

FAST Lesson 1D: Real Men Don't Just Go Along With the World – Sexual Boundaries

John Kain, 2009

- I. Our society celebrates sex outside of marriage, and promotes sex and materialism under the banner of freedom. But the motives are much darker than that. Because most men are naturally attracted to women, business people often use the appeal of sex to attract men. The extreme example is pornography – internet sites, films, magazines, or other materials that are sexually explicit and intended to cause sexual arousal.

The author C.S. Lewis puts it this way: *“There are people who want to keep our sex instinct inflamed in order to make money out of us. Because, of course, a man with an obsession is a man who has very little sales-resistance.”*

- II. It is important to know that you are a male because you inherited a “Y” chromosome, and your body has male characteristics because of hormones such as testosterone. In other words, your sexual development and attraction to women is wired into your chemistry. The fulfillment of your sexual desires in marriage is natural and right in line with what is right in God’s eyes.
- III. Real men understand the power of sexual attraction and work together to overcome the temptation of viewing pornography. We pray for each other and remind each other to not get trapped by sexual advertising. We stay active in the good things in life that keep their minds from wandering (family commitments, healthy sports, hobbies, music and performing arts, educational pursuits, volunteer activities, church ministries, community projects, hiking, camping, travel, and of course work).
- IV. When we stumble in our thought life (the combination of our own chemistry and the many sexual attractions in the modern marketplace means that this will happen to most men), we confess our sins to one another, pray for each other, and get back on track. Yes, real men talk to trusted friends about their struggles with sexual purity.

V. If you think of your mind as a garden, then you care for that garden by watering it with God's Word and by pulling out weeds (sinful thoughts) before they grow. In other words, we maintain our purity by establishing boundaries on our thought life first, because our behavior is ultimately a reflection of our thought life.

“For from within, **out of men's hearts, come evil thoughts**, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly.” (Mark 7:21-22)

"I made a covenant with my eyes not to look lustfully at a girl. For what is man's lot from God above, his heritage from the Almighty on high? Is it not ruin for the wicked, disaster for those who do wrong? Does he not see my ways and count my every step? (Job 31:1-4)

“Say to wisdom, "You are my sister," and call understanding your kinsman; they will keep you from the adulteress, from the wayward wife with her seductive words....With persuasive words she led him astray; she seduced him with her smooth talk. All at once he followed her like an ox going to the slaughter....Now then, my sons, listen to me; pay attention to what I say. **Do not let your heart turn to her ways or stray into her paths.** Many are the victims she has brought down; her slain are a mighty throng. **Her house is a highway to the grave,** leading down to the chambers of death. (Proverbs 7: 4-27)

“Therefore **confess your sins to each other and pray for each other so that you may be healed.** The prayer of a righteous man is powerful and effective.” (James 5:16)