



Healthy and Happy Seminar 4



Can Sexual Intimacy Keep Me Healthy and Happy?

We all know that regular exercise can help us to keep healthy and happy. We also know that tobacco will prevent us from being healthy and happy. The Big Question is: Can sexual activity help us to stay healthy and happy?

1. Scientific research shows that with appropriate boundaries, sexual intimacy is good for our health! What are some of its benefits?

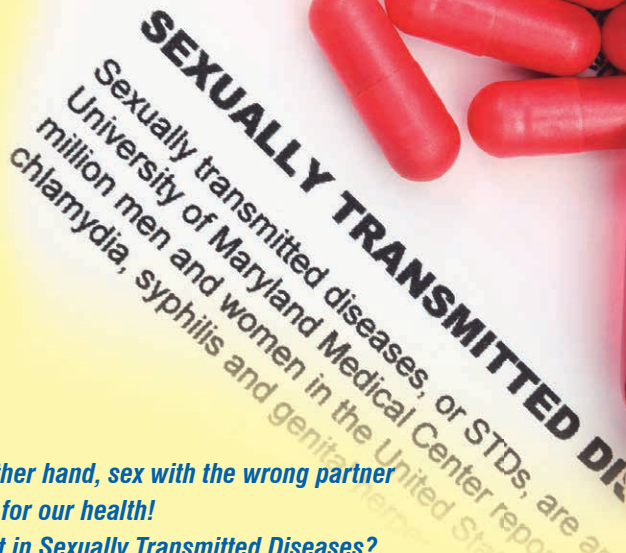
Choose the right words: pressure, sleep, stress, heart.

- (a) Sex causes the brain to produce serotonin, which lowers _____.
- (b) It boosts the immune system, and helps protect us against infections.
- (c) Sex helps us to relax, and this lowers blood _____.
- (d) This exercise burns calories! 30 minutes of sex burns 85 calories.
- (e) It increases blood flow, and aids the prevention of _____ disease.
- (f) Rise in endorphins decreases pain and increases feelings of pleasure.
- (g) Sex aids sleep. Release of oxytocin during orgasm enhances _____.

2. Not only do health professionals say it's good, God Himself said so!

See Genesis 2:24 & Matthew 19:6. What do you think? True or False?

- 1. The term "one flesh" refers to sexual intimacy.
- 2. The Old Testament commends it, but New Testament condemns it.
- 3. Since the Father and Son endorse it, within marriage, sex is good.
- 4. It isn't common and dirty! It's clean and holy!



SEXUALLY TRANSMITTED DISEASES

Sexually transmitted diseases, or STDs, are among the most common infections in the United States. In 2010, the University of Maryland Medical Center reported that 19 million men and women in the United States have chlamydia, syphilis and genital herpes.

3. On the other hand, sex with the wrong partner can be bad for our health!

It can result in Sexually Transmitted Diseases?

- They include Chlamydia, genital herpes, gonorrhea HIV/AIDS, hepatitis B, and syphilis. The deadliest is HIV/AIDS.
- STDs is a silent epidemic! 25% of American teenagers are infected! And 50% of sexually active adults have the infection!
- If uncertain, get tested. And if infected, get treated!

4. What are some other dangers of casual sexual activity?

Choose the right words: guilt, pregnancy, cycle, dysfunction.

- (a) Unwanted _____ . This can alter the course of your life.
- (b) Feelings of _____ . That can destroy your peace of mind.
- (c) Guilt feelings after marriage, which can cause sexual _____ .
- (d) Vicious _____ of promiscuity - moving from one partner to another.

5. In order to halt this epidemic, what is the prescription of Dr. Jesus?

Exodus 20:14. True or False?

1. Avoid casual sexual activity. Refrain from having multiple partners.
2. Have sex with your safe marriage partner only.
3. Reject premarital sex, extramarital affairs, and cohabitation.
4. No same sex activity, prostitution, rape, incest or sexual abuse.

6. But sexual temptation is everywhere! How can I get victory over it?

Key # 1: Make a Firm Decision. It starts in the mind. The mind is powerful. Be like Joseph. Say "No!" and mean it! (Genesis 39:8-10).

Key # 2: Use Redirection. Channel your energy in a different direction.

Energy redirected toward positive activities can bring physical and emotional satisfaction (Romans 12:21).

7. The third key to victory is: Maintain High Self Worth!

1 Corinthians 6:20. Choose: valuable, vulnerable, deterrent.

- (a) Low self worth makes one _____ to promiscuity.
(b) But high self worth is a _____ to illicit sexual behavior.
(c) My body is so _____ that it was bought with the blood of Jesus!

8. It is important to note that God's prescription for sexual health is one of His Ten Commandments? What did Dr. Jesus say about His commands?

John 14:15 "If you love Me, keep My commandments."

If you love Me: Have no gods before Me, don't make or worship images, reverence My name, keep the seventh-day Sabbath holy.

If you love Me: Honor your parents, do not murder, don't commit adultery, be honest, be truthful, be content with what you have.

9. Did Christ ever abolish any one of His commandments?

Matthew 5:17,18; 19:17. True or False?

1. If the law was abolished, it would be alright to lie, kill or steal.
 2. Christ came not to destroy the Law but to fulfill it: do what it says.
 3. Heaven and earth may pass away but no part of God's Law will.
 4. Paul said, "If you want eternal life keep the commandments."

10. After I am saved by God's Grace, why do I need to obey God's Law?

In Romans 3:31 Paul asks and answers that very question!

What's his answer? _____.

So when I'm saved by the Grace of Jesus, I keep the Law of Jesus.

11. Group Activity. Speedy Harry.

Harry was stopped by the police for speeding. In response to his plea, the police gave him only a warning. But the next day Harry was speeding again! And the same officer met him! "Well sir," said Harry, "since you gave me grace yesterday, I thought that I was free to break the law today!"

- (a) If you were the policeman, what would you tell him?
(b) What does that tell us about God's grace and God's law?



12. There is another reason why sex is sacred. It's a Parable!

Ephesians 5:31,32. Sexual intimacy between husband and wife can illustrate spiritual intimacy between _____ and me.

Awesome! Jesus wants to be bonded with me in spiritual intimacy!



13. Here are five parallels between sexual intimacy and spiritual intimacy.

Choose the right words: time, alone, silence, Bible, prayer.

- **Privacy.** Sexual intimacy requires a place where the couple can be alone. So I need a place where I can be _____ with Jesus (Matthew 6:6).
- **Time.** Marital intimacy takes _____. So I need to take time to spend with God so our experience is not rushed (Mark 1:35).
- **Talk.** In physical intimacy, we do Love Talk. So to be bonded to Jesus, I need to talk to Him through _____ (Psalm 62:8).
- **Listen.** When one is talking, the other is listening. I need to listen to the voice of God speaking to me through _____. Study (John 5:39).
- **Meditate.** We quietly think about our love. So as I wait in _____, my Savior reveals His plans and His will for me (Psalm 104:34).
So my song should be, "My Jesus, I love Thee, I know Thou art mine."

My Choice.

- Since sex is sacred, I will reserve it for my married partner only.
- I will be obedient to all of God's Ten Commandments.
- Each day, I will experience spiritual Intimacy with Jesus.

Check Your Answers. 2. 1T, 2F, 3T, 4T. 5. 1T, 2T, 3T, 4T. 9. 1T, 2T, 3T, 4F [Jesus].

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Contributors. For a list of health professionals, go to the Leader's Guide on Website.

