

SERMON NOTES: A LIFE LIVED WELL 4 - SEX (Sunday 17 May 2015)

SCRIPTURE

Proverbs 5:1-23 (The Message)

Dear friend, pay close attention to this, my wisdom; listen very closely to the way I see it. Then you'll acquire a taste for good sense; what I tell you will keep you out of trouble.

The lips of a seductive woman are oh so sweet, her soft words are oh so smooth. But it won't be long before she's gravel in your mouth, a pain in your gut, a wound in your heart. She's dancing down the primrose path to Death; she's headed straight for Hell and taking you with her. She hasn't a clue about Real Life, about who she is or where she's going.

So, my friend, listen closely; don't treat my words casually. Keep your distance from such a woman; absolutely stay out of her neighbourhood. You don't want to squander your wonderful life, to waste your precious life among the hardhearted.

Why should you allow strangers to take advantage of you? Why be exploited by those who care nothing for you? You don't want to end your life full of regrets, nothing but sin and bones, saying, "Oh, why didn't I do what they told me? Why did I reject a disciplined life? Why didn't I listen to my mentors, or take my teachers seriously? My life is ruined! I haven't one blessed thing to show for my life!"

Do you know the saying, "Drink from your own rain barrel, draw water from your own spring-fed well"? It's true. Otherwise, you may one day come home and find your barrel empty and your well polluted. Your spring water is for you and you only, not to be passed around among strangers.

Bless your fresh-flowing fountain! Enjoy the wife you married as a young man! Lovely as an angel, beautiful as a rose- don't ever quit taking delight in her body. Never take her love for granted! Why would you trade enduring intimacies for cheap thrills with a whore? For dalliance with a promiscuous stranger?

Mark well that God doesn't miss a move you make; he's aware of every step you take. The shadow of your sin will overtake you; you'll find yourself stumbling all over yourself in the dark.

Death is the reward of an undisciplined life; your foolish decisions trap you in a dead end.

QUOTES

"If our sexuality is really just what we do with our bodies, why does it hurt so damn much when it is betrayed, scorned or violated? The simple answer is because it's *not* just something we do with our genitals. It's about our very personality - it is about *us*. When you violate my need for sleep, I will be annoyed, but not wounded. When you violate my need for food, I will be annoyed, but not wounded. But when you violate my sexuality, you damage me. That's because my sexuality is not just a physical craving. It's the echo of an unheard tune. It's part of the journey toward God."

Mike Frost

ADDITIONAL READING

Sex and the iWorld: Rethinking relationship beyond an age of individualism - Dale S. Kuehne

Sexuality in the Modern Paradigm - Podcast from Regent College: <http://www.regentaudio.com/products/sexuality-in-the-modern-paradigm>

REFLECTION QUESTIONS

Married

- + How can I best approach my marriage when it is *not* about my fulfilment?
- + How can I foster and protect faithfulness, commitment and fidelity?
- + How can our marriage foster an environment where life is celebrated?
- + How can we best minister to our community through our marriage?

Unwed

- + How do I best deal with my singleness when I realise that life is *not* about my personal fulfilment?
- + How can I best foster discipline and self-control?
- + How can I foster an environment where life can flourish?
- + How can I minister to my community through my singleness?