

Sexual Tension and Self-Control

God did not intend for the sex desire to be *repressed* — that is the reason for *marriage* (Gen 2:18-24; 3:16-19). Yet in single men and women who cannot find a spouse, sexual desire is not to be expressed to another human being outside of marriage. But how is this possible?

The natural bodily impulse is to soothe the part that hurts or is in need. When in sexual need the person himself can soothe his own bodily part. But apart from the marriage covenant, which makes the two one flesh, he cannot soothe anyone else or soothe himself with anyone else. Within this covenant, we are to give relief to the natural need (1 Cor 7:2-5) lest Satan tempt one to commit adultery or fornication or other indecent acts of lewdness and perversion. Outside of such a covenant, God permits the person himself to give relief to a sexual bodily part if he is apt to be tempted by Satan because of a lack of self-control — *due to a sexual need*. “... lest Satan tempt you to sin through your lack of restraint of sexual desire.” Paul said that if you have no *gift* it is better to marry than to burn with sexual desire. So to go to the relief or help of your bodily part is appropriate in cases of lack of self-control of sexual desire.

God has ordained that sexual release and fulfillment can be achieved *to a degree* by one's own sexual manipulation — without condemnation. Otherwise God would be a hard taskmaster without understanding of the strong desire He has put into men. Sexual desire for another human being is *not* irrepressible or irresistible, but sexual tension which mounts up *is* irresistible and must find expression, or the man will explode.

This expression is a gift of God so that a man will not violate another human being and break the covenant for the nations — the covenant of conscience (Rom 2:14-15) — and be condemned at the judgment (verse 16). But this expression is not to be

taken advantage of either. All must be done with the measure of self-control that all men are blessed with (1 Cor 10:13).

For a man to be qualified for the nations, in case he *does* express his sexuality to a woman he is not married to, he would have to take her for his lifelong partner in marriage — not just in the case of *pregnancy* as it has been in the past. Breaking the hymen apart from the marriage covenant is a very serious sin for a man because it violates another person made in God's image, so he is responsible for her for the rest of his natural life on the earth. Her desire shall be for him — as Gen 3:16-19 — and he will work to provide a living for her and his children by the sweat of his brow. God is love — and this is love. This is salvation for the nations who do not know His Son.

Those who do practice self-stimulation to achieve release, both men and women, must practice self-control in their thoughts, imaginations, and fantasies. This is a responsibility for all mankind, since thoughts defile a person (sexual immorality in the “thought life”). This could be a snare in self-stimulation, since both men and women burn with sexual desire and are in need of satisfaction, or at least release. 1 Cor 7:1-2 indicates that this desire is equally divided between the man and the woman, and abstaining from sexual release is a great risk even in marriage (as in verses 5 and 9).

Today there is so much opportunity, for ungratified men especially, to wallow in impurity and immorality (in porno, movies, TV, etc.), so that Satan's temptation takes many forms of immorality — not just exclusively the *act* of sex, per se. Thus self-stimulation to achieve climax is in order, as long as the thoughts are not dragged through the slime of fantasy.

The Source of Self-Control

As the Psalmist said, “How can a young man keep himself pure?” (Ps 119:9). Paul had self-control, probably even over self-stimulation. He had a *gift* (1 Cor 7:7). There are gifts of self-control in other matters (eating for example).

When we see how holy God is and that we are to be just as holy, then we can't let anything void that. So many things can defile us, but Heb 4:16 avoids the conflict. We are surrendered (Rom 12:1) so that we are above the thought level of the mundane common man who dwells in the territory of the evil one (Eph 2:1-3, 6). We have ascended with Messiah, so we put our thoughts not on earth, but in heaven where He is seated at the right hand of God.

Sometimes we don't even check in, much less go to Him in total surrender and get our direction for the day. We have the morning and evening sacrifice while in the community, but when we are away we are in a more vulnerable place, and we need to go to Him constantly or we will be taken in. Satan is a deceiver so no matter how many times you hear or read Rom 8:5-9, verse 13 is always the testing ground of whether you are in the spirit or in the flesh.

Life or death is always in the making (Mt 12:30; 1 Cor 3:16-17). It's according to how one builds (if he is even on the foundation at all).

In light of the justice and mercy of God, the problem is not that we can't master the flesh or the perversion we have — it is that we *won't*. The grace *is* provided (2 Cor 12:5-9).

Heb 10:13; Eph 4:16 — *All* must put *all* His enemies under His feet, if *all* will not live for themselves but for Him. This means *all* your wrong ways. Put them under *His* feet. The flesh must be fully crucified in all its devious ways. The problem is always me, you, or the person that won't let the thing go. It's not God. He is willing. We must be just as willing to be delivered as He is to deliver us if He is going to set us free from our sins (Mt 1:21).

Why do we hang onto it — to our life?