

“Healthy Male Sexuality”

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Intro

I share today not as someone who has it altogether or has all the answers. I am a **fellow struggler**. I have certainly had my own struggles in this area and still do. I think for most men the sexual area is our potentially fatal flaw. But even though I am a fellow struggler, I also think I have some helpful things to share with you from God’s word that I pray will help us all.

Prayer

Any items that you want to make sure we cover?

What I am going to do is simply give you a list of things that I think make up a sexually healthy man and throughout this feel free to ask questions or make comments.

A Sexually Healthy Male:

1. Is committed to God’s perspective on sexual issues.

This is so foundational, because first and foremost we must be willing to say: I am going to go to God and His word concerning this important issue. I am going to be committed to what He says about it and what His will is. I am going to believe that the Father knows best. If He says no to something then I am going to accept that, even if it is hard. I am going to trust that if I live God’s way, He will bless me and it will be the best for me and others involved.

For example, if you are tempted to have an affair and everything seems to suggest that this is a good thing, well God says NO and you must be committed to that, which is why it is so important that you have a proper view of God (my seminar on God’s fatherhood).

So, you see it is much more than what God says NO to but the whole package: what is sex meant to be for; what is God’s view of sexuality and maleness and our egos and everything!

1 Thess. 4:3-8

God created sex. It is a good thing when practiced properly. Some of us have some unbiblical perspectives on sexuality.

2. Seeks to get his identity from his position in Christ.

I say *seeks* because this is an ongoing process. Identity is key because identity and ego issues are pretty huge for most of us men and many men get their identity from their sexual performance or lack thereof. Our society tells us that we are more of a man if we are sexually active and women want us, etc. We must get our identity and sense of worth and value from who we are in Christ!

This has been lifechanging for me ... performance driven for years ... my tract ... book by Neil Anderson

1 Peter 2:9-12

3. Understands and accepts his sexual make-up.

We are men and we are very sexual beings. We are partially wired for adventure and for aggressiveness and this ties in with our sexuality. We just have to be careful how we give expression to all of this.

Book “Wild at Heart”...we all want a battle to fight, an adventure to live, and a beauty to rescue ... p. 44 about pornography

What I am after here is that we get to the root of what drives our sexual passions and even struggles because I think that there is a divine thing that is often behind the drive but that divine energy must be directed in the right direction instead of being allowed to go in a sinful direction. I am not fully grasping this myself but I think our strong sexual passions show that we do long to pursue (pursue God and our wives!), that we are highly energetic (and that we should direct that toward God, His kingdom and our spouse if married)....

TS Often we have wounds: “Wild at Heart” chapter 4 and this leads

4. Resolves issues of the past.

Many of us have issues from our past that affect us today. We need to get in touch with those and deal with them. This can obviously be an ongoing thing but it is so important to get to the root of issues.

Ex. Pornography: intimacy without the work; homosexuality due to dominant mom and passive/no dad; adultery due to

I want to offer you hope today: God can heal and help you bring resolutions to things in your past. But you have to be willing to get help. Please get help if you see that you need it. It never hurts to see someone like Jerry Nelson and just get a “check up”

5. Guards his thought life.

Our thought life is so important. Josh M. calls our minds the most powerful sex organ...

This involves a lot. Obviously being careful to not have impure thoughts. Jesus and lusting in our heart

Ps. 119:9-11 how can a young man keep His heart pure ... thy word have I hid in my heart...

It also involves resisting the lies of the world and the flesh and takes thoughts captive.

2 Cor. 10:3-4

Lies like: the more women the more manly you are; you deserve to have all your drives met; love = sex; you deserve to be happy and satisfied; Others?

Thought ... action ... habit ... stronghold

6. Demonstrates self-control in the power of the Spirit.

I says self control because it does take our will to be obedient many times but we are not to do this in our fleshly strength but rather in the power of the HS.

Gal. 5

Eph. 5:18

Sometimes it comes to down to sheer obedience and just willing to do right. Self control can also involve removing things that are stumbling blocks for you: TV; internet; etc.

If you are in Christ, you have the power of the Holy Spirit living inside of us to empower us to live for Christ.

7. Quickly repents when his falls short.

Prov. 28:13

1 John 1:9

I am not excusing sin but we will all fall, and what is so important is what we do once we have fallen.

One more note here: he received God's forgiveness and doesn't crucify himself. This is so important because satan can use the cycle of shame to take you down a further spiral of sin and strongholds.

8. Engages in spiritual warfare.

Eph. 6:10-18

1 Peter 5:8

James 4:7

This is a spiritual battle brothers You might need to have deliverance....

9. Keeps himself in good shape.

1 Tim. 4:8

Being in good shape physically can really help us in the sexual area. We are whole people and all of our being intersects.

10. Has healthy male relationships and accountability.

Prov. 27:17

This is huge ... my iron man group....

11. If married:

a. Loves and meets the needs of his wife.

Eph. 5

1 Cor. 13

1 Peter 3:7

b. Discusses with and works toward a mutually fulfilling sex life.

1 Cor. 13

1 Cor. 7

Let's talk about this.....

What to do when your wife is not very cooperative or has a desire much below yours?

- a. Pray for self, her and your marriage – Power of a Praying Husband
- b. Talk – especially to hear her heart. Perhaps she is feeling unloved and that you are not attentive to her in other ways.
- c. Don't compromise (pornography will ruin your marriage. Most wives can sense if their husbands are into pornography)
- d. Consider a schedule (this can bless both of you in different ways)

12. Passes the purity baton to others.

Especially his sons. Realize that you are living for now and for future generations ... Ex. 20 sins of the forefathers .. but righteousness ... which will it be for you and your family?

Questions:

What about Masturbation?

I don't think it is always sin but usually is. Principles: do you sin mentally to do it? Mt. 5:28 and 1 Cor. 6:12 Has it become habitual (be mastered by nothing)? Is it profitable (“all things are lawful but not all things are profitable”)... there can be rare times when it is not sin, I think (explain – when blessed by spouse and you don't sin mentally, times when you are unable to have sex with your spouse and need the temporary relieve)

What about homosexual tendencies if you don't act on them? The temptation is not necessarily sin but I believe God can change the desire for the same sex if you do the hard work of healing that is probably needed.

One final thought: Jesus was a man and was tempted in all ways as we are, therefore, He experienced sexual temptation and did not sin! This should give us hope and encouragement.

Pray (what part of this does God want you to most take with you?)

Suggested Resources: The Sexual Man