

FAITH DELIVERANCE MINISTRY

www.faithdm.org



I have been getting requests for information about what the bible says about sex. Therefore I have gathered some information from various sources. Some are partners with us and some are not but the information may prove to be helpful to those who seek it.

If you are battling with sex issues I pray that this information is helpful to you. The first portion of this information is how the world sees the issue of sex. This portion is not all biblical but is very pertinent to those having sex issues and not knowing how to let God lead you into victory over your sexual issues.

The last portion is totally based on scriptures from the King James Version of the Christian bible. You will see what the word of God says about various aspects of sex.

If this lesson has been helpful to you please consider making a donation to our organization to help us spread the Gospel of Jesus Christ around the world. We are a ministry of help whereas we offer free assistance to others who would not be able to afford the services we offer.

We constantly accept donations of any size and types because there are constantly people who need these things but can't afford them. Will you help us help them?

God bless you!

There is no doubt about it; sexual pleasure is one of the best feelings in the world. Most people's first experience with sexual pleasure and orgasm is through masturbation. There are many feelings and opinions about "getting off" through masturbation (sometimes referred to as solo sex). I do not recommend this masturbation because a person could hurt themselves if they are not careful or not experienced. They could cause painful bruising in their private areas. They could damage body organs which are used to make babies, meaning when they are ready to marry and have children they may find themselves barren (not able to have children).

To find out more about what the bible says about masturbation click here:

http://bible.com/bibleanswers_result.php?id=252

What about sexual activity with someone else? Whether it is your first kiss, touching, oral sex or "going all the way," sexual activity with a partner is a powerful experience. There are choices to be made about how far you go and what responsibility you have to protect your partner and yourself from disease or pregnancy.

Virginity and First Time Sex

What does "virginity" really mean? The definition has changed greatly from the origination of the word, with its transformation to a sexual term in medieval times and today's adaptation of the word. Below is some history about "virginity" you might find of interest.

Virgo – Origination of "Virgin"

"Virgin" originated from the Greek and Latin word "Virgo," or maiden. It was used often in Greek mythology to classify several goddesses such as Artemis (also known as Diana) and Hestia. Virgin was a label of strength and independence -- it described the goddesses who were immune to the temptations of Dionysus, Greek god of seduction and wine.

Artemis is the Greek virgin goddess of the moon and the hunt; she protects women in labor, small children and wild animals. **Hestia** is the Greek virgin goddess of the hearth. She never takes part in the struggle of men and gods. Virginity was once a term of power.

Medieval Transformation of Virgin

In medieval times, virginity became a sexual term for a heterosexual woman in a physical state of not having had been penetrated by a penis. "Virginity" was classified as a gift from the Christian God only to be released by a "husband." It was expected for a woman to remain chaste until marriage; a woman broke her family's honor if she was not chaste and was often punished. Tests of chastity, both medical and mystical, were used on women to verify their status.

One such test was checking for a hymen, or thin flap of skin located ½ inch inside most women's vaginas upon birth. If the hymen was still intact, the woman was said to be "virgin." This test had been developed or adopted by various other cultures as well.

Today's Interpretation

In the last few decades, the term or label "virgin" has become confusing as we try to label persons of both genders -- as well as transgendered persons and all persons of sexual orientations (straight, gay and bisexual).

The old concept of checking for a woman's hymen to determine if she is a virgin is being thrown out as more is understood about the hymen. Not all women are born with hymens, some are born without fully intact hymens, and the membrane is so thin that it often breaks with normal physical activity such as running, gymnastics or horseback riding. Today it's assumed that "virgin" means not having had been penetrated sexually. But what is considered "de-virginizing" penetration is still unclear -- does it mean penetration by a penis, finger, tongue or experience alone? Even more confusing is how society judges a "virgin." Sometimes the name is used condescendingly, sometimes in high regard and sometimes simply just as a fact.

So there you have it -- the history and confusion of the word "virgin." It still leaves a question as to what "virginity" really means. As society is still confused, it's up to us to develop our own personal interpretation of the word. Many would like to regain the association of the word "virgin" with power, extending to all persons. However you decide to personalize the term, don't force your interpretation on others. If your potential partner discuss "virginity" versus "non-virginity" make sure you are clear on your definitions.

Virginity

Contrary to what you've heard in the halls, on the field and in the locker room about sex, **not everyone's doing "It"!**

Everyone wants to fit in, and it may seem lonely if you feel everyone else is doing it. Just know that everyone isn't having sex. It's fine to wait to have sex with your partner until you both feel ready for that step, or to postpone the decision until you are older. Don't feel pressured by those around you.

Having sex when you are feeling uncomfortable or unsure about your decision is **never** the right time. There are many things you can do to feel close to your partner without having sex. Below are some ideas for how you can show your partner you care and learn more about pleasing and being pleased. You may have many more ideas for things that make you both happy.

Here are a few ideas:

Holding Hands
Laughing and Joking
Bike Riding
Going To The Beach
Volunteering Together

Watching Movies Together
Rollerblading
Shopping
Sharing An Ice Cream Cone
Going To Church Together

The First Time

Sometimes it seems like "everyone" your age is having sex. Forget It! What other people do doesn't matter. Only you can answer the question: Is this the right time for me?

Asking questions of yourself and your partner, talking to people with experience, getting prepared and understanding what the first time might be like can help you decide whether you are ready for sex. What won't help you is making the choice while under the influence of alcohol, drugs or pressure from a partner or peers.

Question Yourself

What are your own attitudes toward sex, and what do you really know? Getting to the heart of that answer can be harder than it seems. Figure out how you feel first, even before you talk to your partner. As a guide, run through the following questions and write down your responses.

What do you know about sexually transmitted diseases / infections?

What do you know about pregnancy?

Do you know how to lower the chance of pregnancy and sexually transmitted diseases?

Can you and your partner talk openly about sex, and prevention of pregnancy, diseases and HIV?

How does having sex fit in with your personal values?

How does sex fit in with the values of your culture, family and religion?

Do you trust and respect your partner?

Does your partner trust and respect you?

Do you or your partner feel pressured about sex?

What will you and your partner do if sex results in pregnancy and / or disease?

If you don't know much about pregnancy and sexual transmitted diseases, and don't know how to prevent them, you aren't ready.

If you can't talk with your partner about pregnancy, birth control and / or sexual transmitted diseases, protection, trust, respect, your likes and your dislikes, you aren't ready.

If you and your partner are not sure about how you like to be touched and your likes and dislikes, you aren't ready.

Having sex for the first time can be a wonderful experience, but only when you are ready.

Talk With Your Partner

Once you know your own mind, you need to be able to discuss sex and whether or not to have it openly and confidently with your partner. Both of you must feel this is the right time to introduce sex into your relationship and reach that decision without any pressure. And you must be able to agree on issues such as birth control and disease prevention.

Talk with your partner about the following areas.

Feelings About Sex

Sample questions:

Do you and your partner both want to have sex?

Do you both feel ready and prepared to have sex?

How will having sex affect your relationship?

How will having sex affect your values?

Do you feel any pressure or concerns about sex?

Sexual History

Talking about sexual history is difficult for many people but it's very important. You and your partner need trust each other in order to be honest about sexual history. Be open and truthful with your partner, and express your need for the same from him or her. Be supportive if your partner has had an sexual transmitted disease and take the time to better understand his or her situation.

Sample Questions:

Have you and your partner had previous partners? If so, was protection from sexual transmitted diseases used?

If you or your partner has had sex, have you been tested for sexual transmitted diseases? If so when? (Please note that HIV may take up to six months to show up in a blood sample. Genital warts may take up to eight months to be detectable.

Have you or your partner had a sexual transmitted diseases? If so, which one and what was the treatment?

Possible Consequences

Only abstinence is 100 percent effective in preventing pregnancy and sexual transmitted diseases. You and your partner need to discuss what you will do in case of pregnancy or sexual transmitted diseases transmission. You also need to discuss how having sex will affect your relationship.

Sample Questions:

What if you or your partner becomes pregnant?

What if you or your partner acquires a sexual transmitted disease?

What if you break up?

Expectations

What do you hope for during and after the big event? You or your partner may have opposite wishes for the first time from just getting it over with to making love. Make sure you are on the same page. Also discuss what you expect afterwards:

Do you want to be held?

Do you want sex to continue in your relationship?

Do you want an exclusive relationship?

Do you and your partner expect to continue having sex with each other?

What do you want sex to be like?

Do you and your partner want to have sex exclusively with each other (be monogamous)?

What if one of you has sex with another person?

Do you or your partner expect marriage or a lifetime commitment?

Are you and / or your partner in love?

Protection

There are many ways to reduce the risk of pregnancy and sexual transmitted diseases, and finding the method that fits you best is like finding a good pair of jeans. Some people prefer condoms (the best protection for penis-to-anus or penis-to-vagina protection), while others prefer other protection methods. Talk with your partner about your choices.

Oral Sex: Many overlook the fact that it is possible to get a sexual transmitted disease from oral sex. Don't forget to talk about **protection and oral sex**.

Sample Questions:

Is there a birth control and / or sexual transmitted diseases protection method that you prefer?

How do you feel about using condoms?

How important to you is sexual transmitted diseases protection?

How important to you is pregnancy protection?

Do you know how to use the method you plan to use?

Can you show each other or explain to each other how it works?

Who will pay for the birth control / sexual transmitted diseases prevention method?

Will you help each other use the method?

The Right to Stop During Sex

It is not uncommon for one partner to want to stop having sex during the first time, perhaps from pain, nerves, or insecurity. If you or your partner needs to stop, you have the right to do so even if you are in the middle of having sex. You both need to be prepared ahead of time. Discuss it, and discuss not blaming each other or feeling guilty if one of you wants to stop. Watch for your partner's body language during sex. If your partner looks uncomfortable, ask about it.

Sample Questions:

How will you feel if you need to stop during sex?

Would you be open to discussing what happened?

Talk To Others

The decision over whether to have sex or not is ultimately up to you and your partner. However, it's a big decision and it's helpful for many to seek out the advice or others to help them in this choice. Here are a few sources you might want to ask:

- Parents / Guardians
- Older Sister(s) or Brother(s)
- Older Friends
- Priest, Rabbi or Pastor
- Close Relative or Neighbor
- Doctor

When you are first experimenting with sex, it's very common to experience some problems and disappointments. If you or your partner experience the problems listed below, **don't be afraid to go back a step and not have sex**. Think about ways to enhance your relationship without sex first. Get to know each other more and discuss your feelings about having sex. Learn what you each like as far as touching and get to know your bodies.

You can also talk with an adult and / or your doctor. If you are a minor and would prefer not to share this concern with your parents, ask your doctor to keep your discussion confidential before going into detail.

Common Disappointments

No Orgasm

Most females and some males do not experience an orgasm the first time having sex. This may be in part due to the inexperience of you and / or your partner in the ways of touching and pleasing, nervousness, or worry about the relationship or about possible consequences, such as pregnancy, sexually transmitted infections and your relationship with family.

Cuming Too Soon

Ejaculating (cumming) too soon the first time is a common complaint or fear for guys. Don't worry about it! If it happens to you or your partner, know that it doesn't mean this is how it will always be. Nervousness for some guys can make them lose their erection or not have an orgasm, and for others, it can cause them to lose control in the excitement and cum too early or fast.

Feeling comfortable around each other will be vital if you feel you or your partner is coming too soon. It helps for partners to work with each other, discussing feelings and building confidence and trust.

Losing the Erection

Having difficulty keeping an erection or reaching orgasm for males is not uncommon. Nervousness and pressure to perform can easily make a guy lose his confidence or the mood. The more pressure a guy feels to perform, the higher the chance he will either lose his erection or ejaculate faster than he'd like to.

The key is to take away the pressure of sex and involve each other in other activities, such as massage and touching. Don't try remedies such as cockrings or penis lotions without consulting a doctor first. These solutions cause damage if not used properly.

Painful Vaginal Sex

Many of us hear that sex for the first time can be painful, especially for a female. But painful sex doesn't have to be the case at any time. There are some ways that sex can be painful or uncomfortable, and things you can do about it. If you are still finding sex painful, consider talking to an adult or your doctor. Your doctor will have a better understanding of your body and can give you helpful advice. If you are a minor and would prefer not to share this concern with your parents, ask your doctor to keep your discussion confidential before going into detail.

Burning Sensations During Sex / Not Enough Lubrication

A female's body produces lubrication that feels much like saliva when she becomes sexually excited. This helps to reduce the chafing and burning sensations caused by friction, and allows easy movement in the vagina. The woman's body usually takes eight minutes to produce this lubrication after she begins to become sexually excited. If you are having penile-to-vaginal sex, this can be frustrating for partners, as it takes far less time for a male to get an erection.

Even if a female is very excited, she may not produce as much lubrication as needed to avoid chafing, especially if she is nervous or worried. Physical changes can also result in too little lubrication. Some women feel less lubricated when taking a particular brand of birth control pill, after using a tampon or at certain times of the month.

You can buy an artificial lubricant to help reduce chafing. Purchase a water-based lubricant, as it's easier on the female's body than oil-based lubricants such as Vaseline, baby oil or massage oil. Using a water-based lubricant is especially important if you are using latex condoms, as oil-based lubricants can damage the condom. There are many brands of water-based lubricant, such as ID, Wet, Astroglide and KY Jelly. Water-based lubricants can also help a female to insert a tampon into a dry vagina during her period.

Crampy / Uncomfortable Sensation During Sex / Hitting the Cervix

When a woman becomes excited, her vagina produces lubrication, the back of the vagina extends and her cervix (the tip of the uterus) pulls up. When she is relaxed, her cervix dips into the vagina. It takes time to become fully excited and aroused. If she isn't fully aroused, her cervix may not pull up even though she has produced lubrication. In certain positions during sex, the penis may hit the cervix if it has not pulled up, causing an achy, crampy feeling that may linger after sex. If you are experiencing this problem, try a different position.

Feeling The Vagina Is Too Tight or Painful Attempts At Penetration

If a woman is nervous, not ready for sex or fearful of sex, her vagina might cramp up or go into spasms, making it feel clenched and difficult for the penis to enter. If this happens, stop and slow down it may be a sign that this is not the right time for sex. Take it slowly, be patient and talk openly.

Painful Anal Sex

Penis-to-anus sex can be painful, especially if there is not enough lubrication. It can also cause damage to the colon (the lower part of the intestine) if you and your partner are not cautious. The colon is covered by a thin membranous tissue, which has many blood vessels and can tear easily.

If you choose to have anal sex, you need to make sure you are using ample lubrication to avoid tearing of the colon and possible damage. Reapply lubrication, as it will get absorbed by the body over time. If you are using a latex condom or glove, use water-based lubricants such as Wet, KY Jelly, ID or Astroglide, as oil-based lubricants can damage latex. Also check in with your partner to see how he or she is feeling and take it slowly, especially at first.

OK! This is what the world has to say about sex and the human body, but now let us see what the word of God from the Christian bible has to say about sex and the human body.

The human body is an awesome creation, perfectly made by God. It may sometimes appear imperfect but that is just because mankind has sinned, falling short of the glory of God. This was a problem for mankind but God fixed that problem with his Son Jesus dying on Calvary's cross and then rising up again from the grave.

God made mankind in his own image therefore we were created perfectly. [Genesis 1:26-28](#) God instructed us to bear fruit and multiply. God has given us permission to have sex and make babies, however it is in most traditions to wait for marriage to have sex.

Though we were made in God's perfect image we have managed to defile our bodies which is the temple of the Lord. People practice evil and worship idols. We do perverse thing to and with our bodies and God is not pleased. [Ezekiel 5:11](#)

Our bodies spiritually belong to God and physically belong to our spouses.

1 Corinthians [6:12-13](#); [6:19-20](#) [1 Corinthians 7:4](#)

Why must sex be limited to marriage? [Deuteronomy 23:17-18](#)

Because the Lord detests sex outside of marriage. It is an abomination to God.

Sexual relationships are to be centered around marriage. [Proverbs 5:18-23](#)

Paul taught the Corinthians about dealing with sex and marriage. [1 Corinthians 7:3-11](#) Husbands and wives are to have sexual relations with each other only. No one else. If you are single or widowed and you are having a very difficult time controlling urges and thoughts of having sex, it is better for you to get married and have sex with your spouse instead of having sex out of wedlock and subjecting yourself to the burning passion which can lead to sexual sin and ultimately the lake of fire (HELL).

Dealing with sexual pressures are tough but god said in his word that he will not put any more on us than we can bare. We all can bare celibacy but if for any reason we choose not to bare it we should get married first and commit our bodies to our God spiritually and our spouse physically. [1 Corinthians 7:9](#)

Sexual Desires **MUST** Be Placed Under God's Control. [1 Thessalonians 4:1-8](#)

The Christian bible has many other scriptures pertaining to good sex practices and sexual sin. I encourage you to study God's word and apply the word of God to your life. The topics given in the worldly view of sex are very import and can and will help you to a certain point, but God can get you beyond this point. God will wipe away your tears brought on by these and other pressures of life. When the pressures of life get's you down you hold on. Don't you ever let go.

I know from personal experience that if you trust God he will fix situations in your life for you. Here is a personal testimony of mine about how God Healed me of two strokes and other sick situations. God can do the same for you with this issue of sex if you will open up to him and trust him to do it for you. Let go and let God have his way in your life.

[Listen to my testimony!](#)



Apostle Gregory Howard
apostlegregoryhoward@faithdm.org



Faith Deliverance Ministry
www.faithdm.org