

Sexual Sins

Objective

To understand the causes and consequences of sexual sin and how to avoid this sin.

References

www.insight.org – Dr. Charles Stanley

Scriptural Verses

“For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s” (1 Corinthians 6:20)

Lesson Guidelines

The power of sexual sin is in its deceptive offer of immediate pleasure without penalty. It disguises itself as love and caring for another person.

The Holy Bible has many passages that warn of committing sexual sins. Examples include:

- 1 Thessalonians 4:3-8 (abstain from sexual immorality).
- Exodus 20:14 (you shall not commit adultery).
- Leviticus 20:10 (warns from committing adultery).
- Leviticus 20:13 (warns from committing homosexual acts).
- 1 Corinthians 6:18-20 (sexual immorality is a sin against your body).

The Holy Bible shows the destructive consequences of sexual immorality to body, personality and future.

- Genesis 19 (Sodom and Gomorrah).
- Judges 16 (Samson and Delilah).
- 2 Samuel 11 (David and Bathsheba).

How does a sexual sin begin?

- It starts with thoughts.
- This is followed by imagination.
- Then comes a strong desire.
- And finally there is consent.

Causes of sexual sin

- Need for intimacy – legitimate only between husband and wife.
- Need for acceptance, especially when there are issues of not being accepted by e.g. parents or neighbors – it is a trap.
- Need for a sense of fulfillment – will not happen.
- Need motivated by a desire to conquer – it can be a matter of getting even.
- Need to build self-esteem – will work in the opposite direction.
- Desire for control.
- Financial need (prostitution).

Consequences of sexual sin

- Guilt – could be suppressed.
- Condemnation – the more truth you know, the more condemned you feel.
- Anxiety about relationship with God.
- Divided mind – hurting inside although there are no outward effects.
- Damaged self esteem.
- Feeling of dishonesty and hypocrisy – people think of you as something else.
- Emptiness – cannot bring joy as it is a temporary pleasure.
- The need for further gratification
- Disappointment especially when you think somebody loved you.
- Anger.
- Depression.
- Fear to be found, become pregnant, or catch an incurable disease.
- Jeopardizes your future.
 - Pregnancy and abortion.
 - Disease, sickness and death.
 - Cracks the foundation of trust in your marriage.
- You do not forgive yourself.
- Limits your spiritual growth.
 - Hurts your testimony and your ministry.
 - Devastates your fellowship with God and your prayer life.
 - Forfeits your eternity

How do you avoid sexual sin?

- Commit to meet your spouse's needs if you are married
- Close friendships should be limited to people from the same sex.
- Wear the armor of God – Ephesians 6:13-18
- Guard your eyes – avoid lust (Proverbs 4:25)
- Remind yourself of the consequences.
- Avoid compromising situations

What do you do, if you have committed a sexual sin?

- Specifically confess the sin to God and your confession father.
- Take responsibility for your actions.
- Genuinely repent.
- Ask God for forgiveness – God wants to forgive you, but if you refuse to stop, condemnation will come.
- Forgive yourself.
- Flee immorality.
- You may need to seek a godly counselor through recommendation of your confession father.

Conclusion

Sexual sins may seem pleasurable and loving at first, yet they carry with them consequences of long lasting guilt, depression, and ultimately separation from God. We must avoid them through constant prayer, and severing all ties with people, and situations that render us weak in the flesh. If we have committed sexual immorality then we must confess it as sin, and we must believe that God has forgiven us and we must forgive ourselves.

Discussion Points/Activities

1. Do you think that committing sexual sin with someone else is a sign of love for that person?
2. Many times people justify sexual sin by saying that they are going to marry anyway; do you think that this is a legitimate excuse?
3. Can you identify compromising situations that could lead to sin? How can we avoid them?