

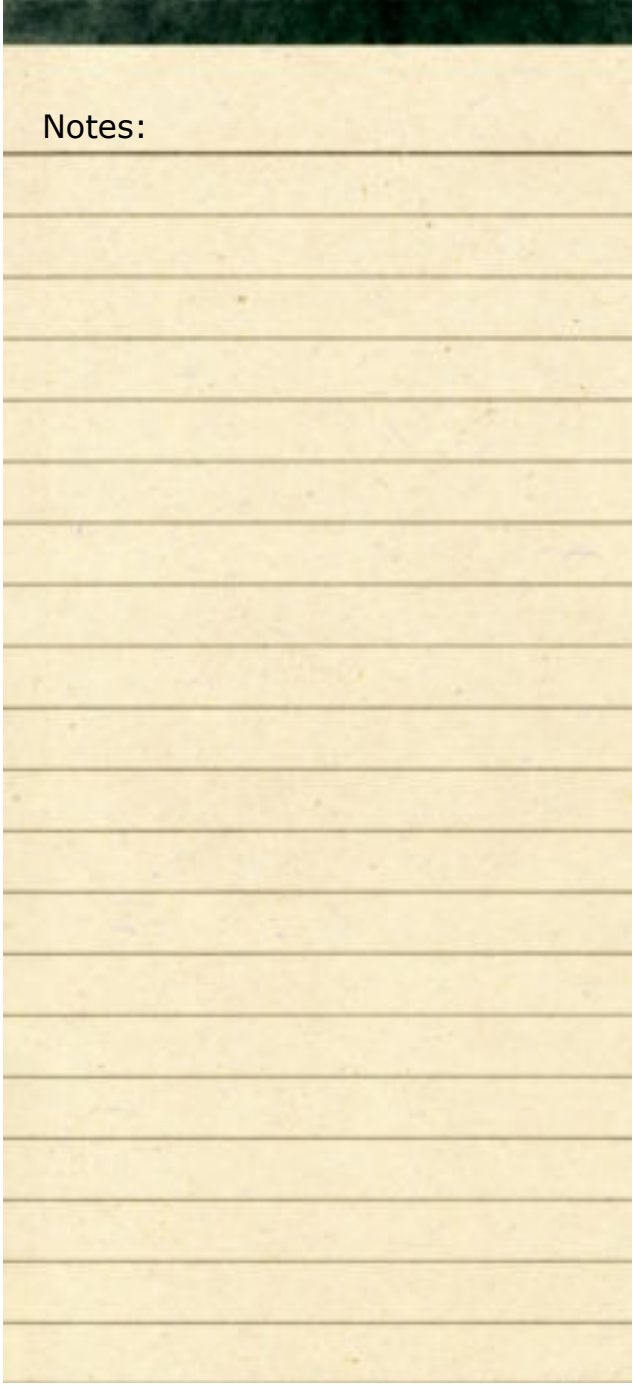
Sexuality

Sexuality is more than just skin deep; it goes clear to the bone and soul of who we are as women and men. Sexuality is the core issue of our created identity in being made “male and female” in the image of God (Gen. 1:26-27). For far too long, discussions about sexuality have narrowly focused on “sex” as the mechanical how-tos of the physical act. That’s a distorted focus driven by our culture.

Our culture has hijacked sexuality and exploited it to the point that almost everything seems to be sexually charged in some way. If you need proof of that fact, just get stalled waiting for the supermarket checkout clerk to finish up with the customer in front of you, and peruse the tabloid covers for a few seconds. You’ll find out more about any number of fantastic ways to spruce up your boring sex life with better positions, more seductive ways, or the latest technique that virtually guarantees more pleasure than you ever thought possible. The barrage of advertisements for Viagra and male enhancement on the computer or television, in magazines, and even on racecars seems relentless. And while there’s certainly nothing wrong with enjoying sexual pleasure with one’s spouse, the primary focus on pleasure without meaningful intimacy between a husband and wife is a distorted view of what God intended to be balanced and beautiful.

In spite of the fact that we live in a sexually saturated culture, healthy discussions about meaningful masculinity and

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femininity are rare. Ironically, while sexual issues are almost always brought up in marital counseling, few married couples know how to converse meaningfully with each other about their own sexuality and sexual relationship. It's that awkwardness that often leads to silence in the church about sex.

Now if there is any place where there should be a balanced and healthy discussion about sexuality it's in the church. Yet, how many of you who attend church have ever heard positive sermons extolling the virtues of sexual intimacy in marriage? It's rare. How many sermons or small-group studies explore God's design for masculinity and femininity? That's rarer still. But almost everyone remembers sermons about how dangerous sex is and all the trouble it causes. Yikes! No wonder Christians are afraid to bring up the discussion with their spouses, their children, or in small groups.

God certainly isn't shy about highlighting the joys of sexual intimacy between a husband and wife that He created naked and without shame (Gen. 2:25). The shared sexual pleasures of marital love recounted in the Song of Songs reveals that sexual desire was originally and remains a part of God's design for a couple to enjoy within marriage. In fact, physical sexual intimacy is the God-given opportunity for a couple to celebrate physically the love that they've already made emotionally, relationally, and spiritually outside of the bedroom.

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Our goal at HelpForMyLife.org is to set the table for honest, balanced, meaningful, and biblical discussions about sexuality and sexual struggles that will assist couples and individuals to embrace and celebrate a healthier view of the wonderful gift of sexuality that God has given to us. Yes, we will talk about the dangers of sexual exploitation, but we won't stop there. A celebration of who we are in Christ as fully male and female made in His image is the goal.

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