



“The Roller Coaster Ride of Sex Outside of Marriage”

By Shelley Hitz

We are going to talk about sex. A topic we are all interested in but that not many times talked about in church right? God has really laid it on my mind a burden in this area of sexual purity because of all the ways I have struggled and all of the things I have gone through in my own life.

But to get started, I have an illustration alright we've got two bottles of water here, pure refreshing water and I want you to think about which one you would rather drink out of. Now what if I told you that this bottle had already been drank out of by 6 different people and what if I told you that there was only one of them infected with H1N1.....only one! Which bottle would you choose then? Now what if I would offer you \$5 to drink out of the bottle that has been opened? No? Why would you not take money to drink out of this opened bottle? Because you don't want to get sick, right?! You don't know mouth has been on this, you don't know these people, what have then been through, where their mouths been and you don't know and....

So purity matters! It matters with water and if matters with water how much more important is it with sexuality, how much more important is sexual purity? If we wouldn't even drink out of that bottle because someone we didn't know had drunk from it, how much important is it? So I want you to think about that as we get started today...

The Rollercoaster ride of Sex outside of Marriage – How to live a life of Sexual Purity

So let's just jump in, here are four common reasons why girls have sex outside of marriage, there are many different reasons, but these are just four of the most common ones that I could think of:

Number one: For-the -thrill – you know you saw that rollercoaster ride, for-the -thrill it feels good, the curiosity and you know sex is good! God made sex to be enjoyed, he made it to be good but sometimes that is why girls will have sex outside of marriage.

Number two: Sometimes it is for love, for the emotional intimacy, you know that love that closeness with their boyfriends, they feel that through that physical act that they will get the emotional intimacy.

Number three: Maybe it's to please their friends or their boyfriend, so maybe it is peer pressure or maybe it is just what they know.

Number four: Maybe they have had a history of sexual abuse like I did and maybe it is just what they know to do, they already feel dirty or used so that is what they know to do and maybe that is the reason. So those are four common reasons.

However sex is not meant to be a thrill, it is just a temporary high like anything else that we go to, it is a temporary high, Sex is meant to be a bond. And now for this I need a volunteer.

Alright, well we are going to go ahead and talk a little bit about this and to illustrate I have some duct-tape, don't worry it only hurts a little bit. Sex is meant to be a bond, now let's see if I take this piece of duct-tape and put it on your arm, I'm going to get it really, really tight.

Now are you ready! One..Let's count 1, 2, 3...let's see we got a few hairs. Alright let's try again...ALRIGHT let's count again...1, 2, 3...oh boy a few more, alright one more time, third time is a charm, alright let's count backwards this time 3, 2, 1... I have a question for you before you leave which time hurt the worst? "The first time." Thank you, give her a round of applause. The first time hurts the worst because you getting that most adhesive. And it's kind of like sex, it is meant to be a bond and so when we come together with the person that God has created for us, that one man in marriage and we bond through sex, the biggest bond is the first one. And if we are having sex outside of marriage it's less, and less, and less of a bond. So many people in our society are having casual sex, they are hooking up, they are doing stuff and then eventually does it even "stick"? It doesn't even "stick" or bond you to that person anymore, it doesn't even do the purpose that it was created to do because it has been taking out of the context that God created it for. God created sex to be a bond between one man and one woman in marriage. He

created it to be enjoyed, yes enjoyed, you know we could talk about that in church because it is to be enjoyed in a committed relationship between one man and one woman called marriage.

Now some people don't want me to say that right? Our culture is teaching so many different definitions of what relationships can be, of what marriage can be, but Hebrews 13:4 says *"Marriage should be honored by all and the marriage bed kept pure for God will judge the adulterer and all the sexually immorally."*

So what is true intimacy?

True intimacy is what girls want, it is what we truly want deep down, to be known deeply and loved and yet we often settle for cheap substitute, kind of like a game that we play, sometimes we win, sometimes we lose, and yet a relationship with the opposite sex is not a game to be played. It can feel exciting at first, but the excitement doesn't last forever, especially for girls. And some of you know what I mean, especially when you fall for a guy, he wants intimacy without commitment and that is what sex outside of marriage is, and girls can easily get hurt, they can be left broken-hearted and I've talk to girls over and over and over....again that have been left, hurt and broken-hearted.

So the dating game is intimacy without commitment, this can be emotional or sexual intimacy. Sometimes we give our hearts too much in the emotional intimacy area. In dating we learn how to have one short term relationship after another therefore when things get tough in marriage we may be willing to settle for divorce instead of staying committed to our spouse for better or worse. It develops a pattern in us, this dating pattern of intimacy without commitment of going from one to next, to the next.....always looking for the perfect person.

So what is God's standard for intimacy? Again His standard for intimacy is to be shared in a committed relationship between one man and one woman called MARRIAGE.

So is he the one?

If you might be dating someone and you are really serious with him, is he the one? Is he the one I am going to spend the rest of my life with, is he the one God has for you in marriage?

If you are 14, 15 or 16 years old, statistics show that you will most likely not marry your high school boyfriend. That means you will most likely break up. The longer your relationship, the farther you will go sexually and the more of your emotions you share, the harder the break up is going to be. And if you do marry him, statistics shows that 51% of teen marriages end in divorce before the age of 24. That sounds unbelievable...kind of sounds like I made that up! But it is from the US bureau of statistics. And the bottom line is you will most likely not marry the guy you are dating, so I really encourage you to be cautious and guard your heart in these relationships in high school.

Our culture teaches us to give sex for love

It is on TV, its everywhere. I heard a statistics the other day which says teens will see thousands and thousands of references to sex by the time they are 18, and guess what percentage of them show some form of negative consequence or contracting STDs or broken hearts what percentage would you say show some form of negative consequence? Only 1.2% of anything that you see! So 98.8% of what we see in the media show sex outside of marriage without any consequences. It shows you give sex for love it will make your life better, they don't ever show the consequences or what happens down the road.

I want you just to think about something..

Prostitution. Prostitution is giving sex for money right? How many of you will go out tonight and sign up for being a prostitute, anyone? No! We are not going to go out and do that, but I want you to think that many times I believe guys will tell you what they want you to hear to get what they want. Certain guys will even tell you I love you, as a "payment" for what you will give to them. Think of it kind of like prostitution because you are giving sex not for money but for emotional intimacy, to be close to that guy and hear someone say I love you, to be in a relationship that is loving and to feel loved. But you know when I really think about this, (and I want you to know that I did this too and I was there so I understand) I feel like it is kind of like a business deal, you giving something to get something and there is no commitment. This guy has no commitment to you whatsoever and you are giving something so precious, when you rather have a guy say I love for who you are, and he truly sees you for who you are, loves you deeply and respects you enough to wait for sex until marriage.

Lust Does Not Equal Love

Another common misconception is that lust does not equal love, what we often feel is in this relationship, in this dating, in the excitement what we often feel is lust and it is often confused for love.

However 1st Corinthians 13 tells us what love is, what is love? Love is patient, Love is kind, Love keeps no records of wrong, Love endures forever, Love does not take advantage of you and then leave you the next day. When a boy took advantage of me in 8th grade, do you know what he did? He took something precious from me and then never called me again, and never wanted anything to do with me again, he took my innocence. I wanted to be with him, I wanted a relationship with him but he just discarded me like that is all I wanted, and we never talked again. I had to, as an adult, forgive him for what he had done to me. But so often we confuse that lust, that feeling, or it is so exciting for love and it is not really love and if you look at 1st Corinthians 13, I urge you to really read it and see. If you are in a dating relationship, is what you are seeing those qualities in that guy, is he really showing love to you.

How Far is Too Far?

One of the most common questions that I get in regards to sex outside of marriage when I am talking to girls is where is the line? How far is too far? And many Christian teen give pledges to abstinence thinking, abstinence is to avoid sexual intercourse meaning penetration but they want to experiment with other thing leading up to intercourse so they often want to draw a line in the sand of how far is too far? They think, “if I stay on this line I’m ok, if I stay here I’m not ok.” I was one if those teenage girls, I was once of those Christian girls thinking how far can I go, thinking I can go all the way to the line and still be ok with God and I didn’t have all the other standards leading up to penetration, leading up to sex. I didn’t have a strong standard, so in my life I ended up compromising with several boyfriends allowing things to go further sexually than they should have. Looking back I now regret some of those decisions that I made and some of those positions that I put myself in realizing that one of those encounters ended up with a boyfriend taking advantage of me.

I know God has forgiven me but I still have had to work through the pain and this one the reasons why I feel so strongly about sharing with teen girls God standard for sex. I'm not pointing a finger of judgment at anyone, I have been there and I have gone through it myself, sexuality has been an area that God has given me freedom and now I want to lead others to that same freedom I found. I am assuming that most of you in here are already Christ followers and you want to please God in this area of your life as well, so know that in this talk today I am not hear to condemn you but I will challenge you to live a higher godly standard in your lives. So this is not just about thinking "how far can I go before I step over," but having a paradigm shift to "how can I please God with my sexual life, how can I honor him with my body, how can I honor God with my dating relationships" and not just where is the line? We are going to go into that in more detail.

What is God's standard for sex?

I love this illustration: imagine that your house has a fireplace to provide heat in the cold winter months. And lets say your parents tell you that when you get home I want you to start a fire in the fireplace, that way it is warm when we get home from work. Great, but what if when you get home you decide not to start the fire in the fireplace, you decide to start it in the middle of your bedroom floor, what would happen? It could take your whole house down. If started that fire in your bedroom it could eventually destroy your entire house and you could literally be homeless in a few hours, talk about being left out in the cold! You could be homeless. I want you to think about this everything time you see a fire, a fire representing the fire of sexual passion that God has given to each one of us, that he has designed for the fireplace of marriage. And if our sexual passion is let loose outside the boundaries of that committed relationship in marriage, I can guarantee you it will leave damage: broken hearts, depression, STDs, pregnancy, the list can go on.

Just like the damage that could occur if you started a fire in the middle of the bedroom, instead of your fireplace at your home. So what is the moral of this story? The moral is to ***keep the fire in the fireplace!***

And God is not saying that to restrict you from having fun. He wants you to have the most fun, he wants you to creating a bond, a lasting bond with a man who will love you for the rest of your life and be committed to you. The Bible says in Proverbs 5:18 *“May your fountain be blessed, and may you rejoice in the wife of your youth”* One man and one woman may that husband has for you or the one he has already given to you, may he ever be captivated by your love and not be going outside that fireplace of marriage.

So we get into this let us check out a few definitions of sex, this comes from Webster’s “ Sexual immorality, you will see that a lot in throughout e bible. What does it mean? Sexual immorality means being enchased. Does that give any more clarity? Not really. Chased means in a sense of unlawfully intercourse. Fornication that is another big word which means “consensus intercourse between two persons not married to each other. This next one was eye opening for me, I always thought intercourse only involved penetration but intercourse is actually defined “physical sexual contact that involves the genital area of at least one person”.

So what is included in sexual immorality that God detests?

So it could include oral sex, mutual masturbation, anal sex, rainbow parties, hooking up and the list could go on...it is not just what we think of as sex and this was what really got me! I have to tell you that you know I didn’t cross that line in the penetration because I was a good girl, I was a Christian but I compromised in oral sex and I gave that up before I got married. I didn’t think it was wrong, because nobody taught me, nobody taught me that sexual intercourse includes all these things leading up. And some girls will have guy friends that ask them for “favors,” and ask them to perform oral sex for them. Just as friends and these girls do it and they don’t think there is anything wrong with it! They think it is like kissing...but I want to tell you, NO it is not!

God has set a bigger standard for us than just that, Ephesians 5:2-3, *“Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.”* Wow! There must not even be a hint of sexual immorality - that is hard. We live in a sexual age and everyone is doing it...so to speak and it is so easy to give in.

I don't know if you have ever heard this word "technical virginity" or "technical virgin" but some people will say I am technically a virgin because I haven't experienced penetration but what does virginity mean? It doesn't mean just that and so many times we fall into that trap of calling ourselves a virgin but not really. You see, my story is that I grew up in a Christian home and I learned that I should save sex for marriage and I should only date Christian guys. However what I was taught about dating was very limited and my main influences came from my friends and the media. I ended up adopting a self-centered approach to romance and dating earlier on; what can I get from it? How can I make myself feel better about myself through this boy.

Just as I was getting interested into boys as you know, a boy took advantage of me, he rejected me and left me feeling very hurt. Through this experience my eyes were opened to the power that I held as a female to influence guys. I think we all to a degree know that we hold some power but I realized that I could gain guys' attention by how I dressed, and interact with them. Even though I wasn't having sex, I still knew how to lure them with my eyes, my smile and my body. Some of my friends will joke with me in college that I knew how to attract the guys and I was such a flirt, I now regret those years of self-centered dating, self-centered relationships. I am ashamed to say that I attracted all the guys because I learned how to be a good flirt. I am ashamed of that now, it was something I had control over and I used it to feel good about myself. Isaiah 3: 16 says "*The women of Zion are haughty, walking along with outstretched necks, flirting with their eyes...*" That was me.

Therefore since I have this longing to be loved, I knew how to attract a guy's attention, I saw guys as one way to fill the emptiness I had on the inside and it was purely selfish. I wasn't thinking of their best interest, I was thinking about mine. And just like many other girls I played games and broke many hearts. My parents told me I wasn't allowed to date until I was sixteen, for some reason that seems to be the magical age, however in my sophomore year right before I turned sixteen, a senior guy in high school started pursuing me and I convinced my parents to allow me to start dating earlier about 6 months before I turned sixteen. I enjoyed the attention that this boyfriend gave me and in a selfish way I saw the relationship with him as a way to feel good about myself, he made me special and he listened to me and I felt loved by him. It felt good

that he had chosen me over all the other girls in this school to be his girlfriend because he had a car, dating him opened up a whole door of independence for me, we spent a lot of time together that year. I remember one night in particular in our relationship he pressured me to have a sex, we were on a golf course that he worked at and he took me there late at night and he was pressuring me to have sex with him and I said “No! I have a very strong conviction that I would save sex for marriage.” He said he would respect that boundary and he did keep his word to a point. You see we didn’t have sex with penetration and even though we didn’t cross that line we went very close to the edge...a place I have come to regret and a place I wish I had never gone. With this boyfriend I experienced oral sex as well as other genital contact. I ended up breaking up with this boyfriend when he went off to college that next year and he took with him a piece of my heart that I can never get back, that I wish I hadn’t given to him. And so technically when I got married I was a “technical virgin” but not really. I have since confessed and repented of that sexual sin and God has forgiven me.

But as we said in this session before God wants us to honor him with our bodies, this means in regards to fashion, body image, and sexuality. I Corinthians 6:19 says, “*Do you not know that your body is the temple of God, of the holy spirit who is in you that you receive from God you are not your own, you were bought at a price therefore honor God with your body.*” Even though I was a Christian in a Christian home I was not honoring God with my body during my teenage years, it also goes on to say in verse 20, “*flee all immoralities, all other sins a girl outside her body but she who sins sexually, sins against her own body.*”

How are you advertising your body?

Consider this illustration “How are you advertising your body, day in and day out, in school, in the streets, with friends?” To illustrate this, what is this in this picture? A Ford truck! And most people can afford a Ford truck, right? Therefore for this illustration we will say that it is in the cheap car market. Because the Ford is in that market, it has a lot of other competitors. What are the other competitors? Mazda, Chevy, Toyota, Honda, etc. There is a lot of competition so they have to advertise to get your attention.

Now, here is a Lamborghini which can cost from the range of one hundred thousand to half a million dollars. For the sake of the illustration we are going to say this is the classy car market, which hardly ever see in advertisements and why? I believe that it is because the people who want to buy the Lamborghinis and have the money to buy it, know where to find it. And so they don't need the advertising to tell them where to buy it, and they already know where to get it.

Now consider how you are advertising your body...are you advertising it in the "cheap car market" or in the "classy car market." Are you advertising in a way like the Ford Ranger where you know you have so many other girls competing to get that guys attention, that you have to advertise. You are willing to compromise in the way you dress and the way you act or willing to give him a look underneath the hood or a test drive..anything to beat out the other competition. There are a lot of pretty girls who are competition out there, right?

Or are you advertising in the "classy car" market? Where you know that God has that one classy car buyer that has been dreaming and praying for you his whole life, he has been saving himself for you, for a committed relationship with you in marriage for the rest of your lives. You do not feel the need to advertise or compete against all these other girls because you that when the time is right, God is going to bring that person into your life and he is going to love you for you and he is going to love you with the true love and not just for what he can get.

And so, how many Ford cars do you think you will see in a junkyard? A lot. How many Lamborghinis? Most likely none. How do you want to be treated in a dating relationship? If you dress and advertise to the "cheap car market" you will most likely attract a "cheap car buyer," the ones that will use you, abuse you and then trade you in for a new model. Believe me, I have been there. But if you attract the classy car buyer they will take care of the car, they wax it up, and they usually keep it for a lifetime. So, consider how do you want to be treated and then that is the way you should advertise.

Song of songs says three times (for emphasis) "*Daughters of Jerusalem do not arouse or awaken love until it so desires*"...until marriage, until that committed relationship, that duct tape of bond

in marriage or else we may have a sleeping giant that is now awoken on our hand and it may take us down a path we may later regret, like it did for me.

2 Timothy 2 says “*Run from anything that stimulates a desire, it says RUN from it...*” Whether its pornography or movies that your friends are getting you into, whatever it is that is arousing that useful lust. I encourage you to do so, the bottom line is that we are to keep the fire of our sexual passion in the fireplace of marriage.

Have you known or have been pressured into having sex?

I know I have..I received a letter from a girl who asks “*what if your boyfriend wants to have sex with you and you know it is wrong but she loves him and can’t just leave him. What would you tell her?*” No! She is a Christian girl from a Christian school who is under pressure. I want to tell you that if anyone pressures you can say NO. Practice it and know what you are going to say. I wasn’t told that or given the permission to say that. If a guy is pressuring you to have sex then you know he is someone that isn’t worth being with because he is not respecting you or what God created you to be or created sex to be like.

If you have already messed up or compromised in this area of sex, I want you to know that there is hope

I know this from my personal experience. 1 John 1:9 states that “*he is faithful and just to forgive us of our sins and all unrighteousness.*” We can be purified from all our sins. Think of sin as a security tag and you walk through the gates of heaven, will the alarm go off? But if you confess of all your sins God can wipe off your sins, he not only want us to confess but repent of our sins but make the decision to do differently, it is what God is asking of us.

Decision Time

The decision is where will you draw the proverbial line when it comes to sexuality. This is between you and God. How will you honor God with your sexual choices? With your dating relationships. You have to make the choice of where you will draw the line. This can be the double tape which involves ogling your guy, holding hands, arms around each other, touching his arm or leg, touching below the neck, kissing etc, If you do not know - like me - you will end

up compromising. I want you to write down the areas you will draw the line, this is your commitment between you and God because I want to honor God with my body.

Here are some few practical tips to help you:

- Avoid spending time in your room with a guy with your door closed
- Avoid napping together
- Avoid lying together period!
- Avoid hanging out together alone
- Avoid going to the park to just enjoy the view or talk
- Avoid back rubs
- Avoid drinking
- Avoid dating unbelievers because they won't respect your boundaries.

For those of you who sex is an issue or has a stronghold in your life, I memorized this verse which helped me; *“Thou we live in this world, we do not wage war as this world does. How weapons are not weapons of this world on the contrary they have divine power to demolish stronghold. Sometimes it seems like sexual strongholds will not go away but they will with the divine power that God has given us.”*

Self effort and trying harder on my own is not the way that will help. It is only through the empowering of the Holy Spirit and a relationship with God that you will succeed. Therefore, intimacy with God is the key to sexual purity.

How do you see God?

God asked me this during a prayer and I answered “I see a man who wants intimacy with me, because they have been other men in my life distancing myself from other men.” However, God is not like us, or like those guys, he is not human. He loves us unconditionally and wants to have an intimacy with us.

In Closing

Galatians 6:9 says, *“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”* In other words, do not go weary in doing good, staying pure sexually, for at the proper time you will reap a harvest (in marriage) if you do not give up!



Shelley Hitz is an ordinary person, just like you, with struggles and trials. And yet, God is doing extra-ordinary things through this "jar of clay." 2 Cor 4:7 says, *“We have this treasure in jars of clay to show that this all surpassing power is from God and not from us.”*

Her heart is to help teen girls and women through her website, www.FindYourTrueBeauty.com, that reaches thousands of people each month around the world with God's truth. She is also the author of the book, "Mirror Mirror...Am I Beautiful" and has co-authored a book with her husband CJ, "The Mathematics of Jesus, Making Sense of Life When Life Doesn't Seem to Add Up."

Shelley's openness and vulnerability as she shares her own story of hope and healing will inspire and encourage you.

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