

# **SEX AND SEXUALITY**

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**SECONDARY SCHOOLS BIBLE  
STUDY GUIDE**



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**SCOM  
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## SEX AND SEXUALITY AND ABSTINENCE

### PREFACE

Young people today just like everybody else are faced by one common enemy that has attacked every area of our society. This enemy is called HIV and Aids and is not sparing anybody. Governments, NGOs, Civil Societies, Churches / religious institutions and individuals all over the world have tried to come up with preventive measures to reduce the prevalence rate but the virus has continued to spread. Millions and millions of Kwachas have been spent and yet the change is hardly noticed.

SCOM, just like any other organization, is involved in the fight against HIV/AIDS. As part of our contribution, we decided to promote **SEXUAL ABSTINENCE** among young people for we believe that is the most effective way of preventing HIV transmission. Not only are we promoting sexual abstinence to help reduce HIV transmission, but mainly because it is God's plan for all those that are not married. Perhaps one may ask; why should young people abstain when God created them male and female and gave them sexual desires even at such a tender age?

We understand that most young people fail to abstain because they do not properly understand issues of sex and sexuality. Ever since God created male and female, the two sexes have been attracted to each other and sex seems to be the reason for coexistence between them. Sex was instituted by God Himself when He created male and female and is supposed to be celebrated in a manner that he intended. Proper use of sex can lead to greater joy, fulfillment, high self esteem and strengthened relationships between men and women. However, if not properly used, sex can lead to lasting scars in one's life, destroy relationships and self esteem. Mostly sex is misused because sexuality is misunderstood and many young people do not know how best to celebrate their sexuality while single. Many struggle with sexual desires and do not know

how to control them.

This study guide has been designed in a way that will help to answer questions about sexuality and thereby help young people put sex in its rightful place as they make deliberate choices to abstain from sexual activities until marriage. We pray that you go through it prayerfully and meditatively and that God's grace be enough to enable you make necessary adjustments to your life style if need be.

***(Note: All Bible references are taken from the Good News Bible unless otherwise stated).***

Have a fruitful study,

Ellen Napala, SCOM Office, Lilongwe.

March, 2008

### SOME GUIDELINES TO FOLLOW DURING BIBLE STUDY

- ⇒ Make sure everybody has prepared enough for the study.
- ⇒ Begin the study by asking God's guidance and wisdom to understand what He wants you to learn from a particular study passage.
- ⇒ Read out the introduction and study passage before answering the questions.
- ⇒ Make sure you stick to the study passage given
- ⇒ All personal questions must be answered.
- ⇒ All members of the group must be given chance to participate, no one should dominate the discussion.
- ⇒ Avoid preaching to each other.
- ⇒ Respect each others ideas.
- ⇒ At the end of each study ask each other the lessons you have learnt from the study.

## SECTION A

### SEX AND SEXUALITY

#### STUDY 1

##### UNDERSTANDING OUR SEXUALITY

###### Introduction

While sex refers to being male or female, Sexuality is the total expression of who we are as males and females. It refers to the dynamics between male and female of which sex is just a part. Many young people often fail to understand and appreciate their sexuality because issues of sexuality are not openly talked about in our society and especially in our Churches. As a result a lot of young people struggle with sexual desires and are led to do things they would not love to do because they don't know what to do with their sexuality. In this study, we will discuss some of the reasons God created us males and females.

**Study Text: Genesis 1: 26 – 28**

###### Study Questions

1. What are some of the attitudes and views on sexuality in our society today? How are they promoted?
2. Share some of the memorable experiences you faced when growing up as boy or a girl. How do they affect your view of sexuality today?
3. Discuss some of the factors that help to shape our under-

standing of sexuality in our society.

4. According to the passage we have read in whose image were human beings created? Why do you think God chose human beings and not animals or trees?
5. How does being created in God's image affect the way human beings should behave?
6. Why do you think God created us male and female? Give as many reasons as possible.
7. Basing on the reasons you have given above, how should males and females live together in order to please God?

###### Memory Verse: Genesis 1: 27

*So God created human beings, making them to be like Himself. He created them male and female,*

8.

#### STUDY 2

##### PERVETED HUMAN SEXUALITY

###### Introduction

When God was creating human beings, He intended for them to live holy lives and develop Godly relationships between and among males and females. From the time man sinned in the garden of Eden, sex and sexuality have lost their original meaning. Nowadays people no longer fear God and have diverted from the natural sexual relationships, instead they engage in unnatural sexual practices. There are so many cultures today that glorify and promote sexual behavior even among people that not married at all. Casual sex is accepted as normal in our society. But what is God's plan for sex and sexuality. Take some time to discover the will and plan of God as regards sexuality in this study.

## Study Text: Romans 1: 18 – 28

### Study Questions

What sin or sins have the people committed in this passage?

1. What do you understand by the following terms in vs. 24 – 27;
  - a. shameful things
  - b. unnatural acts
2. Mention some of the shameful/unnatural sexual acts you know (Refer also Leviticus 20: 10 – 21). Why is God against such acts?
3. What are the consequences of practicing unnatural acts today; on your life and society as a whole?
4. What reasons do people give for practicing unnatural sexual acts (e.g. homosexuality and masturbation)? Are the reasons justifiable before God?
5. Reflect on your life as a young person, have you ever committed any of the unnatural acts discussed above? What do you plan to do about it? Please be open and discuss. (**Note that any sexual activity outside marriage is also unnatural**).
6. **Action:** Pray in pairs for God to help you as young people not to be involved in sexual relationships that do not please Him.

#### **Memory Verse: Romans 1: 27**

*In the same way the men give up natural sexual relationships with women and burn with passion for each other....., and as a result they bring upon themselves the punishment they deserve for their wrongdoing.*

## STUDY 3

### SEXUALITY AND RELATIONSHIPS

#### Introduction

Human beings are created as social beings as such relationships are part of life. We all desire to belong, be loved and feel appreciated and for these to happen, we must seek to develop godly relationships. Relationships when handled properly can lead to greater joy and fulfillment in life. Unfortunately many young people today are involved in unhealthy and ungodly relationships that turn out to be a source of shame, pain, regret and misery in future. How does God want us to treat other people especially those of the opposite sex? Lets find out together in this study.

#### Study texts: Romans 12: 9 -21; 1Timothy 5: 1- 2

#### Study Questions

1. What does the passage in Romans say about love?
2. As young people, is it possible to enjoy loving relationships without having a boy /girlfriend? Explain your answer.
3. Discuss the challenges faced by young people who do not have boyfriends / girlfriends. How can you overcome them?
4. What qualities do you need to develop to have positive relationships with other people?
5. In what ways can you benefit from positive relationships developed between boys and girls?
6. According to the passage in 1 Timothy, how are we supposed to treat people of all age groups? How can this help to strengthen our relationships with other people?
7. How best can you apply the principles in the two passages in your daily interactions with other people? Discuss

**Memory Verse: 1 Timothy 5: 1 -2**

*Do not rebuke an older man, but appeal to him as if he were your father. Treat the younger men as your brothers, the older women as mothers, and the younger women as sisters, with all purity.*

- from sexual immorality (v.3)?
6. What should you do in order to celebrate your sexuality in a manner that pleases God?

**Memory Verse: 1 Thessalonians 4: 2 - 3**

*For you know the instructions we gave you by the authority of the Lord Jesus. God wants you to be holy and completely free from sexual immorality.*

**STUDY 4**

**CELEBRATING OUR SEXUALITY**

**Introduction**

Often Issues of sexuality are misunderstood by many people. Many feel sex and sexuality cannot be isolated, i.e. we cannot talk about sexuality without talking about sex. The question we need to ask ourselves is how can we celebrate our sexuality without engaging in sexual activities. How can we relate positively with people of the opposite sex even though we have sexual feelings.

**Study Text: 1 Thessalonians 4: 1 – 8**

**Study Questions**

1. Why do most young people associate celebrating sexuality with having sex?
2. Is it possible to celebrate our sexuality without having sex with somebody? Explain your answer.
3. Which people are allowed by God to have sex and what is the role of sex in celebrating their sexuality?
4. What instructions are given to believers in the passage we have read?
5. What do you understand by the term sexual immorality? Why do you think God wants us to be completely free

**STUDY 5**

**SEXUALITY AND SELF CONTROL**

**Introduction**

The act of sexual intercourse is confined to marriage between husband and wife who are legally married to each other. For young people who are not married sexual intercourse is out of question. But why should young people not have sex when they have sexual feelings or desires? The Bible commands all those who are not married to exercise self control for that is the will of God. We all need to understand that sexual desires are normal and they help us to appreciate our maleness or femaleness. Without these desires there would be no need for self control. Self control does not just happen automatically; it takes time and effort to develop. It is part of the fruit of the Holy Spirit (**Galatians 5: 22**). Let us search together through the word of God how we can learn self control.

**Study Text: 2 Timothy 2: 20 – 26**

**Study Questions**

1. What is self control?

2. What kinds of vessels or dishes are mentioned in this passage? What does the dish or bowl refer to?
3. What kind of vessel is used for special purposes? How can one make himself/herself clean in order to be used for special purposes?
4. What are the passions of youth and how can you avoid them (v.22)?
5. Why is self control necessary for celebrating your sexuality in a godly manner?
6. Considering that self control does not just come on its own, what should you do in order to learn self control? (Refer also the following verses: v.22; Romans 12: 1 – 2; Galatians 5: 16; Philippians 4:8, 13; Job 31: 1).

**Memory Verse: 2 Timothy 2: 22**

*Avoid the passions of youth, and strive for righteousness, faith, love and peace, together with those who with a pure heart call out to the Lord for help.*

## STUDY 6

### OVERCOMING SEXUAL TEMPTATIONS

#### Introduction

Temptations are part of life; we cannot run away from them and no one is immune. Temptations are there for us to overcome so that we can grow in our spiritual life. Of all temptations it seems sexual temptation is the most difficult to overcome, especially if it comes from the person we trust or somebody who has authority over us. We have examples in the Bible of young and old people who were faced with sexual temptations and some of them managed to overcome while some failed to overcome. One handsome young man called Joseph

was one of those people who were tempted but he managed to overcome. What was his secret?

#### Study Texts: Genesis 39: 6 – 15; 1 Corinthians 10: 12, 13

#### Study Questions

1. Have you ever been tempted to have sex with any of the people you trusted most like your boy/girlfriend, uncle/aunt, teacher, boss, church leader, etc? What did you do? (Please share your experiences).
2. Who was Joseph in this passage and what was the relationship between him and Potiphar's wife?
3. Why do you think Potiphar's wife was interested in Joseph? What would you do if you were in Joseph's situation?
4. Do you think it was easy for Joseph to say no to the sexual advances by his mistress? What was his secret?
5. Read 1 Corinthians 10: 12, 13; what does the passage say about temptations?
6. Why do most young people fail to overcome sexual temptations? Give as many reasons as possible.
7. What should you do to overcome temptations of all kinds?
8. **Action:** Be in pairs and share your weaknesses and then pray that God will give you strength to overcome temptations.

**Memory Verse: 1 Corinthians 10: 12**

*Whoever thinks he is standing firm had better be careful that he does not fall.*

## SECTION B

### SEXUAL ABSTINENCE

#### STUDY 7

#### STANDARDS FOR SEXUAL MORALITY

##### Introduction

Sexual intercourse was instituted and blessed by God and is reserved for marriage only. It is through marriage that husband and wife become one flesh and as such it has to be respected by all (**Hebrews 13: 4**). Any sexual activity outside marriage by either the husband or wife is called adultery and is sin before God. Like wise any sexual activity by a boy and a girl who are not married is called fornication and is also sin. God's standards for sexual morality are high such that He expects all marriage partners to be faithful to each other and young people to remain sexually pure until marriage. It is therefore expected of all believers, whether married or not, to exercise self control.

#### Study Texts: Deuteronomy 22: 13 – 24

##### Study Questions

1. a). What does the passage say about virginity?  
b). What does it mean to be a virgin in our time?
2. What punishment was given to a girl who was not a virgin at her time of marriage or a man who slept with another man's wife?

3. Why do you think it was necessary to give such a punishment?
4. What is the role of parents in ensuring that their children are virgins by the time they are getting married?
5. a). A girl who was being raped was expected to cry for help to escape punishment. To what extent can rape be an excuse for not being sexually pure?  
b). Apart from crying for help, what else can you do to avoid being raped?
6. What role can you play as young people in order to meet God's standard for sexual purity?

##### Point to think about

*The Old Testament penalty for anyone who failed to maintain sexual purity was death by stoning. If the same penalty was to be given in our time, would you have escaped that penalty? Think about it.*

#### STUDY 8

#### ABSTINENCE; GOD'S PLAN FOR UNMARRIED PEOPLE

##### Introduction

Since sex is for married people only, God expects all those that are not married to abstain from any sexual activity until the time they are married. But what exactly is abstinence? Why then do we have sexual feelings if we cannot have sex now? These are some of the questions many young people struggle with. During one SCOM Conference, a certain young man asked to be delivered from sexual feelings so that he could abstain. The question we need to ask is: should we abstain because we don't have feelings or because there is nobody to sleep around with? We need to understand that as

long as we are alive and have our bodies functioning properly, we will always have pressure to have sex and opportunities will be there for us to have is. Abstinence is therefore a choice and an act of the will.

**Study Text: 1 Corinthians 7: 1 -8**

### Study Questions

1. What duties are husband and wife required to perform towards each other and why?
2. What are the unmarried and widows supposed to do?
3. Define abstinence in your own words.
4. Why should you abstain and what are the benefits of abstinence/
5. Why do you think the Bible is encouraging the unmarried people to marry if they cannot restrain their desires (V. 8)?
6. If you were given the opportunity today to get married, would you accept it? Why or why not?
7. Discuss some of the reasons most young people give for failing to abstain. Are the reasons justifiable?
8. Some people say there is no problem if you have sex with somebody you know you will get married to. What do you say about it?
9. What practical steps can you take to abstain from sex? **(Consider the following verses: Song of Songs 2:7 (NIV, RSV or Chichewa version); Gen. 39: 9).**

#### Point to think about:

*Much as you have sexual desires, you should accept them as normal and work hard towards achieving your goal other than thinking about marriage at this time.  
What is your goal in life?*

## STUDY 9

### CHALLENGES OF ABSTINENCE

#### Introduction

There are so many youths today who really want to abstain but are surrounded by forces that challenge their decisions. Virginity is no longer valued in our society as it used to be in the past. The influence of culture forces many boys and girls to have sex once they attain puberty as a proof that they are grown up. The coming in of HIV / Aids and other STIs has brought in a condom culture which encourages young people to have sex without fear of contracting diseases. Cases of rape, defilement and all other forms of sexual abuse are challenges of abstinence. What should you do as young people to promote abstinence? What role can various groups of people and organizations play to promote abstinence among young people?

**Study Text: 2 Samuel 13: 1 – 21**

#### Study Questions

1. What was the relationship between Amnon and Tamar and what happened between them?
2. Describe the circumstances that led to Tamar being raped by Amnon?
3. Who were the key players in the passage and what role did each one of them play to facilitate the rape?
4. What could they have done to prevent the rape from taking place?
5. Amnon was so much in love with Tamar to the extent that he raped her at the end. Was his love genuine? Explain
6. How can you differentiate genuine love from fake love?
7. What challenges are faced by young people who choose to abstain from sex until marriage? How can you overcome them?

8. In 2007, there was an article in one of the newspapers which said that abstinence is abnormal and as I prepare this Bible study, some organizations are saying that all youths should be given condoms because they cannot abstain. As young people what do you say about these?
9. What are you going to do to prove these people and organizations wrong?

**Action Point:**

*As a SCOM branch and as individuals, draw up a plan of activities you will do to promote abstinence at your school. Be committed to fulfill it.*

**STUDY 10**

**CONSEQUENCES OF SEXUAL SIN**

**Introduction**

Sometimes in life people make mistakes because they are not aware of the consequences. There is a saying in law which says that ignorance is no defense. This means that a crime is a crime regardless of whether one knows it or not and as such it must be punishable. Just like any other sin, sex seems so sweet at the time of doing it. The pleasure of having sex outside marriage is just for a short time but its consequences are long lasting. Many young people today are regretting for the sexual sin they committed long time ago yet they say they did not know what they were doing. I believe if we were to consider the consequences before doing anything, we would be more careful in the way we live and therefore save ourselves from unnecessary pain and misery. May this study help us to make wise decisions in life to avoid consequences of sexual sin and all other sins.

**Study Text: 1 Corinthians 6: 12 – 20**

**Study Questions**

1. Mention two things in the passage that refer to our bodies.
2. "But the man who is guilty of sexual immorality sins against his own body" (V. 18b). What does it mean to sin against one's own body?
3. Discuss the physical, social and spiritual consequences of having sex outside marriage.
4. Is there anything you can do to minimize the consequences and still have a clear conscience? Explain.
5. Some people say they abstain because they have never slept with any girl or boy yet they do other things to satisfy their sexual desires like masturbation, kissing and touching or caressing each other's sexual parts. What do you say about such people?
6. Though everything may be allowed, not everything is good for you (V. 12). Which sexual activities must you avoid if you are to use your bodies for God's glory?
7. How then are we supposed to use our bodies?

**Memory Verse: 1 Corinthians 6: 18**

*Avoid immorality. Any other sin a man commits does not affect his body; but the man who is guilty of sexual immorality sins against his own body.*

## STUDY 11

### IS THERE ANY HOPE

#### Introduction

A story is told in the Bible of a man who was caught in adultery and according to law she was supposed to be stoned to death. But Jesus did not condemn the woman instead he forgave her and gave her chance to start again. Likewise there may be some among you who failed to maintain their sexual purity before for various reasons and are struggling with feelings of pain, guilt, shame, etc. For such there is hope for a new beginning. Jesus is saying to such people that don't do it again. Yes, we all make mistakes in life but it is foolishness to repeat the same mistakes over and over again. We are supposed to learn from our past failures and know exactly where we stumbled so that next time, we don't fall at the same spot.

**Study Text: John 8: 1 – 11**

#### Study Questions

1. What sin did the woman commit and what was the punishment according to law?
2. Why did they bring her to Jesus and how did he respond?
3. a). Why do you think Jesus responded in the way he did?
4. b). What does that tell you about Jesus' attitude towards sinners?
5. Jesus asked the people who brought the woman if there was anyone among them who had never sinned. Why do you think He asked them that way and not mentioning adultery?
6. What lesson about sin do we learn from what Jesus did in this passage?
7. In case you once committed sexual sin before, what are you supposed to do about it?

8. How do you plan to live your life from now onwards?  
Please discuss

**Memory Verse: John 8: 10 -12**

*He straightened himself up and said to her, "Where are they? Is there no one left to condemn you?" "No one, sir," she answered. "Well, then," Jesus said, "I do not condemn*

***DO NOT DECIEVE YOURSELVES BY JUST LISTENING  
TO HIS WORD; INSTEAD, PUT IT INTO PRACTICE.  
(JAMES 1: 22)***

***GOD BLESS YOU AS YOU DO WHAT YOU HAVE LEARNT  
FROM HIS WORD THROUGH THIS BIBLE STUDY***