

The God of Sex

a.k.a why sexual purity is Holy business

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Basics

Before I met the risen Lord Jesus, I thought I knew all about this important topic, I had been in the wilderness over 20 years and was even nicknamed “rush de baddest” on account of my “smooth playa talk”. I had even been involved with a choir girl of a large evangelical church (which had kind of put me off going to church for many years – “hypocrites they were”, I reasoned).

My merciful Lord having asked me like Matthew the tax collector to leave all and follow him has however now renewed my mind and working all things for my good has asked me to speak about this hot topic.

This article therefore covers three key matters:

- **The basics** – covering the what, why of sex and of sexual purity. You most likely know some of these, but it is important to clarify them for our generation to counter many of the myths/lies.
- **The Next level** – covering the mystery of God and Sex. Why he really created it and why He is very serious about it. God showed me that there is a scary connection between idolatry (worshipping someone or something that is not God) and sexual impurity (or immorality).
- **Becoming** – Covering how you can start achieving sexual purity or overcoming where you have failed.

So onto the basics to ensure we are all on the same page.

Basic #1: Who created sex?

Well, Duh. God. The bible says: *“Every good and perfect gift is from above, coming down from the Father of Heavenly lights.”ⁱ*

So think of all the good things you love in life: sunshine, clean air, good health, laughter, friends, food and family. Everything God created – he called Good. He loved it!

So fact - God loves sex. God loves for us to have sex. Hot passionate Holy Sex. God made sex for joy. Sex is both beautiful and powerful, **maybe even dangerous**. God also made it to be more than just physical.ⁱⁱ More on this later. God is very interested in this topic such that an entire book of the bible called “Song of Songs” (or “Solomon’s Song of Songs”) is dedicated to it. This breath-taking book begins thus:



Let him kiss me with the kisses of his mouth—

for your love is more delightful than wine.

Pleasing is the fragrance of your perfumes;

your name is like perfume poured out.

No wonder the young women love you!

Take me away with you—let us hurry!

Let the king bring me into his chambers.ⁱⁱⁱ

It seems this woman can't wait to jealously steal away her lover from men snatchers – so they can go have passionate Sex!

In another part it goes on:

My beloved is mine and I am his;

he browses among the lilies.

Until the day breaks

and the shadows flee,

turn, my beloved,

and be like a gazelle

or like a young stag

on the rugged hills.^{iv}

Would you imagine there would be a poetic description for what seems like all night passion in the bible?

Basic #2: The bible and “Knowing”

Old versions of the bible use language like this to describe sex: *“And Adam **knew** Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD.”^v*

Did you know that the Bible uses the word *Yada* for sex? *Yada* means “To know, to be known, to be deeply respected.”^{vi}

It's profound when you start to understand what the creator meant right? When you understand the meaning above from the original language (Hebrew), you can see how it ties in to Basic #3 below.

Basic #3: Why did God create sex?

Beyond the joy he wanted to give us as shown in basic 1 there is a mystery to it as I will explain later but in summary: **Through sex, God is preparing us for eternity - teaching us intimacy in worship.**

As one source says:

*God made us sexual creatures so that He would be a more deeply knowable creator. We were given the power **to know another human sexually so that we might have some hint of what it will be like to know Christ supremely.** Therefore, all misuses of our sexuality distort true relationship with God.*

God means for human sexual life to be a pointer and foretaste of the purity and pleasure of knowing him.^{vii}

When you realise that sex is training for eternity – you realise this is Holy business – not monkey business! You start paying attention to when the King for example says – Don't do this or don't do that. It is because he is protecting something very important! So what does He say?

Basic #4: What does the bible command about sexual purity?

God doesn't want people to fornicate (consensual sex but before marriage) or commit adultery (that is sex outside marriage boundaries). This includes homosexuality.

God as King of the Heavens and Earth is the same yesterday, today and forever ^{viii} even if some of our cultural values or legal rules may change. He from ancient times to today still calls all humans to the same standard – “Repent” and “be Holy because I am Holy” ^{ix} but especially:

Everyone who calls themselves a child of the light must set themselves apart from all uncleanness and this includes sexual purity for the King declares:

“Don't you realize that those who do wrong will not inherit the Kingdom of God? Don't fool yourselves. Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality or are thieves, or greedy people, or drunkards, or are abusive, or cheat people—none of these will inherit the Kingdom of God.”^x

This warning cuts across to everyone includes. It's for:

- Those who don't know God or care about him;
- Those who know about God (and perhaps pay him “lip service”);
- Those who know God (and strive to live Holy lives); and
- Those who know God (and are redeemed) but indulge (regularly practice) sexual sin.

There are therefore no exceptions, for example: “I am cohabiting faithfully with the same partner for 20 years”, “I am saved but young and single – God will understand that I have HOT sexual needs”, “I am divorced, I can have a girlfriend/boyfriend”, “bible rules on sex and the LGBT^{xi} community only applied to old covenant times, not anymore”.

If you bear the name of Christ, then you are especially required to obey. Heirs bear the authority of the King and carry on the family business - Holiness. That's the trademark of the King. “Holy, Holy, Holy”^{xii} the Seraphim cry out in his presence day and night.

So you see, it is us to change course, not God. As a popular urban legend ^{xiii} of a threatening encounter with a naval vessel at the seas explains it so funnily:

Naval vessel: *This is the aircraft carrier USS Lincoln, the second largest ship in the United States' Atlantic fleet. We are accompanied by three destroyers, three cruisers and numerous support vessels.*

I demand that YOU change your course 15 degrees north, that's one five degrees north, or countermeasures will be undertaken to ensure the safety of this ship.

Response: *This is a lighthouse. Your call.*

Basic #5: Don't believe the lies/myths.

Myth/Lie #1: Sex was intended to be dirty and secret

As one source says: "God didn't create man and woman, then turn around to get a drink of water; only to turn back around in horror yelling, "Adam! What are you doing? Get off of her!" They were created this way. Sex was introduced this way. The enjoyment of it was commanded this way. And yet there is a lane that God created sex and intimacy for – marriage".^{xiv}

Myth/Lie #2: sexual purity is only for the young

This same source correctly narrates a story:

"It's amazing how Christians seem to ignore this particular sin among our more aged brothers and sisters. Sadly, there has never been a shortage of parents or guardians speak to my wife and I with broken hearts over their child's promiscuity, while at the same time, having their own live-in boyfriend or girlfriend at home waiting for them. No matter how old you are. No matter what your story is. The call for sexual purity still applies for you. "You must honor God with your body," (1 Corinthians 6:20) is still a command for you."^{xv}

Myth/Lie #3 The "forbidden fruit" in the bible was sex.

In the first book of the bible, Genesis, the story of the fall of man starts thus:

The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"^{xvi}

This myth is probably propagated by the ancient "Babylonian Gilgamesh Epic"^{xvii} – claimed to be the earliest literary work where we find human knowledge coming through sexual experience in the story of the wild man Enkidu. It seems likely that this apparent similarity is the reason sex is called the "forbidden fruit."

This is not true per the bible because:

God commanded them to "be fruitful and multiply." Furthermore, the punishment of Eve and Adam had nothing to do with sexuality (their punishments had to do with relationships/role and work).

Therefore the actual forbidden fruit was: (fruit of) the tree of knowledge of good and evil.^{xviii}

Myth/Lie #4: Sexual impurity excludes the mind

A particularly big issue for our generation is internet pornography. Here are some stats/info to get you thinking.

A 2015 study for the British House of Lords on the impact of pornography on society^{xix} showed that:

- 1 in 5 children aged 12 – 13 think watching pornography is normal
- 1 in 10 of these children might be addicted to pornography
- 1 in 5 had seen pornographic images that upset them
- 12% admitted to making or being part of a sexually explicit video.

This report is likely to be what contributed to the UK parliament to put in place legislation from June 2019 to block porn sites unless there was formal age verification that the user was over 18.

Meanwhile the effect is not only on children. The same report showed that in adults for married or cohabiting couples:

- 36% of females use porn of which 30% used it once per month while
- 63% of men use porn of which 10% use it 3 or more days a week.

Porn use it also shows appears to be “hugely underreported” in women with a survey showing that for women aged 18 and over (mainly 18-34):

- 31% of females said they watched porn every week or so.

Ultimately it is now according to sex therapists (who now have full waiting lists)^{xx} bringing various issues:

- Self esteem: “all sorts of small doubts creeping into people’s minds about what it is to be sexual, and even how”.
- Psychological Erectile Dysfunction (ED). Where once ED was associated with health in older men, it is now a far more common as a psychological issue in younger ones (20s and 30s).
- In young women it is causing body image insecurity and vaginismus – involuntary muscle contraction which prevents penetration due to anxiety.

This issue is so big that a Christian church: xxx.church.com specialises in helping, especially Christians to break free from porn addiction.

Jesus made it clear that sexual integrity isn’t just about the body, but about what we feed our minds (Matthew 5:27-30). Exposing yourself to porn, erotica, sexual chat rooms and the like is as though you’re feeding your mind and heart spiritual poison.^{xxi}

Which means - sexual purity also covers those (for example married women) who might not be having physical affairs/relationships (like their husbands they argue) – but go on to have steamy emotional affairs with others (including dirty talk). It likewise covers looking at others lustfully (seeing but not touching as in Matthew 5: 27-28).

So with the basics now covered, let’s move on to the next level.

Next level: Sexual purity in our generation

So why is sex twisted today?

Group 1: The sexually impure outside the church.

The answer to this is given in a long but profound biblical passage in Romans 1: 18- 32 (NIV):

The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.

For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like a mortal human being and birds and animals and reptiles.

Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.

Because of this, God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed shameful acts with other men, and received in themselves the due penalty for their error.

Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.

In other words, we have sexual impurity or immorality in the world because:

Humans refuse to know/acknowledge God and glorify him –even though his eternal power and nature can be clearly seen; SO God removes his protection and releases us over to the hounds of Hell and gives us over in the sinful desires of our hearts – including all sorts of sick and twisted sexual impurity.

This means that:

The more a society rejects God – the more debased it will become, sexually.

Group 2: The sexually impure in God's church.

Tim Keller pastors a church in New York. He was once asked to identify a few obstacles to revival in the contemporary church. Drawing on his experience in Manhattan, Keller started with one issue:

The fact that almost all singles outside the Church and a majority inside the Church are sleeping with each other.^{xxii}

Another Christian source narrates about a letter they received:

“I used to be an advocate for waiting to have sex until marriage, but as the years have gone by, I no longer feel this way. I think it’s all well and good for teens and those in their early 20s to strive for such a goal, but as someone who has recently entered her late 20s, it seems like an outdated and irrelevant idea to hold on to. I’m dating a Christian man right now, but who knows if we will have sex outside of marriage... I just know that waiting isn’t something I’m personally interested in anymore.”^{xxxiii}

Why is this happening even in the church?! It is because Christians have taken their eyes off Jesus and are worshiping Idols – just like those in the world who stop acknowledging God.

Watch a church or an individual - if you know or see high cases of sexual immorality, then there is idolatry as a root cause.

Sexual impurity in the church is warned about in the bible over and over but there is a lesson to be learnt especially from the Old Testament story of Eli the High Priest and his two sons- Hophni and Phinehas.

The summary of their lifestyle is given in 1 Samuel 2:12:

“Eli’s sons were scoundrels; they had no regard for the LORD.”

Because Eli’s sons did not know or regard God, they acted in wicked ways.

First, we are told that Eli’s sons took a three-pronged fork and ate whatever meat they brought out of the pot when sacrificing an animal. This was in contradiction with the law for priests, who were commanded to eat the breast and upper thigh of the animals (Leviticus 7:30–34).

Second, Eli’s sons were sleeping with the women who were dedicated to the service of the tabernacle (1 Samuel 2:22). This was against God’s law forbidding adultery (Exodus 20:14).^{xxiv}

It was the sons’ actions, which Eli didn’t restrain that caused God to remove Eli from his office starting with a prophetic warning:

‘You have honored your sons more than Me by fattening yourselves with the best of all the offerings of My people Israel.’^{xxv}

Jesus issues a similar warning to a church for condoning sexual immorality.

““These things says the Son of God, who has eyes like a flame of fire, and His feet like fine brass: “I know your works, love, service, faith, and your patience; and as for your works, the last are more than the first. Nevertheless I have a few things against you, because you allow that woman Jezebel, who calls herself a prophetess, to teach and seduce My servants to commit sexual immorality and eat things sacrificed to idols.”^{xxvi}

Do you see that every time sexual immorality is mentioned, idolatry follows right after it? More on that like I said!

So, in summary, why is sexual purity so important to God?

“You should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God. . . . For God did not call us to be impure, but to live a holy life” (1 Thessalonians 4:3–5, 7).

This passage outlines God’s reasons for calling for sexual purity in the lives of His children.

First, we are “sanctified,” and for that reason we are to avoid sexual immorality. The Greek word translated “sanctified” means literally “purified, made holy, consecrated [unto God].”

As Christians, we are to live a purified life because we have been made holy by the exchange of our sin for the righteousness of Christ on the cross and have been made completely new creations in Christ (2 Corinthians 5:17–21).

We also see in 1 Thessalonians 4:3–5 the necessity of controlling our bodies. When we give in to sexual immorality, we give evidence that the Holy Spirit is not filling us because we do not possess one of the fruits of the Spirit—self-control.^{xxvii}

Next level: God’s mysteries of Sex

Mystery of sex#1: It is an act of worship – a foretaste of heaven

One source explains this excellently - for both single and married people:

*“Ephesians 5:31-32 alludes to the fact that sex within marriage is a holy metaphor that points to the spiritual mystery of God’s covenant love for us. Throughout Scripture, sex is used to express aspects of God’s covenant and the degree of intimacy he has with His people. **This means that married men and women should be learning mysteries of God as they experience sex together.***

*Singles can also understand something deeper about God through their sexuality. Jesus talked about how we will mourn and long for the Bridegroom when He is not with us. **We will ache for His presence and have deep longings that are unmet. Singles definitely get this!** John Piper stated, “The ultimate reason why we are sexual is to make God more fully knowable.”^{xxviii}*

We will spend eternity with God getting to know him intimately – sex or waiting for sex is very important practice or preparation for this. Because it is a foretaste of heaven, it is very Holy Business!

Mystery of sex #2 idolatry and sexual immorality go hand in hand

When I started doing my study for this article, God started revealing to me a connection between idolatry and sexual immorality. But first here is an example from the book of Exodus, which takes place just after the Children of Israel had orally received the 10 commandments in God’s voice, but now Moses (their leader) had delayed by spending 40 days and nights with God while he got the written version. He had left his brother Aaron (the High Priest) in charge. The story unfolds as follows:

“Then Aaron built an altar in front of the gold bull-calf and announced, “Tomorrow there will be a festival to honor the LORD.” Early the next morning they brought some animals to burn as sacrifices and others to eat as fellowship offerings. The people sat down to a feast, which turned into an orgy of drinking and sex.”^{xxxix}

The pattern seems to be: What started out as idolatry – replacing God with a bull, turned into a feast, and finally into drunkenness and then an orgy.

It seems there is a spiritual rule in place: every time there is idolatry - sexual immorality will manifest itself. So vice versa - sexual immorality is a physical manifestation of a root cause, idolatry –the worship of idols (something or someone other than God – as if they were God). As one source explains:

“At the most basic level, idols are what we make out of the evidence for God within ourselves and in the world—if we do not want to face the face of God Himself in His majesty and holiness.

Consider now how frequently idolatry and sexual immorality appear in tandem throughout the biblical narrative (see Exodus 32, Isaiah 57:7-8, Hosea 4:12-14, 1 Corinthians 6:9-11, Galatians 5:19-21, Ephesians 5:5, Colossians 3:5, Revelation 2:14, 20, 21:25).

*The link between idolatry and sexual immorality is established by the frequent use of 'prostituting themselves' or 'adultery' to describe Hebrew idolatry [in the Old Testament]. Israel's unfaithfulness to God was not only a form of spiritual prostitution or adultery, but it also led to the physical acts themselves.” (Dennis P. Hollinger, *The Meaning of Sex: Christian Ethics and the Moral Life*)*

However, Romans 1:18-32 is far and away the most important passage in the entire Bible for examining the intimate connection which exists between idolatry and sexual immorality.

Two primary conclusions flow out of Romans 1:18-32. First, all sexual sin—no matter how seemingly benign or catastrophic—is at root a dark reflection of our prior idolatry. Our ultimate commitment to secondary creational goods (rather than to honoring the Creator) erupts in the inevitable direction of the dishonoring of our bodies.

Second, worship must therefore become our core strategy; there is no other "solution" available to us if this is the true diagnosis of the problem. Any other strategy for fighting sexual sin is, finally, a futile case of treating the symptoms and ignoring the actual disease.^{xxx}

Now that we have understood both the basics and God’s mysteries surrounding sex and why sexual purity is so important, how do we move on to actually become sexually pure?

Becoming sexually pure

Step #1: Refocus your heart to God.

Once you return to looking at God (rather than idols), you have no alternative but to start becoming sexually pure.

I have a testimony in this area. Until I became a devoted Christian and became baptised in May 2017, I lived a hedonistic life. I was a Christian in name but not in action. In fact when I became “saved” some regretted the loss - that I had not written them a manual, perhaps similar to *American Pie* on “how to be a player”. When I gave my life to Jesus, the first thing I realised he did was purify me in this area. The Holiness of the God I beheld from reading the scriptures and learning to worship him (and not

anything else) left me with no alternative but to strive to become Holy as Him – especially in this area, a prior area of weakness. I am still of course working on this as the Apostle Paul described:

I have not yet reached my goal, and I am not perfect. But Christ has taken hold of me. So I keep on running and struggling to take hold of the prize.^{xxx1}

Step 2: Know the biblical way for dealing with temptation.

First Corinthians 10:13 is perhaps the most practical teaching on temptation: *“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”*

We can learn three things from this verse:

1. It is normal to be tempted. Even Jesus was tempted.
2. God will always provide a way of escape.
3. You must choose the way of escape.

Step 3: Don't assume God's call to Holiness will be "fair".

While Jesus came to give us a full life (John 10:10), His command to us is to “deny yourself,” “lose your life” and “take up your cross and follow me” — even unto death! The call to holiness isn't supposed to be easy or even fair. In fact, Jesus said that while many would call Him “Lord,” very few would actually follow Him.

Many great men and women who have walked before us have chosen to give up families, homes, material goods, reputations and the pleasures of this world. We have the invitation to do the same.

But let's not be deceived: Being a follower of Christ has never been the easy road. The best news is that you can win this battle. As I daily fight my own “thorn in the flesh,” one promise found in Jude 1:24 assures me. *“Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy.”*^{xxxii}

Step 4: Develop coping or fighting strategies

According to one source if you sing this “ANTHEM”, you will start to be able to fight impurity^{xxxiii}.

- Avoid the situation (or sights) as much as possible. *“Flee youthful lusts and pursue righteousness” (2 Timothy 2: 22).*
- No - say no to every lustful thought within 5 seconds. *“Resist the devil and he will flee” (James 4: 7).*
- Turn the mind forcefully to Christ (a superior satisfaction). Fight fire with fire – move to offence. Attack the promises of sin with the promises of Christ.

- Hold the promise of Christ till it pushes image out. *"Fix your eyes on Jesus" (Hebrews 12:2).*
- Enjoy a superior satisfaction (Christ). Don't say, "That's just not me." What steps have you taken to waken affection for Jesus?
- Move into a useful activity (from idleness). Lust grows fast in the garden of leisure. Find a good work to do, and do it with all your might. *"Do not be slothful in zeal, be fervent in spirit, serve the Lord" (Romans 12:11)*

If you need additional coping strategies, seek specialist help. I for example mentioned xxxchurch.com for porn addiction. Your pastor or other trusted Christian brother/sister can help.

Step 5: Learn to stop believing the common lies about sexual purity

Some of these lies from a really good summary^{xxxiv} include:

- Being curious about sex is wrong
- Purity is just for single people
- You shouldn't want to know anything about sex until you are married
- Being inexperienced is unattractive
- If you are struggling with a purity issue, you are always going to struggle.

Because Sex is Holy Business. Sexual purity is very critical to the Lord of Hosts.

Woe to you who trivialise this great act of worship, Woe to me if I preach that which I do strive to live up to But blessed is the one who hears what the Spirit says to the Churches and does it. Amen.

Your turn.

1. Which basic truths about sex and sexual purity do you need to learn anew?
2. How will you change your life to worship God alone (not idols) in order to overcome sexual impurity?
3. What is God telling you to do next to become more like him in this area?

Notes

ⁱ "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1: 17 (NIV)

ⁱⁱ <https://dashhouse.com/201673holy-sex-song-of-songs-85-7/>

ⁱⁱⁱ Song of Songs 1: 1 – 4 (NIV)

^{iv} Song of Songs 2: 16-17 (NIV)

^v Genesis 4: 1 (KJV)

^{vi} <https://dannahgresh.com/your-brain-on-sex/>

^{vii} <https://www.desiringgod.org/topics/sexual-purity>

^{viii} Hebrews 13: 8

^{ix} Leviticus 11: 45 (HCSB)

^x 1 Corinthians 6: 9 (NLT)

^{xi} LGBTI is an abbreviation for 'lesbian, gay, bisexual, transgender, and intersex'

<https://www.collinsdictionary.com/dictionary/english/lgbti>

^{xii} See Isaiah 6: 1- 4

- ^{xiii} https://en.wikipedia.org/wiki/Lighthouse_and_naval_vessel_urban_legend
- ^{xiv} <https://www.christianpost.com/voice/sexual-purity-is-not-only-for-teenagers.html>
- ^{xv} <https://www.christianpost.com/voice/sexual-purity-is-not-only-for-teenagers.html>
- ^{xvi} Genesis 3: 2-3
- ^{xvii} https://en.wikipedia.org/wiki/Epic_of_Gilgamesh
- ^{xviii} <http://www.livingwithfaith.org/blog/what-was-the-forbidden-fruit>
- ^{xix} <https://researchbriefings.files.parliament.uk/documents/LLN-2015-0041/LLN-2015-0041.pdf>
- ^{xx} <https://www.theguardian.com/lifeandstyle/2019/apr/18/bedrooms-confidential-what-sex-therapists-hear-from-couch>
- ^{xxi} <https://www.boundless.org/adulthood/5-lies-that-make-sexual-purity-more-difficult/>
- ^{xxii} <https://dashhouse.com/201673holy-sex-song-of-songs-85-7/>
- ^{xxiii} <https://www.boundless.org/adulthood/5-lies-that-make-sexual-purity-more-difficult/>
- ^{xxiv} <https://www.gotquestions.org/Hophni-and-Phinehas.html>
- ^{xxv} I Samuel 2: 29 (BSB)
- ^{xxvi} Revelation 2:18-20 NKJV
- ^{xxvii} <https://www.gotquestions.org/sexual-purity.html>
- ^{xxviii} <https://www.boundless.org/adulthood/5-lies-that-make-sexual-purity-more-difficult/>
- ^{xxix} Exodus 32: 5-6 (GNT)
- ^{xxx} <https://www.christianunion.org/publications-media/christian-union-the-magazine/past-issues/fall-2015/1036-idolatry-and-sexual-immorality>
- ^{xxxi} Philippians 3: 12 (CEV)
- ^{xxxii} Both step 2 and 3 adapted from: <https://www.boundless.org/adulthood/5-lies-that-make-sexual-purity-more-difficult/>
- ^{xxxiii} <https://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust>
- ^{xxxiv} <https://www.moralrevolution.com/blog/10-lies-people-believe-about-sexual-purity>