

*James Crawford – “How To Restore Your Sexual Health”
Sunday Service Message 6-5-22*

“How To Restore Your Sexual Health”

Introduction:

Healthy sex is fun and exciting! Our sexuality is an important part of our human existence. Studies have shown that it reduces stress, improves our quality of life, and even reduces the risk of heart attacks in your later years.

However, have you noticed how broken our world’s sexuality has become? In this message I’m going to teach you how to restore your sexuality. Come get better!

1. God Created Pleasurable Sex

Can it be clearer? This is the Word of God.

Proverbs 5:18-19 (NASB)

...rejoice in the wife of your youth...**let her breasts satisfy you** at all times; **be exhilarated always** with her love.

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2. God Created Rules of Engagement

Why does the Bible have so many laws about sexual behavior? Is God trying to limit our sexual expression and pleasure? When we look at God's instructions, it's clear that he sets boundaries around the gift of sex in order to keep us healthy physically and whole relationally. Sexual sin is powerful and destructive, so it makes sense that a loving God would want to keep us safe.

1 Corinthians 6:18 (TLB)

"That is why I say to run from sexual sin. No other sin affects the body as this one does. When you sin this sin, it is against your own body."

3. Our Sexual Health Assessment Tool

After 20 years of Pastoring and 52 years of living, I've learned a few things about human sexuality. Here is a checklist of common issues that lead to sexual disease. As you identify areas you need to improve, take time to write out an action plan so that you can be sexually restored. This is the only way to sexual wholeness. We must be proactive!

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1 Does this topic cause feelings of shame?

Isaiah 54:4

“Do not be afraid; you will not be put to shame. Do not fear disgrace;
you will not be humiliated. You will forget the shame of your youth...”

2 Do you feel like your sexual health is struggling? What makes you feel this way?

3 Do you know what the Bible says about sexual health?

4 Is anyone pressuring you to commit unhealthy sexual acts?

5 Do you say ungodly things during intercourse?

6 Do you do ungodly things during intercourse?

7 Were you sexually abused? How does this affect your sex life?

8 Do you need sexual healing & deliverance?

9 Do you struggle with lust & masturbation?

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Matthew 5:28 (ESV)

But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

10 Are you attracted to your spouse? How does this affect your sex life?

11 Is your spouse attracted to you? How does this affect your sex life?

12 Are you addicted to pornography? How does this affect your sex life?

13 Is your spouse addicted to pornography? How does this affect your sex life?

14 Do you allow your children to surf the internet with no supervision?

15 Are you currently in a fornicating or adulterous relationship?

Hebrews 13:4 (NKJV)

Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.

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16 Do you and your spouse agree to monitor each other’s social media, phones, and computers?

17 Do you struggle with same-sex attraction?

Leviticus 18:22

You shall not lie with a male as with a woman. It is an abomination.

18 Do you have a pastor, close friend or mentor you can tell your sexual struggles to?

Proverbs 11:14

Where there is no counsel, the people fall; But in the multitude of counselors there is safety.

19 Are you a member of a Bible preaching church who does not tickle your ears?

Hebrews 10

24 And let us consider one another in order to stir up love and good works, 25 **not forsaking the assembling of ourselves together**, as is

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the manner of some, **but exhorting one another**, and so much the more as you see the Day approaching.

26 **For if we sin willfully** after we have received the knowledge of the truth, **there no longer remains a sacrifice for sins...**