

TEACHING OUTLINE

HOW SHOULD I HANDLE MY NEGATIVE SEXUAL HISTORY?

By Rodney Wright

Some examples of a negative sexual history include: sexual abuse or abusing others; rape; having an abortion; sexual addiction; sex outside of marriage/affair; working in the sex industry; being paid for sex; sexual images being shared through technology; pornography use; compulsive masturbation; self-hatred or disguised with one's sexuality or gender; lack of healthy sex education that leads to confusion about one's sexuality.

Scriptures:

There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, "The two become one." Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one." There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for "becoming one" with another.

1 CORINTHIANS 6:16-18 (MSG)

Now, getting down to the questions you asked in your letter to me. First, Is it a good thing to have sexual relations?

Certainly—but only within a certain context. It's good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong, but marriage is strong enough to contain them and provide for a balanced and fulfilling sexual life in a world of sexual disorder.

1 CORINTHIANS 7:1-4 (MSG)

²⁷ “You have heard the commandment that says, ‘You must not commit adultery.’²⁸ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.

MATTHEW 5:27-27 (NLT)

⁸ Jesus returned to the Mount of Olives,² but early the next morning he was back again at the Temple. A crowd soon gathered, and he sat down and taught them.³ As he was speaking, the teachers of religious law and the Pharisees brought a woman who had been caught in the act of adultery. They put her in front of the crowd.

⁴ “Teacher,” they said to Jesus, “this woman was caught in the act of adultery.⁵ The law of Moses says to stone her. What do you say?”

⁶ They were trying to trap him into saying something they could use against him, but Jesus stooped down and wrote in the dust with his finger.⁷ They kept demanding an answer, so he stood up again and said, “All right, but let the one who has never sinned throw the first stone!”⁸ Then he stooped down again and wrote in the dust.

⁹ When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman.¹⁰ Then Jesus stood up again and said to the woman, “Where are your accusers? Didn’t even one of them condemn you?”

¹¹ “No, Lord,” she said.

And Jesus said, “Neither do I. Go and sin no more.”

JOHN 8:1-11 (NLT)

Outline:

1. Our sexuality and body is good (1 Corinthians 7:1-4).
 - A committed monogamous marriage is the best place for sexuality to be shared.
 - Let your values determine your behavior.
2. Sometimes something good (our sexuality) gets used in a wrong way.
 - Sex outside of marriage or before marriage (1 Corinthians 6:16-18).
 - Objectifying others/pornography use (Matthew 7:27-28).

3. Learning to refocus and repair.

- Story of Jesus and the couple caught in adultery—only the woman was brought to Jesus, but there were two involved. Jesus would have helped the man as well if he was brought to Jesus. (John 8:1-11).
- Jesus did not condemn because of the negative sexual decision (adultery).
- Jesus restoring worth and value and redirecting.

Practical Next Steps for Healing

Pray for safe people to confide in with your history(parent, counselor, mentor, treatment center, pastor, recovery group or group leader). Finding safe people is KEY to healing.

Own your mistakes and your story. Don't live with secrets: "We are as sick as our secrets."

Find good resources that can help you learn and grow through your negative experience and shame (books, counselors, podcasts, mentors, recovery groups, health clinics, treatment centers).

Remember, every human has made mistakes. God has grace for all of us to find healing. YOU are worthy of LOVE!