

The Ten: Getting Sex Right

Dr. John Carmichael

[Exo 20:1-2, 14 NASB95] 1 Then God spoke all these words, saying, 2 "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. ... 14 "You shall not commit adultery.

- **God's Word is never pornographic, it is unashamedly erotic.**
 - [Sng 1:2, 4, 15-16 NASB95] 2 "May he kiss me with the kisses of his mouth! For your love is better than wine. ... 4 "Draw me after you [and] let us run [together!] The king has brought me into his chambers." "We will rejoice in you and be glad; We will extol your love more than wine. Rightly do they love you." ... 15 "How beautiful you are, my darling, How beautiful you are! Your eyes are [like] doves." 16 "How handsome you are, my beloved, [And] so pleasant! Indeed, our couch is luxuriant!
 - [Sng 4:10-11 NASB95] 10 "How beautiful is your love, my sister, [my] bride! How much better is your love than wine, And the fragrance of your oils Than all [kinds] of spices! 11 "Your lips, [my] bride, drip honey; Honey and milk are under your tongue, And the fragrance of your garments is like the fragrance of Lebanon.
 - [Sng 5:2-5 NASB95] 2 "I was asleep but my heart was awake. A voice! My beloved was knocking: 'Open to me, my sister, my darling, My dove, my perfect one! For my head is drenched with dew, My locks with the damp of the night.' 3 "I have taken off my dress, How can I put it on [again?] I have washed my feet, How can I dirty them [again?] 4 "My beloved extended his hand through the opening, And my feelings were aroused for him. 5 "I arose to open to my beloved; And my hands dripped with myrrh, And my fingers with liquid myrrh, On the handles of the bolt.
- **Before the Reformation the church regarded sex as a necessary evil.**
 - The church has been more prudish than God.
 - Tertullian said extinction of the human race is better than procreation.
 - Augustine said intercourse might be lawful but sexual passion is always a sin.
 - The Catholic church prohibited sex on 183 holy days.
 - That changed with the Reformation. Thank God for the Reformation.
- **Sex is for love, for pleasure, and for joy. The seventh commandment is to protect sex.**

What do NT believers need to know about getting sex right?

Here are four things that NT believers need to know to get sex right.

- I. **The Definition of Adultery: All Sexual Relationships Outside of Marriage**
 - a. Exodus 20:14 makes it clear: adultery is a sin against God and one's spouse. However, Jesus expanded the understanding of sexual immorality beyond just physical acts.
 - b. Marriage is a sacred covenant: [Mat 19:5-6 NASB95] 5 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'? 6 "So they are no longer two, but one flesh. What therefore God has joined together, let no man separate."
 - c. Sexual sin is broader than just physical acts: [Mat 5:28 NASB95] 28 but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.
 - d. Fornication (sex before marriage) is also condemned: [1Co 6:18 NASB95] 18 Flee immorality. Every [other] sin that a man commits is outside the body, but the immoral man sins against his own body.
 - e. Flirting. Prostitution. Homosexuality. Rape. Sexual abuse withing marriage. All forbidden in the seventh commandment.

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- f. Sex is only between a consenting biological male husband and a consenting biological female wife who are married to each other.
- g. Adultery is not just an affair—it includes all forms of sexual sin outside of marriage. We must honor God by living within His boundaries.

II. The Importance of Sex Within Marriage

- a. God designed sex as a gift to be enjoyed in the covenant of marriage.
- b. Sexual intimacy is a blessing within marriage: [Heb 13:4 NASB95] 4 Marriage [is to be held] in honor among all, and the [marriage] bed [is to be] undefiled; for fornicators and adulterers God will judge.
- c. It fosters unity and love between spouses: [1Co 7:3-5 NASB95] 3 The husband must fulfill his duty to his wife, and likewise also the wife to her husband. 4 The wife does not have authority over her own body, but the husband [does;] and likewise also the husband does not have authority over his own body, but the wife [does.] 5 Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.
- d. Sex reflects the covenant love of Christ and the Church: [Eph 5:31-32 NASB95] 31 FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND SHALL BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH. 32 This mystery is great; but I am speaking with reference to Christ and the church.
- e. Do not neglect intimacy in marriage. It strengthens the relationship and helps protect against temptation.

III. The Dangers of Lust and Pornography

- a. Lust and pornography are traps that lead to destruction.
- b. Jesus warns against lustful thoughts: [Mat 5:29 NASB95] 29 "If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell.
- c. Pornography enslaves and corrupts the mind: [Rom 8:6 NASB95] 6 For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,
- d. Lust leads to deeper sin and destruction: [Jas 1:14-15 NASB95] 14 But each one is tempted when he is carried away and enticed by his own lust. 15 Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.
- e. Guard your heart and your eyes. Remove anything that causes temptation and seek accountability.

IV. Steps to Live in Purity and Prioritize Your Marriage

- a. Living a life of purity requires intentionality and dependence on God.
 - i. Commit to purity in heart and mind.
 - 1. [Psa 119:9 NASB95] 9 Beth. How can a young man keep his way pure? By keeping [it] according to Your word.
 - 2. Daily Bible reading, prayer, and accountability help resist temptation.
 - ii. Avoid situations that lead to compromise
 - 1. [1Co 6:18 NASB95] 18 Flee immorality. Every [other] sin that a man commits is outside the body, but the immoral man sins against his own body.
 - 2. Set boundaries in friendships, media consumption, and internet use.
 - iii. Cultivate love and faithfulness in marriage
 - 1. [Eph 5:25 NASB95] 25 Husbands, love your wives, just as Christ also loved the church and gave Himself up for her,
 - 2. Invest in your spouse emotionally, spiritually, and physically.

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- iv. Seek forgiveness and restoration if you have failed
 - 1. [1Jo 1:9 NASB95] 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.
 - 2. God's grace is greater than any past sin. Repent, turn back to Him, and commit to faithfulness.
 - b. When you do your part, God will help you.
- **God calls His people to honor marriage and live in purity. Adultery is not just about physical betrayal—it begins in the heart. Let us commit ourselves to holiness, protect our marriages, and seek God's strength to walk in purity.**