



# SEXUAL INTEGRITY

T H E C H U R C H O F E L E V E N 2 2

## WHAT IS IT?

Let's start with integrity. Integrity is "a state of being whole." When you say an object has integrity, you imply that it's whole. Personal integrity is when a person's beliefs, words and actions align. In any relationship it is inextricably tied to trustworthiness.

Relative to sexual relations, faithfulness moves beyond the idea of obligations, duties or observances to fidelity. Fidelity in marriage is understood to mean complete commitment, trust and respect between husband and wife. It encompasses the condition of engaging in sex only with one's spouse. For the single person, abstaining from sex outside of marriage in order to preserve the sanctity of sex for the one to whom you will marry. In addition to physical abstinence, there is also the need to refrain from pornography and masturbation.

Succinctly stated, sexual integrity is living out one's sexuality in a way that is consistent with God's intended purposes for sex within the boundaries of marriage.



## WHAT DOES THE BIBLE SAY ABOUT THIS TOPIC?

### 1 Thessalonians 4:3-8

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God; that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. For God has not called us for impurity, but in holiness. Therefore, whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.

### 1 Corinthians 6:18-20

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

### Galatians 5:16-18 (NIV)

So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever[c] you want. But if you are led by the Spirit, you are not under the law.

## WHY, AS CHRISTIANS, DO WE CARE ABOUT THIS TOPIC?

Our body is not our own, but it was bought by Christ on the cross. Sexual integrity protects our mind, body and soul and allows us to experience rich intimacy with Christ and with our spouse in the context of marriage. It also gives us an opportunity to witness to the world through our lifestyle of pursuing purity and holiness for the glory of God.