

Introduction: Five facts about sex!

1. Those who abstain from sexual intercourse before marriage report the highest levels of sexual satisfaction in marriage.
2. Those who cohabitate (live together) before marriage have a 50% higher divorce rate than those who do not.
3. Those who abstain from sexual intercourse before marriage have the highest rates of fidelity in marriage.
4. The introduction of sex in a dating relationship almost always ushers in the “break-up” of that relationship.
5. Sexually transmitted diseases (including AIDS) can remain dormant for up to a decade or more; but be passed on to others during that time.

Loving relationships demand sexual purity:

➤ **Walk in Love**

²and walk in love, just as Christ also loved you, and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma. ³But do not let immorality or any impurity or greed even be named among you, as is proper among saints; ⁴and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks.

Ephesians 5:2-4 (NASB)

⁵For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God. ⁶Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

Ephesians 5:5-6 (NASB)

➤ **Walk in the Light**

⁷Therefore do not be partakers with them; ⁸for you were formerly darkness, but now you are light in the Lord; walk as children of light ⁹(for the fruit of the light consists in all goodness and righteousness and truth), ¹⁰trying to learn what is pleasing to the Lord.

Ephesians 5:7-10 (NASB)

Sexual purity demands a game plan:

1. **Develop** _____ . Ephesians 5:2-4

Purity requires a personal commitment to the truth.

2. **Ponder the** _____ . Ephesians 5:5-6

Fear can be a legitimate and healthy motivator for delayed gratification.

3. **Make** _____ . Ephesians 5:7-9

Advanced decision making is an absolute necessity for sexual purity.

4. **Get** _____ . Ephesians 5:10

Asking others to help you keep your commitments to God will empower you to walk “pleasing to the Lord.”

The Reward – Sexual purity’s pay-off:

1. One couple’s journey – God’s way _____ !

2. You can start today – It’s never _____ !

3. A word to virgins – You are not _____ ; You are wise!

Application / Discussion Questions:

1. When you read the “Five facts about sex” in the introduction, how out-dated does God’s wisdom appear concerning sex?
2. Why is it so crucial to continually emphasize “loving relationships” when we think and talk about sex?
3. Which of the four aspects of “Sexual purity demands a game plan” do you need to put into practice this week?
4. How will you specifically trust God to empower you to obey Him in this area? Who will you ask to help you?

Resources: *Relationships* by Les & Leslie Parrott
Bethesda Research Group – Washington Post 1994