



# SEXUALITY MENTALITY

Creating a Culture  
of Biblical Integrity

HEATHER RUESCH



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# Sexuality Mentality

CREATING A CULTURE OF BIBLICAL INTEGRITY

HEATHER RUESCH

# Dedication

One day, a long time ago, my husband bought me the foundational part of this book—my own study Bible. When I opened the front cover, he had written the following:

Honey, some things you read in the Bible leave you asking questions. I think this will help you answer a lot of them.

I have certainly had many questions about my faith and why we, as Christians, believe what we do about life, family, love, sacrifice, and forgiveness. God's Word has never let me down. Thank you, Matt, for always feeding my soul with this good spiritual food and encouraging me with it daily. Having you, Bella, Paul, and Sofia by my side is the greatest honor of my life and made writing this book all the more special. I thank God every day that I get to call you . . .

*my family.*

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# Foreword

We are in a battle! If you are a parent, a grandparent, a youth leader or pastor, or just someone who cares deeply about teens, then you are well aware of the battle being waged against this generation. The battle is not “us,” the big adults, against “them,” the vulnerable teens; the battle is against an enemy that has been waging war against humankind from the beginning. As Paul described to the believers in Ephesus, “For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places” (Ephesians 6:12).

Peter describes the enemy this way: “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour” (1 Peter 5:8).

When that lion roars loudly and the battle rages, it is tempting to run and hide, wave a white flag of surrender, or crumble in defeat. Please don’t! Arm yourselves with knowledge, train yourself with good teaching, gird your loins with truth, take up your sword and fight!

In a culture that insinuates that parents are powerless and communicates that as a parent your values and input are meaningless and will have no impact, you need to hear the voice of truth. The truth is, Mom and Dad, YOU MATTER! And your voice is far more powerful than the culture, peers, and the media! In every single study done on youth behavior and risk assessment, the most influential voice for

teens is their parents. The others aren't even close. This is why you must use your voice. You must communicate your values, and communicate them OFTEN (the eye roll with "you've told me a million times" was always my payday!). If you are a parent of a teen, or a grandparent even, please heed every word on the pages ahead of you.

You hold in your hands an amazing tool—a battle plan filled with truth, with instruction, with clear marching orders. My friend Heather Ruesch has so beautifully written about the battle for the hearts and minds of our children and about the necessity for family and community to come alongside them in a powerful way that shines a bright light into the darkness. Heather speaks as a fellow soldier, as one who has fought for her own life, for her precious children, and for the many teens God has called her to reach. Her love for Jesus, for her family, and for the Body of Christ is evident on each page.

I pray that you will not simply read this amazing book, but that you will put into practice the wisdom it contains. I pray that you will share this with fellow soldiers in the battle in your community and that you will hear the battle cry and not shrink in fear, but stand firm in your convictions. Your teens' very souls depend upon it!

"Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm" (Ephesians 6:13).

Onward!

**Pam Stenzel, MA**

Founder, Enlighten Communications

Senior Regional Clinic Director, Community Pregnancy Clinics, Inc.



# Introduction

In the spring of 2012, I had been serving as the executive director of a crisis pregnancy center in central Wisconsin for a little over a year. My husband was settled in as the pastor of two beautiful Lutheran churches there, and our kids were fully immersed in classes at the Lutheran school close by. Because I worked in pro-life ministry, I was regularly approached with questions about pregnancy, planned and unplanned, and of course abortion and life issues as well. I loved every minute of it then; I still do.

One afternoon as I was picking up my kids from school, a mom flagged me down and asked if I could recommend any Christian materials for youth pertaining to sex education. Surprisingly, I hadn't spent a lot of time on this aspect of life-issues ministry, but it made sense for me to look into it. I didn't have a lot of information for her that day, but I promised to get back to her soon. I assumed that the Christian schools in our area would have some kind of curriculum they were using, so I started calling around. You guys, none of them were teaching a sexual integrity curriculum or an organized Human Growth and Development curriculum. None of them. I inquired of the Christian schools outside our area—same thing. Everyone I spoke with expressed the need for such a program, but for many complicated and legitimate reasons, they just didn't even know where to begin.

That's when my passion began for teaching sexual integrity to youth. From a very young age, I remember hav-

ing a strong conviction to be a good mom and have a great marriage. I know I'm not the only one. Little kids, girls and boys, all over the world have spent the foundational parts of their lives rocking baby dolls and making dinner for their play families in their preschool kitchens. The topic of how quickly kids grow up regularly came up on coffee klatch mornings with other parents and in adult Bible studies on Sunday. We all knew that we had to do better. How were our children and society's children going to stand a chance of having a healthy family life someday? After we lamented the direction things were going, though, we would maybe say a prayer and then continue with other discussions. No resolutions. No plan of attack. Just sympathy. I worked in life-issues ministry, for Pete's sake, and I was just as guilty!

Through the prompting of the beautiful mama who approached me that day, I was given the opportunity to focus a moment of my life intentionally on the prevention of cultural ignorance about God's intentions for sex, relationships, and the human body. That conversation in the school parking lot led to the development of our pregnancy center's Emberlife Teens for Life Program. I was trained through the Abstinence and Marriage Partnership in Chicago to teach the Excel Abstinence Education curriculum, and together with four other young adults from our local center, I began taking the curriculum into the local churches and Christian schools. Over the course of a couple of years, that message of hope for youth took off, and I began speaking all across the country. Because I had experience as a life-issues speaker and singer/songwriter for five years prior to serving at the pregnancy center, I was used to being in front of other people; however, this ministry brought with it a whole new

challenge. So many people have trouble talking about sex with their closest friends or even their spouses. How was I going to speak about these things with youth? Especially youth who aren't my own?

But I was convicted. I saw an area of tremendous need that I couldn't ignore. I kept thinking, "They don't know. Our kids are having to wing it out there because they don't know. We have not equipped them." I began studying and paying more attention to the youth we served at the Center, in our churches, and everywhere else I went. I began gathering every resource I could find about God's intentions for sex and relationships. I wanted to talk to these girls (and the boys as well) *before* they reached the point of making ill-informed decisions. As a pregnancy center director, I basically wanted to put myself out of work. It is always the goal of pro-life ministry workers to strive for a world that advocates for God's value of human life so much that our services are no longer necessary. Admittedly, this frame of mind is pie-in-the-sky because of our sinful, fallen world. Nonetheless, we approach every day with that goal in mind and continue on, encouraged by our Lord who goes with us and never fails us.

I imagine that many of you who are reading right now feel the same way. You know that it's essential that we speak clearly and boldly to our youth, who are being bombarded by mainstream culture. You know that there needs to be a voice that counters the world's message of "Listen to your heart," "Do what feels good," and "Baby, you were born this way." God has designed sex to be a precious gift to be enjoyed—when it's according to His design.

I wanted to write this book to unify us all with a clear

and direct understanding of God's intentions for sex and relationships. As we gain confidence to speak with integrity on this topic, in all its forms, we encourage others to do the same. And the momentum builds. We, as members of the Body of Christ, gain strength and power in numbers as we unite around true teaching and doctrine. *And lives will change.*

Each chapter is designed to expound on the previous to continue that momentum. I hope to connect the dots for you, so to speak, to help you recall with ease ways to address the important concepts that we all wish we had on the tip of our tongues. This book focuses, primarily, on relationship and emotional intelligence in regard to our youth and our families and what it means to live with biblical sexual integrity.

Additionally, I've included a short recap in the form of questions at the end of every chapter to help those concepts really sink in and to make it easy to incorporate this book into a Bible study, book club, or other small group setting. Therefore, I encourage you to use this book as a jumping-off point to dig deeper. Start here. Use the many talking points contained within to open up some discussion with the teenagers in your life. Every topic I've ever encountered while working in youth ministry is touched on in this book and freely given to assist you in whatever ways you need them.

- The value of human life
- Casual sex
- Unplanned pregnancy
- Contraceptives
- Pornography
- Self-pleasure
- Homosexuality
- Sexual harassment
- Sexual abuse
- Modesty and self-esteem

- 
- True love
  - Christian dating
  - Preparing your kids for temptation
  - The value of marriage
  - How to parent for biblical sexual integrity

This is a daunting task, but we can do it. We *must* do it. We must find our voice on these issues and fulfill the calling that God has given us as parents, pastors, teachers, youth workers, and those who care about teens. As I share my experiences of communicating God's gift and design of sex to youth, I pray that this book will help you to find your own voice as well!

Joyfully,  
Heather

# Propaganda

Your tongue plots destruction,  
like a sharp razor, you worker of deceit.  
You love evil more than good,  
and lying more than speaking what is right.  
You love all words that devour,  
O deceitful tongue.

PSALM 52:2–5

## THE HOT STOVE

I have three beautiful kids. They are my pride and joy. A great many of the lessons I've learned about life and integrity, I've learned from or because of them. Humbling thought, isn't it? That God would use these vulnerable little people as the means to deliver such vast insights and wisdom to us? I love that.

I remember one time when my son was just a toddler. I was in the kitchen cooking noodles, and he did what many curious (and ninja-like) little kids do: he reached up to touch the hot stove. After bandaging his tiny fingers and snuggling him close, I was overwhelmed with guilt. Why hadn't I seen that coming? If only I'd moved faster. If only

I had taught him beforehand that the stove was hot, he wouldn't have gotten burned. I vowed from that moment on that I would always catch my children before they hurt themselves, for the rest of their lives!

Well, we all know that no such vow could be kept. There is absolutely no way I could ever achieve such an ambitious goal, no matter how well-intended it was. My children, all three of them, went on to scrape knees, break toes, and much more for years to come. What I did learn from that incident, however, is that I wasn't powerless. God gave me, the parent, the authority and the wisdom to teach my children. Through intentionality and instruction, simply by making it a priority to teach safety in our home, I could help them discern the difference between what would be good for them and what would be harmful. Instead of being filled with guilt, watching them go through painful situations and wishing I had done something sooner, I began equipping them with the tools and knowledge they needed to minimize the danger around them and, ultimately, the effects of that danger in their lives.

It's proved to be a far better approach in the end, and I'm happy to report that no one else in our family has been burned by the stove since!

How many of us, if we saw a child reaching for a hot stove, would stop him or her immediately? We, as adults, through our experiences, know that the stove is hot and unquestionably would cause pain and injury to the child. Yet I've listened as so many parents over the years have said things such as this: "It's unrealistic, in this day and age, for me to expect that my child won't have sex before he gets married." Or "I'm just glad they're being safe," as if to imply

that sex outside of marriage is somehow safer when using birth control or condoms. I'll get into that topic more in chapter 2, but I contend that this mentality among us is the equivalent of watching a child approach the stove, reach for it, and nod in approval as he burns himself.

Now, I know that the vast majority of us are not actively seeking ways to hurt our kids—that's ridiculous. We love our kids, and we want what's best for them. The problem is this: We've been had. Tricked. Duped. And we didn't even see it coming. Sure, there have been some cultural movements over the years that certainly didn't sit well with us as Christians: the legalization of abortion, the campaigns boosting casual sex, the unleashing of the homosexual lifestyle, and the divorce rate among American families. We absolutely saw those trends and we dejectedly registered them in our mental file cabinet, unsure how to prevent them or even how to confront them.

What I'm delving into, though, is what precedes all of that: the conversations (or lack thereof) between people and the knowledge (or lack thereof) contained in those conversations that were the driving force behind these movements. This was where the lie gained momentum. This was where the church grew too casual about defending every human life with the veracity it deserves. It's ironic that this war on life may be happening in part, albeit unintentionally, because of our leadership during the past several decades.

This was the moment when we watched our children touch the stove.

## **PULLING A MADISON AVENUE**

We live in a culture that has perfected the art of distrac-



tion. This past summer, our family visited the Holocaust Museum in Orlando, Florida, where we listened, watched, and mourned over the tragic loss of lives under the reign of German ruler Adolf Hitler. As an extension of the museum, there is an exhibit highlighting the effects of marketing propaganda throughout the twentieth and twenty-first centuries. To be clear, propaganda is biased information that is designed to shape public opinion and behavior. A major advantage that allowed Hitler and his army to eliminate almost an entire demographic of human beings, approximately six million people of Jewish heritage and faith, was the targeted marketing and propaganda against them that took place over several years leading up to the Holocaust. The German Nazi regime intentionally zeroed in on them, convinced people they were an inferior yet threatening race, and then plotted to murder them all. The population of Germany that wasn't Jewish or Nazi—the majority of whom were good, honest, faithful people—supported these horrific events because, well, they'd "been had," just like us, through means of biased propaganda. This propaganda created superficial convictions that never developed into more extensive thinking about the value of human life.

Here at home, I'm reminded of those well-oiled machines working on Madison Avenue (the advertising and marketing capital of the United States) since the 1920s. The term *Madison Avenue* has become a shortcut to refer to the gimmicky, slick use of the communications media to play on people's emotions.

These agencies have been targeting specific demographics, focusing on race, age, gender, religion, salary, and more, for the better part of ninety years. For nearly a century, there have been people whose only job, forty-plus hours a

week, has been to study the public and feed us what their clients want us to know in the way we are most likely to receive it.

Modern propaganda draws upon techniques and strategies used in advertising, public relations, communications, and mass psychology. It simplifies complicated issues or ideology for popular consumption, is always biased, and is geared to achieving a particular end. Propaganda generally employs symbols, whether in written, musical, or visual forms, and plays upon and channels complex human emotions towards a desired goal. It is often employed by governmental and private organizations to promote their causes and institutions and denigrate their opponents. Propaganda functions as just one weapon in the arsenal of mass persuasion.

In contrast to the ideal of an educator, who aims to foster independent judgment and thinking, the practitioner of propaganda does not aim to encourage deliberation by presenting a variety of viewpoints and leaving it up to the audience to determine which perspective is correct. The propagandist transmits only information geared to strengthen his or her case, and consciously omits detrimental information.

Not all propaganda is bad. Propaganda is used to shape opinion and behavior. . . . The real danger of propaganda lies when competing voices are silenced—and unchecked, propaganda can have negative consequences.

—UNITED STATES HOLOCAUST MEMORIAL MUSEUM<sup>1</sup>

Did you get that? The job of the propagandist is to spin a concept or a product, for his paying client, in a way that will

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1 Resources, “What Is Propaganda?” United States Holocaust Memorial Museum, <https://www.ushmm.org/propaganda/resources/> (accessed April 23, 2018).

make the consumer want to buy or endorse it. Just off the top of my head, I can think of countless deplorable ways I've seen sexual propaganda at work in the lives of our children and our families.

Additionally, this illustration puts into words what most Christians are feeling in our culture today: Everything in the media about sexuality and the value of human life is one-sided. The logic is missing. The depth is missing. The morality is missing. Without a doubt, Satan has his hands all over this.

If this all sounds a little bit crazy, that's because it absolutely is. It's crazy that so much of what really matters in the world has been shifted down in priority to make room for consumerism: a designer kitchen, dream family vacations, new cars, and cute outfits. I love a beautiful, fall-themed harvest party complete with mini pumpkins and chai lattes as much as the next girl, but the minute said party becomes a distraction from instructing my children in the faith and keeping our family unit focused on God's will for our lives, I need to throw it away. I don't have time for that. I'm fighting every day to keep my family's eyes on the things of God and not on the things of this world.

### **IT'S TOO IMPORTANT**

At first glimpse, working hard to have nice things isn't bad. Enjoying nice things isn't bad. Don't misinterpret what I'm saying here. I highly respect all working parents who are providing for their families. The breakdown happens when the little things become the priority and the big things are just too much to deal with today.

We put them off until tomorrow.

Hey, there's a teacher willing to teach my child about sex? Whew! Great.

Check that off the list of big things to do and try to knock out the next one. I've been there. It's like trying to juggle snow cones. Everything feels urgent, all the time.

As a mom, but also as a girl who was pregnant and contemplating abortion at the age of nineteen, I can tell you with confidence that teaching sexual integrity to your kids is not something you want to hand over to just anybody.

It's too important.

The irrevocable value of human life is the foundation on which every other critical decision they will ever face is built. It is this foundation that establishes how we regard one another sexually as well.

## THE TWENTY-FIVE-CENT BOUNCY BALL

As Christians, we wonder how our world has gotten so twisted. Whatever is good, sound, and just has been exchanged for that which is demented, destructive, and superficial. Why is this? Because sex and vanity sell. They sell because so many have bought into this idea that quantity is better than quality. The value of human life is actively being defaced.

The irony of it all is that the people pushing this agenda in the entertainment and advertising industries are the ones who are suffering the most. They can't see that they are more valuable than all the money and beauty in the world. They don't know this Savior, Jesus, who suffered and bore all their hurts and imperfections that they might have a life full of the purest love humanity can ever know. As Chris-

tians and imitators of Christ, we are called to approach even untrustworthy people with love.

What happened to them? What life experiences led them to the places they are now, stuffing themselves like gluttons with superficial, momentary highs of money and power and lust, only to move on to the next big thing, hoping that this time it will be different, more satisfying, complete? These struggling people have my heart.

They have my heart because I am just like them. I *am* them, except for one world-changing difference: I know my sin, and I confess it. As I confess it, I am cleansed of it. And as I am cleansed of it, I strive to refine and realign my thoughts and actions with the Word of God. It's a daily, sometimes minute-by-minute, cycle that I will continue to wash, rinse, and repeat for the rest of my life.

#### **SCRIPTURE CONNECTION**

For the LORD your God is gracious and merciful and will not turn away His face from you, if you return to Him. (2 Chronicles 30:9)

It occurred to me early in my pro-life work that if I've been able to discern this complex and intentional underpinning of the marketing industry only after about ten years of my ministry, then the odds looked pretty good for those prowlers out there who have been profiting from people's weaknesses for a century now. They've really had time to hone their craft. The reality is that our vulnerabilities put money in the pockets of those whose lives revolve around superficial highs. That right there is the motivation and the momentum that keeps this monster fed. Vulnerabilities

such as addiction, neglect, and the human desire for love at all costs. Not to mention the actual monster behind it all: Satan. He is the orchestrator of all evil. His influence and string-pulling in the entertainment and advertising industry is calculated and deliberate.

Right under our noses, with our consent by omission, the media and our culture are allowed to portray sex and human life as something no more valuable than the twenty-five-cent bouncy ball in the grocery store checkout line: fun to play with (until it's not anymore) and easily replaced.

The gift of your entire body, soul, and mind—for which the Son of God has died—in the most intimate and personal bond you could ever share with another living being has been perverted into a fleeting and superficial satisfaction of the carnal appetite.

The most tragic exploit is that the world would have us believe that this is *it*. That this is as deep and as real as it gets. Our youth are searching for real love, the kind of love that fills us with peace, hope, and strength to face the day. The kind of love where you know you belong. And yet, today hopelessness consumes so many of our youth instead.

The reality is that by our absence from the global conversation, we as Christians, as parents and families and workers in the Church, endorse what the culture is selling. Propaganda has filled our minds, and we've begun to see "love" as the world sees it, rather than seeing it how God sees it: as love that does no wrong to its neighbor (Romans 13:10).

## THE SIMPLE THINGS IN LIFE

*Little House on the Prairie* was one of my favorite televi-

sion shows when I was a kid. (I read all the books too.) I think we should be striving to live more like the Ingalls family. I get groans and giggles every time I say that in a public place, but hear me out. About three years ago, I made the decision to approach my life with a new mentality, a new mission statement, so to speak:

Simplify.

Simplify it all, and spend a year bringing every aspect of life that stressed me out back to that action word.

What were the things that were stressing me out? I felt as if my kids were growing more distant and our family was becoming disjointed. My husband seemed irritated with me. A lot. My home was always cluttered. We never seemed to have enough money. I was overweight.

All of these stressors took on a new meaning when I suddenly had a solution I could apply to them: simplify. Instead of running all around town, taking kids to any number of places or events, we stayed home and hung out together whenever possible. By simplifying our schedules and the way we ate, we saved a lot of money and began to lose weight too! It turns out that my husband was irritated with me mostly because I was irritated with myself and how complicated our lives had become. It's going on four years, and the simplicity mind-set is still going strong at our house! Although not without tenderly caring for it and keeping it a priority. It's hard work that makes the rest of our lives easier.

Consumerism has infiltrated the American family so deeply. An incredibly significant part of the consumer culture is the emphasis on material goods and lifestyle as the keys to happiness and satisfaction. It's the classic "keeping up with the Joneses" mentality. Our family, like so many

others, had fallen into the belief that a new gadget, membership, or product was magically going to improve our quality of life.

Do you see how, as a culture of people, we've allowed *stuff* to consume us? I wonder if that's why it's called *consumerism*. Madison Avenue has achieved what it set out to do: to make us want their products more than anything else in this world.

Living like the Ingalls family is looking pretty good all of a sudden, isn't it? Obviously, I'm speaking not of log homes and outhouses but rather of the substance, the essence, of the family. *Little House on the Prairie* portrays for us the way the Christian family lived and functioned throughout all history prior to the sexual revolution that blossomed from the postwar 1950s era. A family working together to build their life. Kids knowing where they belong, leaning on their mom and dad, learning from the younger and the older amongst them. This theme of mentorship, allowing someone else's hindsight to become your foresight, is enforced throughout all of Scripture. These moral, biblical themes are one of the reasons Charles Ingalls and Laura Ingalls Wilder became household names in the 1970s. As Christianity became more and more of a subculture, people felt these ideals slipping away but were unable to identify what was happening. I think they have grieved for that deep sense of love and belonging ever since.

A mandatory part of simplifying our lives is learning to set healthy boundaries. This is a hard one, but the reality is that God did not call us to be everything to everyone, and when we try to be, quality is sacrificed.

We have, however, concretely and inarguably been given



the children in our care, and living up to the standards of modern society means that parents are working, volunteering, getting involved in sporting events and practices, attending church, and keeping up with responsibilities at home. We are often too overwhelmed (and exhausted!) to think straight, much less get everything accomplished in the way we know it needs to be done.

What happens when we rush through washing the dishes or brushing our teeth? We miss spots. We're living in a world that creates and thrives off chaos. If we aren't intentionally pushing against that chaos, we are driven directly into it, and we miss things. Very important things.

So where do we start? We can teach our children, through our own actions, to slow down and give propaganda and consumerism the attitude it deserves. These aspects of modern life are negative forces with which we must reckon. We can be intentional about making time to equip ourselves properly about life and relationships, love and value—and how all of those things come first from God the Father, through the sacrifice of His Son, Jesus Christ.

That relationship for which Christ was sacrificed, and the incredible value we have because of it, flows through us and into all those around us.

My husband speaks very highly of the fact that his father made it mandatory for him and his brothers to be with him in church and Sunday School every week. Consequently, guess whose children are also in church and Sunday School each week? Ours. Setting aside time to pray together and incorporate family devotions into your nightly bedtime routine is another way we can be intentional about equipping ourselves to face a godless world. We have always read and

still do read (even to our teenagers) *Little Visits with God*, a classic family devotional. It contains great stories of faith and real-life examples of facing temptation and struggle that give our kids direction and enforce a faithful mind-set as they grow and learn how to deal with challenges in their own lives.

When we understand the value we have, first because we are created in God's image and foremost because we are baptized into Christ, then we can love and value our neighbor in the same way. Then, through that understanding, we will see that our neighbor is also created in God's image and that Jesus died for his or her sin too. Then, our children will grow up in that context as a people with great regard for human life, so much so that they could never find pleasure in taking advantage of another person's body or in devaluing their own.

### IT'S A FRAME OF MIND

We hear it said all the time: "It's just sex."

Every time we do, we have to ask: How can something so consequential be given away so casually as though there aren't any heartstrings attached? It can't.

Referring to sex in such a cavalier manner is comparable to a teenager wolfing down three cheeseburgers, fries, and two cherry pies before soccer practice. It's foolishness. That kid is going to be sick. Nothing good is going to come from it. Yet the "it's just sex" foolishness has all but taken over our families.

Families need this reminder: sexual intimacy and integrity are connected to a deeper biblical wisdom of God's love for His children. We are uniquely created to be in relation-

ship, first with our God and second with the world around us. The respect for that order is missing in the world today. Constant distractions pull us away from profound, personal connection and draw us into the skin-deep, “looks good on the surface,” “feels good in the moment” casual sex propaganda. Gone are the days of reading the Bible and studying Scripture. The majority of us are biblically illiterate, and the only one benefiting from it is Satan himself. A major point that I make all throughout this book is that we have a God of *order*. He comes first. He’s at the top of the pyramid, and He wills that every single thing in this life be brought to Him. Not because He’s a dictator, a Joseph Stalin, Benito Mussolini god, but because of His tremendous love for you. He created order for *our* benefit, not His. That is why we need to pick up our Bibles and know what is contained within.

#### **SCRIPTURE CONNECTION**

Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days He has spoken to us by His Son, whom He appointed the heir of all things, through whom also He created the world. He is the radiance of the glory of God and the exact imprint of His nature, and He upholds the universe by the word of His power. (Hebrews 1:1–3)

If you’ve ever caught yourself thinking or saying the following things about sex, then you’re just like the rest of us sinners and have tried to make your ways God’s ways. The

joke is on us, as we've all experienced at one time or another, because His ways are never ours, and our ways don't pan out for very long. We need to come before the holy altar where we receive Christ's body, which cleanses our bodies, and His blood, which shoots through our veins, every part of our bodies and souls, and purges the darkness and pride to which we've subscribed so boldly. You've been duped by sexual propaganda if you've accepted any of the following statements as truth:

- "I believe in waiting until I'm married to have sex, but if the right person comes along and we love each other, then it would be okay."
- "As long as my kids are using protection and being responsible, their sex life is none of my business."
- "I was a kid once too. I did it all, and I turned out all right."
- "It's okay to experiment with your sexuality so you can find your true self."
- "What's the big deal? Having sex is part of growing up."
- "Let them get it out of their systems now so when they get married, they won't have any regrets."
- "It makes sense for us, financially, to live together."
- "It's important to live together or sleep together before you get married, so you know that you're compatible with each other."

We've been had, my friends, and it's time to rectify our mind-set. Every one of the above examples is connected. This is a frame of mind that is being ingrained in us, every hour of every day. Like brainwashing. The problem is that this perfunctory line of thinking goes against God's intentions for sex, relationships, healthy marriage, and healthy families. What is commonly referred to as "old-fashioned" and "rigid" is actually the wisdom and provision of a loving

Father who gives His children boundaries in order to keep them happy, healthy, safe, strong, and faithful.

#### **SCRIPTURE CONNECTION**

Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless. Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world. (James 1:21-27)

Picture in your mind that stove again. There's a reason we stop the child from touching it, and that reason never gets old or outdated or irrelevant.

So it is with biblical sexual integrity.

## C H A P T E R 1

# Discussion Questions

- » Why do our children get hurt, even though we do our best to protect them?
- » What are some examples of both negative and positive propaganda found in our culture today?
- » How has the propaganda of our culture shaped our frame of mind in regard to sex?
- » How does God's Word counter that propaganda?