



FORGE
HIGH SCHOOL

Student Resources

Sexual Integrity, Lust, & Modesty FAQ

Q: What constitutes sexual activity? What all does sex entail?

We know that sex was designed by God as ultimately, a way to know God more fully. God gives us the blessing of sex in the context of marriage, because it can only flourish in an exclusive and permanent covenant relationship. The sexual act creates intimacy, and every time that it is experienced both parties are physically re-covenanting themselves to one another.

We also know that in Ephesians 5:3, God says that there should be no sexual immorality among you. That word for sexual immorality is “*porneia*”, and it is an all-encompassing word that captures any sexually immoral act or thought.

Based on both of these truths, we believe that anything that gets you on the onramp towards orgasm should be classified as sexual activity. If it causes physical excitement, then it’s ramping up your sexual desires and energy and that is sexual activity. This is much more than just the act of intercourse, and we must recognize how sex involves the emotional, relational, and physical parts of who we are.

Q: What is the definition of sexual integrity and what does it look like? What is the difference between sexual purity and integrity?

Sexual Integrity is best defined as all of your sexual energy and activity going toward your spouse. Integrity gives the image of being sound, complete, or true. One helpful way of thinking about it is to be the same person in public as you are in private, where your life matches what you say.

So for an unmarried Christ follower, to have sexual integrity means that we capture all of our sexual energy and make it wait until we are married. Realistically, we must “un-translate” that energy away from being sexual and spend it in godly ways, in particular with work, ministry, and friendships.

Sexual integrity and sexual purity are essentially the same thing, but using the word integrity helps us communicate the process of being purified and transformed by God rather than just a list of things to do in order to be pure.

Q: What are some way to fight sexual sin? When you are tempted, how do you find pleasure in God?

As we fight sexual sin, the goal cannot be just to STOP doing something. The more you try to not think about something, the more you think about it. As with all sin, we must pull out the roots and plant truth in its place. Colossians 3:10 says to put on your new nature, and to be renewed as you learn to know your Creator and become like Him. We must strive to live in this new identity that Jesus has given us, and as we learn to know God and become like Him, we know that He will be faithful to meet us there and satisfy us.

Second Corinthians 10:5 tells us to capture rebellious thoughts and to teach them to obey Christ. Even when we are tempted or have sexually immoral thoughts, we must capture those thoughts, deny them access into our hearts, and hold those thoughts up to Jesus as we ask Him to replace those thoughts with Himself. Along those lines, we must be feeding on the truths of Scripture. Jesus can't replace those thoughts with Himself if you aren't taking in His word (Psalm 119:11).

First Corinthians 10:13 also tells us that God will not allow us to be tempted beyond what we can bear. AND, when we are tempted, he will show us a way out so that we can endure. When we are fighting against sexual sin, we must trust that God is more powerful than that temptation, and that he will show us a way out. The best way that He helps us endure is by "un-translating" that sexual energy and spending ourselves fully in the core capacities that He has given us.

- For guys, we must spend that energy by pursuing, providing, and protecting for others. Who do you need to be around to encourage, to make an impact, or to be built up? How can you invest in the future by getting a job, learning new skills, or mentoring? Who do you need to invest in to take care of and to make sure they are thriving?
- For girls, we must spend that energy by inviting, nurturing and partnering. Who do you need to invite into your life and what you are doing? Who would benefit by righteously receiving your comfort and love? How can you spend your energy to benefit someone else and what they are doing?

The pleasures of God are wrapped up in the character of God. As we see God's character more clearly, we will be more satisfied in Him and we will find security in those attributes. Think about God's omnipotence. God is all-powerful and is the source of all strength. As we understand and appreciate His strength, then we are more likely to base our lives on Him and fully trust Him. Then, as we fully trust Him and depend on His strength, God will use us to be strong for other people. This applies to all of God's characteristics, so jump in and explore and find satisfaction in our Creator!

Q: Is it sinful to dwell on thoughts about marital sex, and if so, what should we be filling our thoughts with instead?

I believe that it is impossible to think about marital sex without attaching someone to those thoughts, and if you attach someone to those thoughts that is not your spouse, then it is lust. You do have a God-given sexual capacity that could lead to healthy desires for marriage, but those desires must be harnessed now so that you can enjoy them and build intimacy with your spouse later.

To wait in faith is one of our biggest acts of trusting Jesus. Plus, marriage is not about what you can get, but about what you can give. Your thoughts and your actions right now should be based around giving yourself away for the benefit of others, because that is the same principle that is present in a godly marriage.

Q: What constitutes modesty?

Modesty is presenting yourself in a way that honors God and serves others in love. To be modest means that we are constantly thinking of how we represent God, not being focused on ourselves.

First Timothy 2:8-10 shows that we should not draw attention to ourselves, but we should make ourselves attractive by the good things we do. This involves clothing, speech, actions, attitudes, and even our mannerisms. Modesty is not anti-pretty, but your modesty should show that true beauty comes from within based on how God is redeeming and restoring you. On the contrary, immodesty looks like us choosing to be our own authority when it comes to our clothing, speech, and actions.

Rather than giving a list of rules about what is modest and what is not, these questions could be helpful for you to think through in order to get to your heart. How am I honoring God in the way that I dress and act? Am I drawing attention to myself, or am I pointing others toward Christ? Am I motivated by a care for the people I'm surrounded by, or am I creating a temptation that is not helpful?

Biggest complaint that I hear often: "It seems unfair that girls have to worry so much about dressing modestly and guys can just wear anything. "

Truth: A woman exudes beauty in a way that captivates others, and because of that women have to steward it well. Guys cannot wear just anything, because they have to do the work of making sure they are honoring God and not drawing attention to themselves too. But even though girls have to be more conscious of modesty in some ways, it should not be a complaint, but actually a privilege. You are beautiful in a way that guys are not, and you must steward that in a way that honors God.