

# FREE Sex

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What exactly is sexual freedom? Sex that is free of commitment or obligation has a high price tag – physically, emotionally, relationally, and spiritually. There is no such thing as “free sex”, someone always pays. We often have a misconception of the true meaning of freedom; it is not our ability to do whatever we want whenever we want but it is our ability to be free from bondage – the bonds that the consequences of our choices can put us in. Sexual freedom means the ability to let down all barriers and become completely vulnerable to your partner knowing that you can trust him/her without reservation. It means that by having sex the partners have nothing to fear at all. All this is possible in marriage – and only in marriage. Sex is not intended to be mere physical attraction, but rather an expression of permanently committed love. And this love is not just a feeling, it is primarily an act of the will, a choice to make the welfare and happiness of another individual more important than our own. Since sex is an act of love, not a primal response, our most important sex organ is in fact the mind. It is in the brain, not in some primitive instinct, that the choice is made to pursue sex or not to pursue sex. Therefore to claim that sex is only natural is to deny our ability to make choices. We can say no. We are not at the mercy of our sexual urges.

No one can deny the fact that sex is enjoyable; if it weren't enjoyable before marriage it wouldn't be after – your body doesn't know if you're married or not. But pre-marital sex is risky. The results of pre-marital sex are not always seen at first, they are often not even considered because a relationship can “feel so good”. But how we feel is often a weak indicator of what is right or wrong, good or bad, and it doesn't change the consequences. But you may ask, if many consequences are at stake why are so many people today having pre-marital sex? The reasons are many but they are, in general, common to all mankind in all cultures. For instance, people have sex because of a lack of understanding of love, because of peer pressure, curiosity, loneliness, rebellion, or skepticism about commitment. They have sex as a result of their search for intimacy, security, and self-esteem and because of their need to love and be loved. The list can go on and on but unfortunately, no matter what the reason, when a person engages in pre-marital sex he/she becomes vulnerable to many

consequences. I have divided these consequences into four basic categories – physical, emotional, relational, and spiritual.

**Physical consequences.** I will begin with the physical reasons since they are the ones that are the most obviously manifested ... STD's. Sexually transmitted diseases are a big factor to reckon with and the possibility of a person contracting one is high when more than one sex partner is involved. To name a few, they include: Aids, Chlymadia, Gonorrhea, Syphilis, genital Herpes, venereal warts, Trichomoniasis, etc. These range from being bothersome, to chronic, to fatal. In the United States today, the total number of reported cases of STD's exceeds that of all other infectious diseases except the common cold. Individuals under age 25 make up the majority of these cases. These are sad facts and its even sadder that many people believe the condom to be a sure shield against these diseases. That is an overstatement. There have been more than one reported cases of women who have contracted the Aids virus from their partners who had been depending on the condom. The surest way to reduce the risk of acquiring a sexually transmitted disease is to abstain from sexual intercourse. Other physical consequences of pre-marital sex that we have to deal with is the possibility of unwanted pregnancies. Sex is a means of reproduction and although precautions can be taken, there is no 100% protection. I specifically know of a relative of mine who became pregnant while on the pill. Over the last 20 years, the percentage of illegitimate births, in the USA, to women 19 years or under has increased from 15 to 51 percent. Three out of every four pregnancies will be unintentional. The very consequences of sex proves that it is not intended for anyone other than a husband and wife. Creating another life (or engaging in activity with that potential) is an awesome responsibility that cannot be borne by couples who are not committed to each other fully.

**Emotional consequences.** Moving on to the other consequences of pre-marital sex, I can think of at least five emotional reasons why we should wait to have sex - 1, to safeguard from being put on a performance basis, 2, to safeguard against guilt, misleading feelings, and the hardships of breaking up, and finally 3, to safeguard against psychological and emotional distress. In general, sexually active people suffer from comparison and the performance



syndrome. When people are put on a performance basis (which means they are accepted only when they act or do something in accordance with another person's expectations), their value and dignity are lost. They are not considered important because of who they are, but rather are deemed acceptable because of what they do. Without the committed bonds of marriage, sex is inherently a selfish act done for personal gain. For the relationship to go on, the sex partners must continue to be pleasing to each other. As soon as one partner no longer lives up to what the other expects of him, the relationship is in trouble. Another problem that results from pre-marital sex is the feeling of guilt. This is one consequence that may haunt a person longer than any other.

When sex is entered into casually and without commitment, people get hurt physically and emotionally - guilt is the awareness of having transgressed a standard of right and wrong, or it is the lingering doubt of thinking that perhaps some act was wrong. Many people I meet are plagued by these two kinds of guilt. One of the reasons for sexual involvement is the confusion between sex and love. As one writer put it, "sexual encounters outside of marriage, whether or not they include intercourse, give an illusion of intimacy that can be mistaken for the lasting commitment that makes a marriage work". When we mix up between sex and love, we have confused the simple concepts of giving and taking. Love always gives and always seeks the best interests of the other person. Pre-marital sex takes. Each individual has his or her goal in having sex before marriage, but each is in it for personal reasons. A girl may "give her boyfriend what he wants", thus making it look as though she is giving to him in love, but she does it for a personal motive. She may want the security he provides or any of a dozen other reasons, but her "giving" is actually a form of taking. She is misled by her emotions. I am sure that most of you have at least once before experienced the hardships that go along with breaking up with a boyfriend or girlfriend. Hard enough as it is, if you have had sex with your partner it becomes that much more difficult to break up. It can be a terribly tearing experience emotionally. So many people have said to me, "When I walked away from that relationship, I left a part of me behind." Sex forms a bond that can exist no matter what the rest of the relationship is like. The longer it goes on the harder it is to break it off. Sex creates an emotional bond so powerful it must be reserved for marriage. The effects that casual sex have on the mind and emotions can take many forms. I've already mentioned guilt but there is also humiliation, anger, rejection, and resentment which can lead to bitterness.

**Relational consequences.** There are several relational reasons why we should wait to have sex. These include the possibility of communication breakdown between the partners and the possibility that sex becomes dominant and buries love. Hunger for an intimate relationship is built into each of us. We all want to love and be loved. Sex is merely the physical expression of that intimate love we seek, not

the source of it. When we delay physical involvement to its proper time, we allow the relationship to grow and mature. It is a building process, and cutting it short by getting into sex before marriage may make it impossible to put the process back on course. Communication breaks down. In one survey of 730 American sex therapists and counsellors, 85% said the number-one complaint they hear is lack of communication in relationships. When sex enters the scene too soon, the foundation of a relationship is weakened and frequently collapses completely. According to Robert O. Blood, Jr., in one of the most careful surveys on the subject, sexual "intimacy produced more broken relationships than strengthened ones". When a couple has found a quick way to be intimate by having sex, they don't bother taking time to become mentally, emotionally, and spiritually intimate. They become lazy in their attempts to grow closer, opting for what is easy over what is lasting. What is needed to build a lasting intimate relationship is consumed by sex.

**Spiritual consequences.** Last but not least, there are spiritual reasons why we should wait to have sex. A spiritual law of cause and effect is at work so that choices which are made within God's value structure bring blessing, and those that transgress his boundaries bring negative consequences (some of which I spoke about). The purpose of God's provision against pre-marital sex is to protect us from the suffering that these consequences can afflict. God's command that we reserve sex for marriage is an expression of His love for us; He in turn wants to provide us with the most fulfilling sex life possible. A lifelong relationship between a man and a woman is something truly awesome. When two people against all odds overcome the forces that would drive them apart and devote themselves mutually to each other, one can say that they represent a bond of love that defies a selfish and uncaring world. When we engage in an activity which is contrary to God's calling we, in a sense, forfeit the great love that could be ours for mere physical pleasure that has many repercussions. We may try to increase our joy and fulfilment through sex but we will always come up empty. We will always experience a void. We can be fulfilled only by a right relationship with God. We are then loved and accepted, faults and all, because of who we are not because of what we do. This gives us security and significance. With God as the source of our love and not our partner, we are now ready to impart complete selfless love as expressed through the committed bond of marriage through which we are able to tell our partner that we will love him or her on the same basis upon which God loves us - nothing less.

In light of what I have just discussed, it becomes obvious that what our society calls "free sex" is in fact anything but free, and couples pay for it with their bodies, their minds, and their emotions. Getting into pre-marital sex is easy, any man or woman can do it. The real challenge however lies in having enough sexual creativity to be able to satisfy your partner for an entire lifetime.