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**THE GIFT OF SEXUALITY**

This is a book about sexual fulfillment. It is a guide to finding freedom from being mastered by our sexuality and journeying to the places where we become masters of God's magnificent gifts of sexual desire and sexual expression. It is a book that envisions a second sexual revolution in our time, one that will bring infinitely more pleasure and satisfaction than the sexual revolution of the 1960's and '70's. This book calls every Christian man to participate in that revolution, and thereby experience the blessings of sex as never before.

We begin with the premise that sex is good; sexual desire is good; sexual intercourse is good. And our male bodies, the tangible, visible part of us that enables us to experience sexual pleasure—as well as many other joys—are also good. Sex is one of God's great gifts to us.

We start, too, with another premise; our bodies and sexuality are tremendously important. In a world that has accomplished the almost impossible feat of trivializing sex while at the same time making it an object of obsession, I believe God would have us take a view that elevates human sexuality to levels that would confound our current sex saturated culture.

This is a book that calls for a new sexual man, and it puts forth the possibility that every man who finds his sexual desire taking him places where he does not want to go, can become that new sexual man. Thus, it is a book of hope, hope that need not disappoint. We will give reasons for this hope (1 Peter 3:15), reasons rooted in God's word, in the author's own journey, and in my over 25 years of experience in helping other men find sexual freedom.

**THE BETTER WAY**

There are two ways to live out the Christian life. We can make our primary focus on becoming more Christlike, more the men God created us to be. Or we can center in on avoiding sin and those evils—in us and about us—that will draw us away from the Lord. Most Christians would agree that the first is the far better way; to focus our lives and energies on becoming who God wants us to be. But in reality, where do most of us focus our time and energy? I fear that far too many of us focus much more of our time and energy on avoiding sin and in dealing with its consequences in our daily lives. Nowhere is this more true than in the area of our sexuality.

Pick up any Christian book dealing with male sexuality and, with the exception of a few dealing with marriage, the focus of the book is almost certainly going to be on our battles with sexual sin and on becoming pure (or to follow the thinking of most men—no longer

impure). This is understandable. For most men, what lies closest at hand are the struggles with sexual sin, the terrible attractions of internet pornography, the habits of lust and masturbation, a secular world that casts sexual images and ideas of free, casual sex at us at every turn.

One might reasonably ask: How can I become the man God wants me to be without getting this sexual garbage, this debris, out of the way? Indeed, getting the sexual debris out of our lives is essential to becoming the men God created us to be, but getting the debris out does not automatically make us the sexual men God created us to be. “If I could only stop looking at women that way; if I could only stop going to the porn sites on the Web, I would be okay.” No, it’s not likely. Becoming the sexual men God created us to be is much more than stopping certain behaviors. To simply stop old behaviors could, even in the happily married man, create little more than some sort of a sexual vacuum.

No, we must from the very beginning deal with both the reality of our current struggles—and failures—and with who it is we are *becoming*. Specifically, we need a vision of who we are becoming as sexual men. Without having a vision of who we are becoming, our striving for obedience resembles too much a fruitless legalism. *Without a vision, the people perish* (Proverbs 3:18 KJV). A lack of vision may be the reason why so many men’s struggles with sexual sin are more like a merry-go-round than the successful scaling of a mountain.

The vision, to be of any value, must be based on reality; for our purposes here, the reality of male sexuality. The only way we can know the true reality of male sexuality is to know why God created it in the first place. We need to answer the question: what are God’s purposes for our sexuality?

The vision is for the future. Our hope is for fulfillment of the vision. But between where we live today—many of us in a place of great dissatisfaction regarding our sexuality—and the future we envision, lies a journey. A major purpose of this book is to guide you on that journey.

Typically, one expects a guide on a journey to be one who has already been there, one who can say, “Follow me, because I have already successfully completed the trip.” Such is not the case here. I must say right up front that I have not “arrived” at the place where my sexuality is just as God would have it. But I have come a long way; a very long way. I lived through a lengthy period in my life where sexual sin dominated me, where I was truly addicted, to sex. Indeed, I have traveled many miles from there. I can honestly say that of all the areas where I still struggle with sin, sexual sin is pretty low on the list.

These are the themes of this book: understanding God’s plan and purposes for our sexuality, gaining a personal vision of who it is we are becoming as sexual men, and moving towards the fulfillment of that vision. Of course, along the way we will deal in depth with the debris, the struggles with lust that are common to men—after all that is my primary area of expertise—but I plan to keep the vision, and hope for that vision always before us.

Author Christopher West, paraphrasing a portion of Pope John Paul's Theology of the Body teaching writes, "If we are to gain a true victory over lust, purity must mature from the "negative" turning away to the more "positive" assertion of the value and dignity of the body and sex."<sup>6</sup> Therefore, early on, we are going to address the goodness and the significance of the body and of sex.

There are some men who will be truly excited by what they read in the next few chapters as I was when I first discovered Theology of the Body teaching. They will see immediately the potential that the truths offered here have to impact on their lives as godly sexual men.

Other men, some of them feeling overwhelmed by the attraction that pornography or masturbation or other outgrowths of lust, will be anxious to move on to more "practical" advice. To this group I plead, be patient. Plow forward. You will eventually find that what we believe about ourselves, and what we see as God's plan for us, has a huge bearing on how we behave. When we get to the chapters where we deal with sexual sin, you will find yourself reaching back to these truths as powerful weapons in your battles with lust. When Scripture calls us to "put on the whole armor of God", the first part of that armor is *the belt of truth* (Ephesians 6:14). Jesus said, *...you will know the truth and the truth will set you free* (John 8:32).

This is a book about being free sexually, but true freedom comes only when we live our lives according to our true nature, not our nature as fallen men, but our nature as redeemed men whose sexuality expresses God's marvelous plan.

### **A MESSAGE ON GOD'S PURPOSES**

This book is written for all Christian men who seek more of God in their lives. But I have a special message for the man who longs to know God better, but feels that, at this point in his life, his faith goes no deeper than an intellectual acceptance of the reality of God.

A very wise man—I don't recall who—wrote that *in discovering God's purposes for our lives, we will discover God*. This is so because His character is revealed in His purposes for our lives. What He desires for us flows out of the Heart that created us to be objects of His love. It follows that if we seek to live according to those purposes, we will draw closer to Him. Seek to discover His purposes for life and seek to live according to those purposes, and your relationship with Him will blossom into a love relationship. You will have assumed your proper role as a son, and He will delight in being your Father.

Jesus did not say, *If you love me, you will keep my commandments* (John 14:15), as some sort of challenge for us to prove our love to Him, but rather as a statement of reality, of how things really are. In seeking to live according to His perfect plan, we cannot help but grow in love for Him. In seeking to live according to His plan—in our sexuality and in every other way—we will discover that in our weakness we can't do it on our own, and

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<sup>6</sup> West, *The Theology of the Body Explained*, Page 238.

this will lead to the surrender that opens the door for him to reveal His willingness to personally intervene in our lives and change us. In seeking to discover and live according to His plan, we will see the indescribable goodness of His plan, and our hearts will come to know the love that devised such a plan.

My prayer is that this book not only guide you in the discovery of the marvelous gift of sexuality that God has given each of us, but that it will guide you in discovering the Giver of this wonderful gift.

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[ QUESTIONS FOR USE BY GROUPS OR INDIVIDUALS IN PERSONAL  
REFLECTIONS

At the end of each chapter will be questions (to be added later) for use by groups studying the book together or for individuals to use in their personal journeys. We will recommend that the questions could be a great help to those men wanting to journal. ]