculiar opinions, heresies),*

21 Envy, drunkenness, carousing, and the like. I warn you beforehand, just as I did previously, that those who do such things shall not inherit the kingdom of God."

- to put something before God
- substitute for God
- substituting for the real activity or thing
- An idol is not God – it is something in a person's mind that looks like God.

Harlotry:

Ezekiel 23: 8 *"8 Neither has she left her **harlotries** since the days of Egypt [from where she brought them], for in her **youth men there lay with her and handled her girlish bosom, and they poured out their sinful desire upon her.**"*

Ezekiel 23:3

3 And they played the harlot in Egypt. There they played the harlot in their youth; there their **bosoms were pressed** and there their virgin **breasts were handled**.

Definition:

- involved in activity outside of God's limits

Adultery:

Greek word has the same root as the word "mine" – showing ownership.

Definition:

- to set your affections (e.g., romantic gift or ability) on that which is not yours or that to which you do not belong.

James 4:4 *"4 You [are like] **unfaithful wives** [having illicit love affairs with the **world and breaking your marriage vow to God!** Do you not know that being the **world's friend is being God's enemy?** So whoever chooses to be a friend of the world takes his stand as an **enemy of God.**"*

DOES YOUR HOPE & ATTRACTION LIE MORE TOWARDS WHAT IS GODLY OR MORE TOWARDS WHAT IS WORLDLY?

Fornication before marriage = adultery after marriage.

If you are not faithful to your "spouse to be" before marriage, how will you be able to stand against the temptations of this world after marriage if you go through a difficult time? You are teaching yourself that as soon as things get bad – get out of the relationship.

The world teaches us it is all about that feeling of being in love; love at first sight, etc. If Jesus followed His feelings, He would not have died on the Cross for our sins! He asked God to let this cup pass from Him.

If being in love is about the outward appearance – how will you stay in love with your spouse when they get older? You must fall in love with someone's heart!

It is natural that we as young people will be attracted to one another – that's quite okay. That is how the "chemistry" between two people start anyway. The point we are trying to make is that when that attraction and chemistry is there – how far can you go?

What does God say?

1 Samuel 16:7

*"7 ...For the Lord sees not as man sees; for man looks on the outward appearance, but the **Lord looks on the heart.**"*

Of course, God gave us feelings and He wants us to be in love with our spouses, but the enemy wants to make love cheap. Everytime you give your heart to someone and it gets broken, you have less to give to your spouse someday.

BUT EVERYONE DOES IT, WHY CAN'T I!!

Friendship with the world is enmity with God – you have gone to something (world) to which you do not belong.

1 Thess. 4: 3-7 *"3 For this is the will of God, that you should be consecrated (separated and set apart for pure and holy living): that you should abstain and shrink from all sexual vice,
4 That each one of you should know how to possess (control, manage) his own body in consecration (purity, separated from things profane) and honor,
5 Not [to be used] in the passion of lust like the heathen, who are ignorant of the true God and have no knowledge of His will,
6 That no man transgress and overreach his brother and defraud him in this matter or defraud his brother in business. For the Lord is an avenger in all these things, as we have already warned you solemnly and told you plainly.
7 For God has not called us to impurity but to consecration [to dedicate ourselves to the most thorough purity]."*

It is God's will that you should:

- be sanctified (set apart / holy) and should avoid sexual immorality.
- learn to control your own body in a way that is holy and honourable – not lustful.

If you reject this instruction, you reject God who gives you the Holy Spirit.

You must count the cost of following Christ and not take being a Christian lightly!

This gives us a pretty straight forward answer to sex before marriage! NO!!!

2. What then about heavy petting or oral sex? That's not sex!

Let's look at the meaning of a few difficult words spoken of in the Bible and their meaning:

Lasciviousness / licentiousness

Jude 4 *"4 For there are certain men crept in unawares, who were before of old ordained to this condemnation, ungodly men, turning the grace of our God into **lasciviousness**, and denying the only Lord God, and our Lord Jesus Christ."*

Definition:

- stirring up desires which cannot be satisfied within God's limits.
- Excess or too much
- Going beyond
- Having no limits or boundaries
- To let yourself go

Concupiscence / covetousness:

Rom.7:8 *"8 But sin, taking occasion by the commandment, wrought in me all manner of **concupiscence** . For without the law sin was dead."*

Col. 3:5 *"5 Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil **concupiscence**, and **covetousness**, which is idolatry:"*

1 Tes. 4: 3-5 *"3 For this is the will of God, even your sanctification, that ye should abstain from fornication:
4 That every one of you should know how to possess his vessel in sanctification and honour;
5 Not in the **lust** of **concupiscence**, even as the Gentiles which know not God:"*

Definition:

- having an abnormally strong desire or appetite in the area of sexuality
- If you have a situation where you cannot control your thinking or something keeps coming up
- Hung up on or preoccupied by guys/girls.
- Need to have a boyfriend or girlfriend

LUST – concupiscence: strong desire that's gotten behind your control.

WE NEED TO LUST / DESIRE AFTER GOD!

Sensuality:

2 Cor. 12:21 *“21 And lest, when I come again, my God will humble me among you, and that I shall bewail many which have sinned already, and have not repented of the **uncleanness** and **fornication** and **lasciviousness** which they have committed.”*

James 3: 15 *“15 This wisdom descendeth not from above, but is earthly, **sensual**, devilish.”*

Jude 19 *“19 These be they who separate themselves, **sensual**, having not the Spirit.”*

1 Peter 2:11 *“11 Beloved, I implore you as aliens and strangers and exiles [in this world] to abstain from the **sensual** urges (the evil desires, the passions of the flesh, your lower nature) that wage war against the soul.”*

Definition:

- the planned appeal to your physical senses for selfish gratification or occupation with bodily / sexual pleasure (flirting).
- [Pleasure should never be a reason or motivation for living.]
- To live for your physical senses; e.g., drugs, sex, music, dance, heavy petting (for feeling)

Defrauding:

Leviticus 19:13 *“13 You shall not **defraud** or oppress your neighbor or rob him....”*

Col. 2: 17-19 *“17 Such [things] are only the shadow of things that are to come, and they have only a symbolic value. But the reality (the substance, the solid fact of what is foreshadowed, the body of it) belongs to Christ.*

*18 Let no one **defraud** you by acting as an umpire and declaring you unworthy and disqualifying you for the prize, insisting on self-abasement and worship of angels, taking his stand on visions [he claims] he has seen, vainly puffed up by his sensuous notions and inflated by his unspiritual thoughts and fleshly conceit,
19 And not holding fast to the Head, from Whom the entire body, supplied and knit together by means of its joints and ligaments, grows with a growth that is from God.”*

- to use / take advantage of / to deceive

- if you do not have the intention to have a long-term relationship with someone
- using other person for your selfish ends – not open and honest

So, how far can you go with your partner before marriage?

Sex before marriage	WRONG
(What is sex as such: When penetration takes place and both get an orgasm.)	
Point just before that: penetration is not necessary to get an orgasm Next point: making love – going to point of orgasm with clothes	STILL WRONG: you cannot control yourself. WRONG
Next: nakedness & petting not to the point of orgasm	WRONG: Your body is only to be viewed by one person.
Next point: underwear – there is a slight difference between underwear and a bikini	WRONG: Not HOLY & SET APART for God
Next point: full clothing and petting	WRONG: body only meant for husband to touch.

THUS: NO PETTING – It is sexually arousing and an intimate act.

3. What about just and fondling breasts and kissing?

Ezek. 23:8 “8 Neither has she left her harlotries since the days of Egypt [from where she brought them], for in her youth **men there lay with her and handled her girlish bosom, and they poured out their sinful desire upon her.**”

Ezek 23:3 “3 And they played the harlot in Egypt. There they **played the harlot in their youth; there their bosoms were pressed and there their virgin breasts were handled.**”

God does not take this lightly. He equals these actions to harlotry.

Is kissing just an intimate act of being together OR is it being sexually arousing?

Song of Solomon 4:11 “11 Your lips, O my [promised] bride, drop honey as the honeycomb; **honey and milk are under your tongue.**”

God sees French kissing as part of foreplay! It causes desires and longings in you for something more! It breaks down your defences.

It is God’s will that we will be SANCTIFIED – controlling our own bodies.

We were made to have sex, so now the core of our being needs to submit under our will. BUT the fact that we are sexually right does not mean we should be unholy or sexually immoral!

So what is the bottom line?

Galatians 5:18-21 “18 But if you are **guided (led) by the [Holy] Spirit**, you are not subject to the Law.

19 Now the **doings (practices) of the flesh** are clear (obvious): they are immorality, **uncleanness** (impurity), **lasciviousness** (indecenty),

20 Idolatry, sorcery, enmity, strife, jealousy, anger (ill temper), selfishness, divisions (dissensions), party spirit (factions, sects with peculiar opinions, heresies),

21 Envy, drunkenness, carousing (partying), and the like. I warn you beforehand, just as I did previously, that **those who do such things shall not inherit the kingdom of God**”

Uncleanness:

- contamination, pollution, **impurity** (opposite of purity)

Lasciviousness:

- showing a desire for, or unseemly interest in, sex

- **provoking or exciting lust**

1 Thessalonians 4:4-5 “4 That **each one of you should know** how to **possess (control, manage) his own body in consecration (purity, separated from things profane) and honor,**

5 **Not [to be used] in the passion of lust** like the heathen, who are ignorant of the true God and have no knowledge of His will,”

1 Peter 2:9-11 “9 But you are a chosen race, a royal priesthood, a dedicated nation, [God’s] own purchased, special people, that you may set forth the wonderful deeds and display the virtues and perfections of Him Who called you out of darkness into His marvelous light.

11 Beloved, I implore you as strangers and exiles [in this world] to **abstain from the sensual urges (the evil desires, the passions of the flesh, your lower nature) that wage war against the soul.**”

1 Corinthians 6:18 “18 **Shun immorality and all sexual looseness [flee from impurity in thought, word, or deed].** Any other sin which a man commits is one outside the body, but **he who commits sexual immorality sins against his own body.**”

If what you are doing is even bringing up a thought of impurity into your mind, you should abstain and flee from it. You must decide where you can draw the line, based on this principle. If you are stimulated sexually without being able to go through with it (which you are not able to), it is sin.

MYTHS we believe:

1. I need someone because I'm lonely.

TRUTH:

No one will ever be able to fill the gap only God can fill. Singleness is a time where you can grow in your relationship with God and become the best spouse you can be for your husband / wife to be.

2. I have to date a lot of guys / girls.

TRUTH:

God is in control! If you trust in Him, He'll give you the right person!

3. There is no ideal man / women.

TRUTH:

God has someone specific in mind for you who will complement and strengthen every gift, talent and ability that you have!

4. Missionary dating – if he is not spiritually more mature than you: STAY AWAY!!!

TRUTH:

God made a woman to be subject to her husband. The man must lead the woman. A woman will struggle to be happy and will be frustrated when she has to take the spiritual responsibilities for her children that are not hers. It causes tension, because God did not make her that way.

5. If we both feel the same about the level of seriousness / lack of seriousness, it's okay – you're not hurting each other.

TRUTH:

You are playing with someone else's spouse to be!

**IF ANY RELATIONSHIP CAUSES YOU TO LOOSE FAITH IN GOD
IT'S NOT FROM GOD!!!**

Question: "What does the Bible say about flirting?"

Answer: The Bible does not specifically talk to us about whether or not flirting is wrong, so what we should do is examine the definition of flirting. According to Merriam-Webster, flirting is: a) to behave amorously without serious intent, or b) to show superficial or casual interest or liking. It is synonymous with the word "trifle," which is something of little value. The next thing we should examine is what people are usually trying to accomplish when they flirt. Are they trying to get attention from others, whether it is negative or positive? Are they attempting to show sexual interest or attraction? Do they see it as "innocent fun," even if they or the other person is involved with someone else, even married?

Having casual contact with someone while purposely entertaining sexual undertones can be dangerous for us spiritually. Although most people believe that as long as nothing physical takes place, what goes on in our minds is irrelevant, the Bible tells us otherwise. "But I say, anyone who even looks at a woman with lust in his eye has already committed adultery with her in his heart. So if your eye – even if it is your good eye – causes you to lust, 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" (**Matthew 5:28-19**).

Sin begins in our minds and then moves to our hearts. **Matthew 12:35** tells us that "A good person produces good words from a good heart, and an evil person produces evil words from an evil heart." It is a fact that whatever we surround ourselves with, whatever we indulge ourselves in, and whatever we fill our minds with is what we will become. This is why **Philippians 4:8** says, "*Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.*"

Although flirting is almost always described as "harmless," it rarely, if ever, actually is. The first thing to consider is what people generally think about those who flirt. A woman who flirts, for example, will develop a reputation for herself as being promiscuous. She will find that other women look at her as a threat and take an instant disliking to her. A man who flirts will be viewed as a womanizer who is not interested in serious relationships. Anyone who flirts may enjoy the attention, but the interest shown to that person is almost exclusively sexual, and will probably lack any sense of respect.

The Bible tells us that we are to be a good example, showing others the love of Christ through our behavior (**Ephesians 5:1-2**). It is possible that a man or woman who is being flirted with has been struggling with lustful thoughts themselves. When a person of the opposite sex is hanging on them, winking at them, touching them, or showing off their body to them, it will make the person's struggle all the more difficult. The Bible strongly warns us against tempting others to sin (**Matthew 18:7**).

We should do all we can to bring others into God's Kingdom and never do anything that would cause a person to stumble in their Christian walk (**Romans 14:21**). **1 Corinthians 10:31** reminds us, "*Whatever you eat or drink or whatever you do, you must do all for the glory of God.*"

What will I benefit from abstaining? Why must I choose this difficult path?

Be encouraged:

2 Timothy 2:19-22 *"19 But the firm foundation of (laid by) God stands, sure and unshaken, bearing this seal (inscription): The Lord knows those who are His, and, **Let everyone who names [himself by] the name of the Lord give up all iniquity and stand aloof from it.***

*20 But in a great house there are not only **vessels of gold and silver**, but also [utensils] of **wood and earthenware**, and **some for honorable and noble [use] and some for menial and ignoble [use].***

*21 So **whoever cleanses himself [from what is ignoble and unclean, who separates himself from contact with contaminating and corrupting influences] will [then himself] be a vessel set apart and useful for honorable and noble purposes, consecrated and profitable to the Master, fit and ready for any good work.***

*22 **Shun youthful lusts and flee from them, and aim at and pursue righteousness** (all that is **virtuous and good, right living, conformity to the will of God in thought, word, and deed**); [and aim at and pursue] **faith, love, [and] peace** (harmony and concord with others) in fellowship with all [Christians], who call upon the Lord out of a pure heart."*

If you cleanse yourself from youthful lusts and flee from them, you will be a vessel set apart for honourable and noble purposes!

The choice is yours! You can be a vessel of gold or silver used for honourable and noble purposes or a utensil of wood and earthenware used for menial (unskilled, boring, basic) and ignoble (dishonourable, immoral, low) use.

But what if I've already made a mistake?

God promises that He will restore the years that the locusts have eaten! He's just looking for a willing, remorseful heart and for a people who will take a stand against the immorality in this world! Someone who will choose to go against the stream and walk in purity, who will shun youthful lusts and flee from them and cleanses himself from what is ignoble and unclean, who separates himself from contact with contaminating and corrupting influences!

May you choose this difficult, but very rewarding journey!

Chapter 6

The Dating Game Is a Dangerous Game

In our culture, dating has become the popular thing to do. The dating age has gotten younger and younger. Now children are dating.

The same report quoted in Chapter 3 that said 20% of all teenagers under the age of 15 have had sexual intercourse also reported that about one quarter of the 12-14 year olds had dated someone two years older. It also concluded that the greater the age difference the more likely the relationship would lead to sexual intercourse.

For parents this is significant to know; the study concluded that one-on-one dating should be discouraged and to be very leery of significant age differences. **So what is considered dating?** Dating is when two people decide they like each other and want to spend time together. There are **two types of dating**. The first is when people do something together to see if they like each other enough to date more. They basically try each other out. Then there is serious dating when people go together or hook up. They have decided they like each other enough not to date other people and want to only spend time with each other.

You can not find any scriptures concerning dating in the Bible. It is a practice of our culture. It is also dangerous because it helps you practice for divorce.

Dating is part of the reason why our divorce rate is so high.
--

Approximately 50% of all marriages end in divorce. That means one out of two marriages end in divorce.

It used to be that the divorce rate for Christians was less than the rest of the world. Now it is basically the same. There are as many Christians getting divorced as there are people in the world. This rate is also increasing.

So how does dating help us practice for divorce? Because we make commitment or promises that are a form of covenant to another person and then we break them. Depending upon how much we date, we may have broken covenant many, many times before we actually get married. We have not learned how to work through problems and issues; we have learned to move on when there are problems. Our souls continue to seek after the excitement of a new relationship and we may have problems with finding satisfaction in the attention of just one person.

It is understandable that people who date break up with each other because they are too young to keep those commitments. It is not the time to make a life time commitment to just one person.

It is also dangerous because it damages people's ability to trust and creates feelings of rejection. These feelings can cause problems in a marriage relationship. Trust is broken when the person you are dating decides to date someone else. Rejection comes in when you hear things like, 'I don't like you any more; I like someone else. "

Another reason why dating is dangerous is because it creates intimacy before covenant when God has created intimacy for after covenant.

By spending too much time together and by making commitments to each other, dating usually leads to forms of physical intimacy like kissing, hugging and touching. Remember God's Word tells us not to awaken love before its time.

One of two things will happen at this point, either you will break up which leads to **rejection** and **broken trust**, or you will end up getting deeper into physical intimacy.

This leads to sexual practices and/or actual intercourse. Many young people deceive themselves. They believe that because they have not actually had intercourse, that they have not been sexually active. That is not true.

Sexual desires can be satisfied without intercourse. This will always lead to wrong sexual imprinting.

Some adults have difficulty becoming sexually excited in the safety of their marriage bed because their sexual activity as a teenager was done in **the fear of getting caught and in unusual places**. It creates an added dimension because of the adrenalin released by their own bodies. They have become **sexually imprinted** by it and need the added excitement to feel sexually aroused even as adults. It creates dissatisfaction in marriage.

Also, many teenagers **use drugs** and **alcohol**, which leads to a break down in self-control and creates an inability to say, "No". This can cause teenagers who may not have even wanted to be sexually active to begin to have sex. As adults, they may still need alcohol or drugs to be able to have sex. Their **sexuality** was **imprinted with the feelings created by alcohol and/or drugs**.

Dating is dangerous because it leads to **robbery**. God does not like robbery. If we take another person's **virginity**, we have just robbed their future husband or wife. If we take a part of another person's **heart** and break it, we have just robbed their future husband or wife. If we damage a person's **ability to trust**, we have just robbed their future husband or wife and them.

If you know in your heart you have already robbed someone, repent and ask the Lord to forgive you and to bring restoration to the other person. You may even have to go and ask someone you have dated or have been physically involved with to forgive you. Let the Lord lead you in this area.

It can also rob the **purity** and the **specialness** of your wedding day and wedding night. When people finally find the one God has for them, they feel great grief at having given any part of themselves to another person. They have great regret that they even kissed another person or told someone else that they loved them.

Until we are ready to make a lifetime covenant being in love is just a lie.

We can care about a person, have fun with them, and let them satisfy our needs, but true love makes covenant.

Just as God's love for us has caused Him to make an everlasting covenant with us, true love must be mature enough to enter into covenant.

So that leads us to a couple of important questions:

How can I have fun if I don't date? You can have fun by doing things in the safety of a group. You can learn how to relate to the opposite sex in those settings without having to make a commitment to just one person. Many times you can have more fun because you don't have all the emotional problems and decisions that come from a serious dating relationship.

Many people, when they are adults, feel robbed because they had gotten sexually involved with just one person as a teenager. While their friends were out just having fun, they were living with fear of pregnancy, the fear of someone finding out and the shame of what they were doing. They felt like they had to grow up too soon. Sometimes as adults they try to fix that by getting a divorce and going out and just having fun. But it is too late.

How will I ever find the right person if I don't date? You don't have to. You can leave that job up to the Lord. He created you and knows what is best for you. When it is the right time, He will speak to your heart and let you know, "This is the one I have chosen for you."

Whenever God does things in the earth, there is always a spiritual witness. He confirms a thing through the mouth of two or three witnesses. You can trust God to bring confirmation through other people in your life. When God does something in the earth, it brings joy and peace. You and the spiritual people around you will have joy and peace. God's Word also says that there is safety in a multitude of counsel. By getting the witness of your parents, pastors, and other spiritual leaders, you protect yourself from making a mistake that will affect the rest of your life.

A mistake will either cause you to have a bad or difficult marriage, or it will cause you to have to get a divorce. Both will affect you. It is better to trust in the Lord and the spiritual authority in your life to help you in this decision.

Marriage counselors will tell you that many people who have marital problems were told by someone before their marriage that it was a mistake. Most people who had parents or pastors telling them not to go ahead with the relationship have had difficulty in their marriage.

We can make wrong choices when we want something too bad, or when we need something for the wrong reasons.

- If we feel we need someone so we can feel good about ourselves, that's a wrong reason.
- If we have to have someone so we can feel secure and confident, that's a wrong reason.
- If we have to have someone so we aren't lonely, that's a wrong reason.

There are a lot of wrong reasons to get married. The only right reason is because God has said, "This is the time and this is the one."

COURTSHIP:

Once God has spoken (you don't have to be scared, if He can speak to you, He can speak to the other person) and you have gotten a spiritual witness, then it's time to begin the process of preparing for marriage. Some people call this courtship which then leads to engagement. This is the time to begin to build your emotional and spiritual intimacy while still saving your physical intimacy for after covenant. It's a time to get to know each other and to get to know each other's family and friends at a more intimate level.

It's still important during the courtship process to be accountable in your relationship. Use this time to seek out premarital counseling and information that can help you have a better relationship.

We recommend a book called "I Kissed Dating Goodbye" by Joshua Harris. It is an excellent book to help you understand how to submit this area of your life to the Lord.

If you make the decision not to date because of its dangers, it will be one of the best decisions that you will ever make. You will protect yourself and save yourself physically, emotionally, sexually, and spiritually for your covenant mate. However, it won't be easy because of the culture you live in.

So get a good support system of friends and people who will pray for you and encourage you in your decision. Read and listen to good materials that will help you understand the benefits of your decision.

Also, know that because this is God's way and not the world's way, He will support you with His grace and love. If you get tempted, call upon the power of His Holy Spirit and He will answer you.

Chapter 7

What Do I Do If Things Are Already Messed Up?

Now you may be reading this booklet and discovering that your sexuality has already suffered abuse. You may have been molested or sexually abused as a child. You may have already been using masturbation to satisfy your sexual desires. You may have been exposed to pornography. You may have already been involved in physically intimate behavior like making out, touching each other, or you may have already been involved in a sexual relationship through intercourse or oral sex. It may be as simple as having exposed yourself and playing doctor as a child. Or maybe it is something that has not been mentioned.

Whatever it is, there is hope in Jesus Christ. You may be mourning what has happened to you sexually, but Isaiah 61:3 says that Jesus will give us beauty for ashes and the oil of joy for mourning. There are many, many scriptures that tell us of His ability to heal us, restore us (put us back in our original condition) and redeem us (get back everything that has been stolen from us).

Now this hope is not an excuse to sin. Hebrews 10:26 says, "If we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for sins." We can't just live a willful sinful life knowing that God's forgiveness and grace is there. We will suffer consequences. In Hebrews verse 29, it says that when we do that we are trampling the Son of God underfoot and counting His blood that was shed as a common thing and insulting the Spirit of grace. That sounds pretty serious.

However, the Blood of Christ is there to wash away any of our past sins and any of our future sins as we turn to Him in true repentance. He is our Redeemer and Restorer. The Word of God declares in 2 Corinthians 5:17 "Behold all things have become new." If God can give us a new heart, a new mind, a new soul, and can heal our bodies, sure He can make our sexuality new. He can wipe our sexual slate clean and repair any damage if we will truly repent (turn totally the other way) from our sexual sins and ask Him to heal us. When God takes away our sins, He also takes away our shame. You may have lost your natural virginity but God can restore your spiritual virginity and purity. In Isaiah 65:7 it says, "Instead of your shame, you shall have double honor" You may also be carrying the shame of someone else's sin. If you were molested, raped or abused, that was someone else's sin against you. It was not your sin. In order to get free of the shame, you need to forgive that person. Holding unforgiveness, holds the sin and the shame of it. When you forgive, it does not mean that you were saying it was okay for them to do what they did. It simply means that you are releasing their judgment into the hands of God and taking it out of your own hands.

God has not made our salvation, healing, or deliverance complicated or hard to receive. It is usually quite simple. Repentance and/or forgiveness are always prerequisites. Then we need to ask and receive by faith. As we walk out our faith, we will experience the manifestation either immediately or as our faith increases.

God does all things according to our faith. Faith comes by hearing and hearing by the Word of God. If you need more faith, then get a concordance (if you don't know what that means ask one of your leaders). Look up words like heal, redeem and restore. Find scriptures that touch your heart and build your faith.

If it is such an important part of you that the Lord created your very body to express your sexuality, you have to believe that He would desire to fix it if it is broken. Also, if your covenant marriage is to be a living example of Jesus Christ and His Bride, He would want anything that could cause problems to be fixed. Sexual damage does not just cause you problems, it causes your husband or wife problems, too. Release your faith to believe that Jesus really is the answer.

If you have gotten this booklet and do not know Jesus Christ as your Lord and Savior, it's important for you to do that first. All you have to do is pray from your heart. Ask Jesus into your life as Lord and Savior. Believe that He died on the cross to forgive your sins and rose from the dead. Tell someone else what you have done. You will have fulfilled Romans 10:9-10, "that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness and with the mouth confession is made unto salvation."

Here are some simple steps to receiving healing and restoration:

Steps to Restoring Sexuality

1. Find someone you know you can trust, someone who has the faith to believe in God's supernatural power to heal, redeem and restore.
2. Confess your sin with a repentant heart. God's word says that when we confess our sins one to another then He is faithful to heal us.
3. Forgive yourself and anyone else involved.
4. Ask God to heal and restore any damage done to your sexuality. Have the person lay hands on you and pray for God to cleanse any sexual imprinting and to make all things new in your spirit, mind, emotions and body. Ask them to pray what God puts in their heart.
5. Protect your sexuality by guarding what you listen to, watch or do. Go and sin no more.

If you experienced sexual damage because of someone else's sin here are your steps to pray:

1. Find someone you know you can trust, someone who has the faith to believe in God's supernatural power to heal, redeem and restore.
2. Share what happened to you and how it has made you feel.
3. Forgive the person or people involved for what they did.
4. Forgive those people who should have been protecting you but somehow didn't or were unable to stop what happened.
5. Repent to God for any anger towards Him for not protecting you. Sometimes deep down inside, we are really mad at God for not protecting us. We say things in our heart like, "Why did God let that happen? Where was God when I needed Him?"

God loves you and wanted to be there for you, but He needs people to work through. Just like Satan worked through the people who hurt you, God was looking for people to protect you and He has been waiting with anticipation for the day that you would turn to Him so that He could heal you. God wept at the damage that was done to you. He loves you with an everlasting love and wants to heal and restore you.

We are not really in a spiritual position to forgive God but we do need to repent of any anger or unforgiveness we have held towards Him. Just release that now. It has put a wall between you and Him that must come down in order for you to be healed. Satan not only creates the damage, then he fills us with lies that God does not love us and is not really there for us. We must come out of agreement with those lies so we can be healed.

6. Ask God to heal and restore any damage done to your sexuality. Have the person lay hands on you and pray for God to cleanse any sexual imprinting and to make all things new in your spirit, mind, emotions and body. Ask them to pray what God puts in their heart.
7. Protect your sexuality by guarding what you listen to, watch or do.

God loves you and is just waiting to wipe away every tear, take away all the pain, and give you a new beginning!

Chapter 8

Now What?

Ask the Lord to give you a vision for your future marriage, family and life so that you will be able to resist temptation because of the good things He has waiting for you.

Jeremiah 29:11 *"For I know the thoughts that I think towards you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."*

Additional info by Amanda - Kanaan Ministries:

God's Dream – the way it was meant to be:

Just before the Wedding:

The young bride goes through a ceremonial cleansing bath called a "Mikvah".

The reason: She was born into this world under her father's authority. Now the time has come for that authority to be exchanged for her husband's authority.

This "change of authority" prophetic act has been done for many generations by the Hebrew people of God. When the young bride goes under the water, the authority of her father breaks, and she stands up, ready to come under her husband's authority.

All the women that are important to the bride attend this very precious occasion and bless her as wife for her husband.

The Bridegroom:

All the men that are important to the groom gather together for an evening of great rejoicing and blessing!

The Wedding Night:

The father has done what God has asked him to do and that is to protect the "curtain" of his daughter. In the Hebrew tradition, at a certain time, the groom and the bride enter a tent which has been placed at the side of the wedding ceremony.

The friends of the bridegroom wait outside

On the marriage bed is a sheet that belongs to the father.

You see, now the time has come for the curtain to be opened for the first time! When the young groom enters that holy space and he penetrates the hymen, the “curtain” tears and there is blood – about a third to a half cup of blood.

This is all a very important part of God’s plan for this marriage because there is no covenant if there is no blood. That is why God put the curtain in place. Now, when it’s all over, the groom hands the sheet to his friends who take the sheet to the elders and her father for inspection. **(Deut. 22:17b)**

They confirm that this is truly virgin blood and the father is honored for keeping his part of the commitment to God and his daughter.

The friends of the groom then run with the sheet above their heads shouting for joy between the wedding guests!

Everyone now confirms and rejoices in this holy covenant planned and purposed by an Almighty God!

Wow! What an awesome God we serve!

Points to help you before you close the book...

- If you start feeling tempted or discouraged, read this booklet again.
- Do a Bible Study and find scriptures that can encourage and support you.
- Have an accountability prayer partner. Someone you can talk to and who can pray with you. Make sure it is not someone of the opposite sex. If you need more help talk with your parents or youth pastors. If you are not attending church, find a good church that can support you in this area.
- Read Joshua Harris' books, *I Kissed Dating Goodbye* and *Boy meets Girl* or other books on the same subject.

A final word from Kathy Tolleson

This book was written by Kathy Tolleson called *STRAIGHT TALK – PROTECTING SEXUALITY AGES 13-18*:

Kathy's Testimony:

This booklet was written after many years of counseling people related to marriage and sexual issues. It was written to make you stop and think and to look at sex, dating and marriage from a different perspective.

I have seen over and over again the personal heart break and devastation caused when we don't understand our sexuality and use it in wrong ways. I will just talk straight to you in this booklet. Then it's up to you to make right choices. But you will never be able to look back and say, "But I didn't know. No one ever told me."

As a teenager, I wish I had known what I know now about my sexuality. At 17, I ended up pregnant. The pregnancy led to a marriage that eventually ended up in divorce. It caused much heartache for my self and my entire family. God has restored many things in our lives but it has taken a lot of hard work. Every holiday and special family event is still affected by the divorce. All of our actions have consequences. Some God can heal and restore. Some we may have to live with forever.

My main focus is not the normal focus of the risks of pregnancy and sexually transmitted diseases. Most sexual education classes deal with those. I wanted to share other long term effects from both a spiritual and natural perspective. My hope is that this booklet will not just bring information but transformation to your life. My prayer is that through revelation, your heart will be transformed and you will have a desire to protect your sexuality.

In His Service,
Kathy Tolleson

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Science Proves Premarital Sex Rewires the Brain¹

by Jeremy Wiles²

There's a reason why breaking up from a sexual relationship is much more emotionally painful and much harder to forget than one that didn't involve sex. There are several neurochemical processes that occur during sex, which are the "glue" to human bonding.

Sex is a powerful brain stimulant. When someone is involved sexually, it makes him or her want to repeat that act.

Their brain produces lots of dopamine — a powerful chemical, which is compared to heroin on the brain. Dopamine is your internal pleasure/reward system. When dopamine is involved, it changes how we remember.

The other part is oxytocin, which is designed to mainly help us forget what is painful. Oxytocin is a hormone produced primarily in women's bodies.

When a woman has a child and she is breastfeeding, she produces lots of oxytocin, which bonds her to her child. For this reason, mothers will die for their child, because they've become emotionally bonded due to the oxytocin that is released when they're skin-to-skin with their child.

The same phenomenon occurs when a woman is intimate with a man. Oxytocin is released, and this makes her bond to him emotionally. Have you wondered sometimes why a woman will stay with a man who's abusing her? We know now that it's because she bonded to him emotionally because of the oxytocin released during sex.

Men produce vasopressin, which is also referred to as the "monogamy hormone," and it has the same effect as oxytocin has on a woman. It bonds a man to a woman.

These "bonding" agents narrow our selection to one person. That is wonderful in a marriage relationship but really bad in a dating relationship because you lose your objectivity when you're searching for your potential life mate.

Impaired Judgment

According to neuropsychologist Dr. Tim Jennings, "When you have premarital sex, your reward circuitry is bonded to them now, and it will be much deeper and hurtful.



¹ Article take from <http://www.charismanews.com/opinion/39405-science-proves-premarital-sex-rewires-the-brain>

² Jeremy Wiles is the executive producer and director of the Conquer series. For the original article, please visit conquerseries.com.

Oftentimes, in breakups of people who've been sexually active, they can't tolerate the sense of emptiness, so they rush into another relationship. The neuro circuits did not have time to reset, and so they're impaired in their ability to bond with the next person, and they may become sexually active with them. This is just a repetitive cycle, and there are real impairments in bonding going on."

Becoming Bonded With Porn

These same neurochemicals are present when viewing pornography. A man will become bonded with whatever he is engaged in during the moment these chemicals are released. When your relationship is being carried on with an image, you become bonded to whatever you're viewing.

[Dr. Doug Weiss](#), a marriage counselor, advises men to have eye contact with their wives during sex because they become bonded with that person. By doing this, he explains that, over time, individuals will decrease the "neural pathway to pornography and sexually inappropriate thoughts and beliefs and glue to healthy sexuality to [their] wife. When your brain thinks sex, it thinks, 'Where's my wife?' And that is a great way to fight this battle."

Discovering how our minds were designed to operate by a magnificent Creator reveals truth in the way we are to live.

Cycle of Sexual Sin



For someone viewing porn, one of the functions of oxytocin is to separate the experience and the excitement from the intensity of the shame. According to neuropsychologist Dr. Jes Montgomery, "Usually by the time they turn the computer off, they are already sinking into a sense of failure and shame, and the function of oxytocin is to tell the brain, 'Wait a minute. You don't want to remember that. You want to hold on to this excitement and this amazing magic that you just experienced.'"

Knowing how these neurochemicals interact and change the brain help us understand why sex is meant to be kept within the boundaries of marriage.

You see the overtones here about God's design for His pure temple. This is another reason why the devil attacks our sexuality so much—because in attacking human sexuality, it actually interferes with human bonding.

So, for those practicing sex outside of marriage, they are creating a bond with their partner, thus inhibiting their discernment of whether they should remain in that relationship. God wired and designed our brains for a specific purpose: to bond ourselves with the person we marry.

Jennings, Weiss and Montgomery are just several of the many experts featured in the [Conquer series 6-disk DVD set](#) who provide amazing insight that help set men free from sexual sin, while providing practical steps to live in purity.

Priestly Blessing

Numbers 6:24-27

“Y’varekh’kha YHVH v’yishmerekha.

May YHVH bless you and keep you.

Ya’er YHVH panav eleikha vichunekka.

May YHVH make His Face shine on you and show you His favour.

Yissa YHVH panav eleikha v’yasem l’kha shalom.

May YHVH lift up His Face toward you and give you peace.

Numbers 6:27 *“In this way they are to put **My Name** on the people of Isra’el, so that I will **Bless** them.”*

