

# SEX TALKS: *I Want to Wait till Marriage, but it's so Tough—A Plan for Abstinence*

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## OVERVIEW

- 1) Are you Fighting for or against something? (*David and Goliath*)
- 2) What are you fighting for? Purpose of Tape? (*The Best Sex Possible*)
- 3) Who are you fighting for? (*Identify Your Mate*)

## ARE YOU FIGHTING FOR OR AGAINST SOMETHING?

- Have you ever heard the phrase “The best defense is a great offense.” What is the point of that saying?
- Do you agree with it? Why or why not?
- Do you think it is easier to fight against something (defense) or fight for something (offense)?
- When it comes to the topic of sex and abstinence, which way do you think we approach it most of the time? Fighting against having sex, or fighting for the blessing of waiting to have sex? Why do you think most of us approach it that way?
- We are going to take a little time and really wrestle with sex, abstinence, temptation, and what we are fighting against or fighting for. The story of David and Goliath does a great job of illustrating the difference between fighting against something and fighting for something.

Read 1 Samuel 17:1-11.

- What was the problem that faced the Israelites?
- Why did the posture of the Israelites shift from offense (V. 2 “Drew up their battle line to meet the Philistines”) to a posture of defense, (V. 11 “on hearing the Philistine’s words, Saul and all the Israelites were dismayed and terrified”)?
- What happened because they went on the defense? (V. 16 *They were confronted day after day with the problem.*)
- What would it have been like to be one of the Israelites on day 40? Do you think they wanted to give up?
- Do you ever feel like that when it comes to fighting the temptation of sex, like it is a big Goliath that calls you out every day to just give in?

It gets really tiring being on defense day in and day out. It can paralyze you and convince you that it would be easier to just give up, just give in. What if there was a better way? What if we didn’t have to live our lives on the defense? What if we went on the offense and started fighting back?

Enter David and his attitude and actions toward the Goliath problem.

Read 1 Samuel 17:17-29.

David was simply a kid when this story unfolds. He was sent by his dad to bring bread and other supplies to his brothers who were on the battle lines. When he got to the where the battle should have been raging, he was confused by what he saw and started asking questions (1 Samuel 17:26). When the king, Saul, heard that David was asking questions, he had him brought to where he was.

Check out David’s attitude toward the problem, Goliath.

Verse 32: “Let no one lose heart on account of this Philistine [Goliath]; your servant will go and fight him.”

- Does it sound like David is on defense or offense?
- What was Saul’s response? (Read V. 33) Does that sound like the world’s attitude about teens and sex?
- Now read V. 45: “You come against me with sword, spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day the Lord will hand you over to me.”
- Where did David’s strength come from to be on offense?

David knew that because of God, he could be on the offense when it came to his struggles and his problems, his Goliaths. The same holds true for us today. I challenge you to stop fighting against the temptation of sex before marriage and start fighting for something and someone.

## WHAT ARE YOU FIGHTING FOR?

*Leader's Note: At this point, give each student a 6 inch piece of tape and divide them into two groups. Make sure it is not painters tape. You will want to test this before you do this exercise to make sure you have the right tape.*

Now that each of you has a piece of tape I want to ask you a question. What is the purpose of tape? Why does tape exist? *(To stick to stuff.)*

Does it care what it sticks to? *(No.)*

It will fulfill its purpose whether it is sticking to a wall, a piece of paper, or your cat. Do you believe this?

Okay, I want to put this to the test! I need everyone in group one to stick the tape to your arm. Now remove it. Do it again. Remove it. And one more time.

Group two, don't do anything with your tape, simply hold it!

Now, in your own group, find a partner. Take your two pieces of tape and stick them together, sticky side to sticky side. *(The illustration works much better if the two groups remain separate so the group that stuck the tape to their arm is combining their tape and the group that didn't stick it to their arm is combining their tape.)*

I need one combined tape strip from each group.

What is the purpose of tape again? To stick to stuff. Which set of tape is doing a better job right now of sticking to the other tape? Why?

So, what do you think the purpose of sex is? *(Have babies, be fun, show someone you love them, exercise are all answers you may get.)*

Read Genesis 1:24.

What do you think the purpose of sex is here? *(Unite them and make them one flesh.)* Think about it, God gave us the gift of sex to bind us to our husband or wife. God knew how hard life was going to be. He knew how tough marriages can get, so he gave husbands and wives something that will bind them together in a way that no other relationship is bound. Think about it, you can hold hands with anyone, hug many people, kiss a few. God's heart and desire is that you would only have sex with one. So, again, what is the purpose of sex? *(Bind two people together so they would be one flesh. Note: think about a child, it is the combining of two fleshes—egg and sperm—to make one flesh.)*

Back to the tape:

What was the purpose of the tape again? Stick to stuff. Does it care? No. So, this tape over here was stuck to the arm, removed, stuck to the arm, removed, and stuck to the arm. Did it fulfill its purpose? Yes. How good is it now at binding with the other tape? Not good at all. *(As an illustration, pull the two strips of tape apart.)* Right. The tape has lost its binding power.

When we engage in sex outside of marriage, with multiple partners, sex, like the tape, does not care who it binds together; it does what it was designed to do, bind two people together as one. That is why, when a relationship has crossed the line sexually and there is a break up, it hurts so much. It isn't a breaking up as much as the tearing apart of two people.

Now, look at the other tape that was bound together. How effective is it at binding with the other tape? How easy do you think it will be to tear this apart? *(Try to separate the two pieces of tape, but don't actually pull them apart! It should be really difficult.)* What do you think this has to say about saving sex till marriage?

So, can we casually use sex the way the media and our culture today says we can and then expect it to do what it's supposed to do when we get married? *(No.)*

Now this is going to sound radical, but if a person gets into a pattern of sexual relationship...break up...sexual relationship...break up.... They are actually practicing divorce. And now what they're bonding to is the memories of all those broken sexual relationships.

I know it is hard to think about, but what we are fighting for is a marriage that will last, a marriage that will stand the test of time, and the stresses of life. This will not guarantee a marriage that will last. If we tried real hard, we could still tear apart this tape, but it is a lot tougher and will stand up to a lot more pressure. We need to start fighting for this kind of marriage!

So what does God say about sex?

*In their groups, give students a passage of Scripture to discuss (if you want and time allows, give each group all 6 passages to look up). Explain that each one of these passages is an important part of what the Bible teaches about sex. (Give them 5 to 10 minutes). After reading the verses, students should answer the following questions:*

What does this passage mean? How does it relate to sex before marriage? In marriage?

1. Genesis 2:22-24—*Sex is good. Implication: God invented sex, not modern pornographers, and he made human beings sexual, on purpose.*
2. 1 Corinthians 6:13, 18-20—*Sexual sin is never right. Our bodies were not made for that. No other sin affects the body as this one does. Implication: We should avoid all sexual sin.*
3. Exodus 20:14 and 17—*Adultery is forbidden.*
4. Hebrews 13:4—*The marriage bed is undefiled. Implication: This means that sex is good within marriage, but it does not teach that “anything goes.”*
5. 1 Corinthians 13:4-5—*Love is patient and kind...it does not demand it’s own way. Implication: Love is not something we “make” by “making” someone else give us pleasure.*
6. 1 Corinthians 7:5—*Sex must only be withheld for the purpose of prayer and fasting, and then only by mutual consent.*

Remember, God’s heart for His children is that we would have life and have it to the full. He has not hidden His purpose for sex from us. He make it clear that it is a gift that is meant for a man and a woman in a committed marriage. Out side of that context, there are going to be consequences and sex will loose its purpose, its sticking power.

Know that God Loves you and wants what’s only best for you. Tonight, spend some time thinking about your future 5, 10, 25 years down the road. What are you doing today to make sure you have a chance to make it there?

### **WHO ARE YOU FIGHTING FOR?**

So, we know that it is smart to fight for something, and that something is a marriage that will stand up to the stresses of this world. We see that sex is a gift from God that binds two people together. That gift was designed for one man and one woman in marriage. When we have sex outside of marriage with multiple partners, it will loose its ability to bind two people together much like the tape lost its ability to bind to the other tape.

Let’s close by talking about who we’re fighting for.

Take a piece of paper and pencil and for the next 5 to 10 minutes I want you to make a list of all the characteristics that you would like in a husband or a wife. They may be things like funny, cute, smart, college graduate, Christian, etc. If it comes to your mind, write it down.

After about 5 minutes or so:

What are some of the characteristics you are looking for? *(Let the group share.)*

Now, what I want you to do is go back to your list and circle all of those characteristics that you feel are must-haves. They are things that you won’t compromise on. *(Give them about 2 minutes to do this part.)*

Got them? Great!

Now, this is where the rubber hits the road. We talked about the power of fighting for something rather than fighting against something. We looked at what we are fighting for: a marriage that will stand the test of time, and now we know who we are fighting for. These are great but if we leave today and don’t rethink about this, it has been nothing more than a fun exercise.

If you are serious about this, my challenge to you is this:

1. Take this list home and talk about it with your mom or dad. Maybe you will add a few things to the list that you hadn’t thought about and circle a few different characteristics as well.
2. Then, make a copy of the list so that each of you has it.
3. Finally, give them permission to take the list out and look at it with you whenever you start dating someone new and take an honest look at who they are and what you are looking for. The list will evolve over time but it is a good tool to have.

Close in prayer.