



**SEX AND THE  
SINGLE LIFE**



# Wow!

- It's okay to be single
  - Do we make them feel it is not okay?
  - Do we pressure them to get married?
- The single life is a gift from God



Some are single by choice.

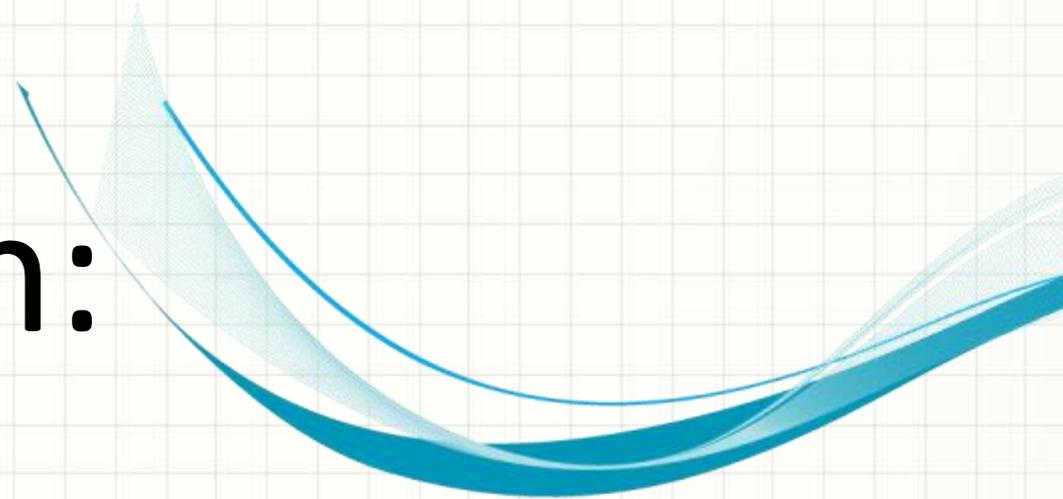
Some can't get married.

Some were thrust in to the single life.

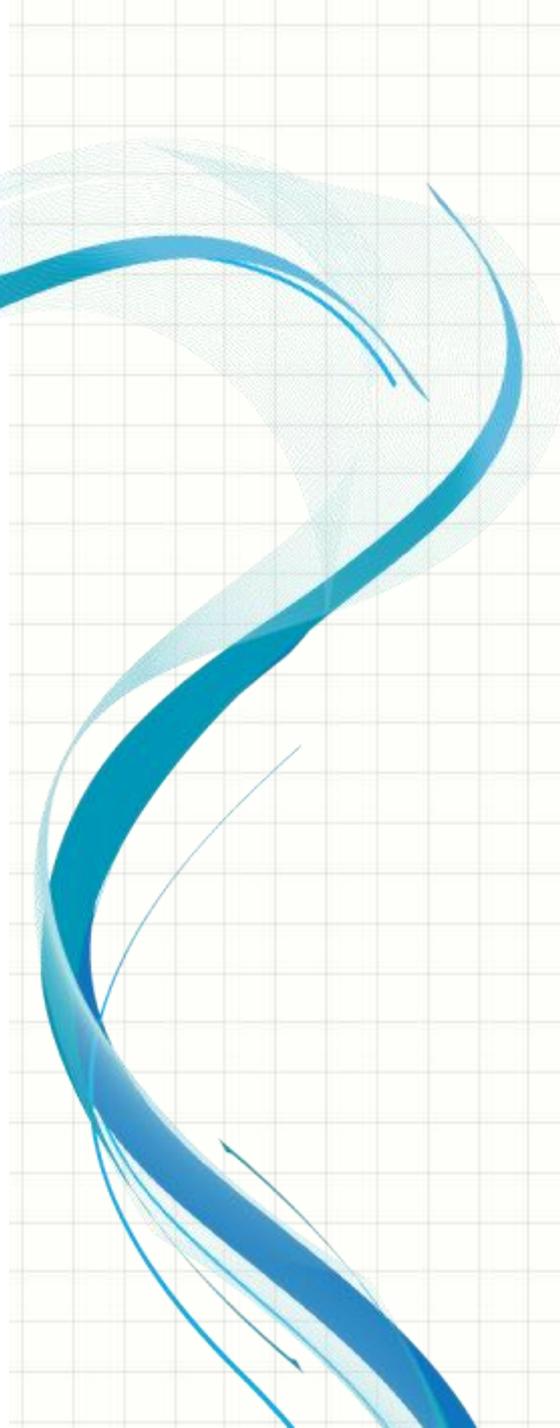


“The single life, or the gift of celibacy, is a gift God gives to every Christian. They can have it until they get married or until Christ returns the second time.”.

# Definition:

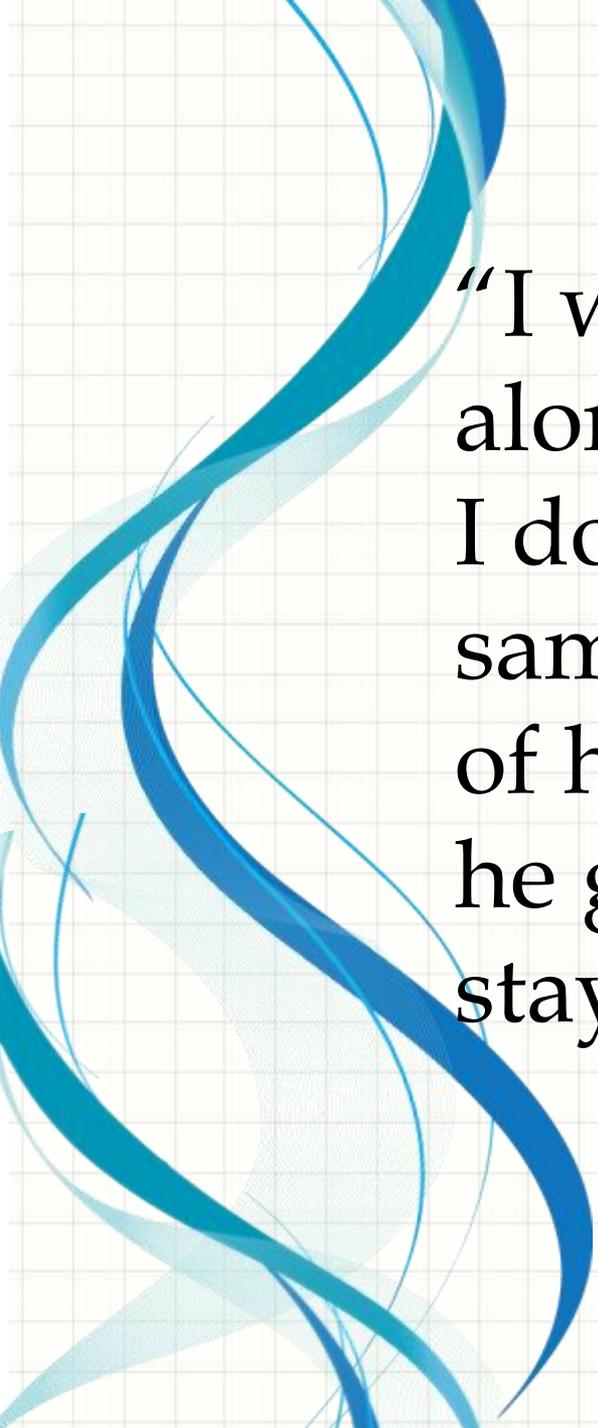
A decorative graphic consisting of several overlapping, wavy blue lines that curve from the top right towards the bottom right, creating a sense of motion and depth.

A single adult is someone who has already made major life decisions, has a career path, might have had numerous love relationships, divorced, widowed, retired, or a single parent.



# Celibacy

No sex in any form both emotionally or physically.



“I wish everyone could get along without marrying, just as I do. But we are not all the same. God gives some the gift of husband and wife, and other he gives the gift of being able to stay happily unmarried.”

1 Corinthians 7:7  
*Living Bible Paraphrase*



The Adventist Church teaches sexual purity throughout life, even during marriage.



The goal is to never  
lose your virginity.



“Virginity is **offered**  
in marriage, it is not  
**lost**. Virginity is the  
**ultimate gift** in  
marriage.”

Annick and Barrington Brennen, 2010

# SERIOUS ISSUES

Do you really expect me not to have sex?

Why are people pressuring me to get married?

They tell me if I do not have sex I will get cancer.

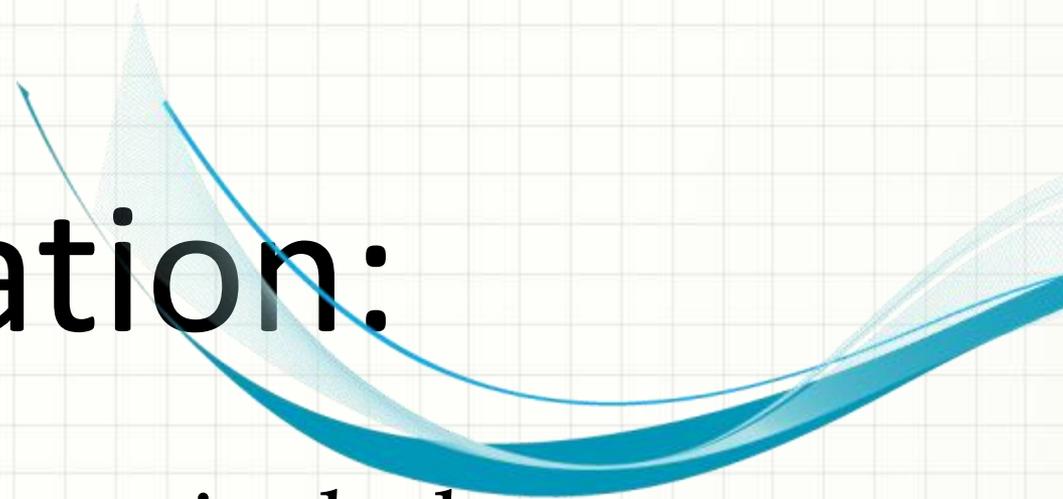


Why can't I enjoy sex with myself?

What about artificial insemination? Can I do that?

Who do people always accuse me of being sexually active? Is it because I look sexy?

# Masturbation:



"Masturbation is particularly seductive because it is an easy and accessible way to reduce tension and to explore genital feelings and fantasies without interpersonal vulnerability, responsibility, and accountability.



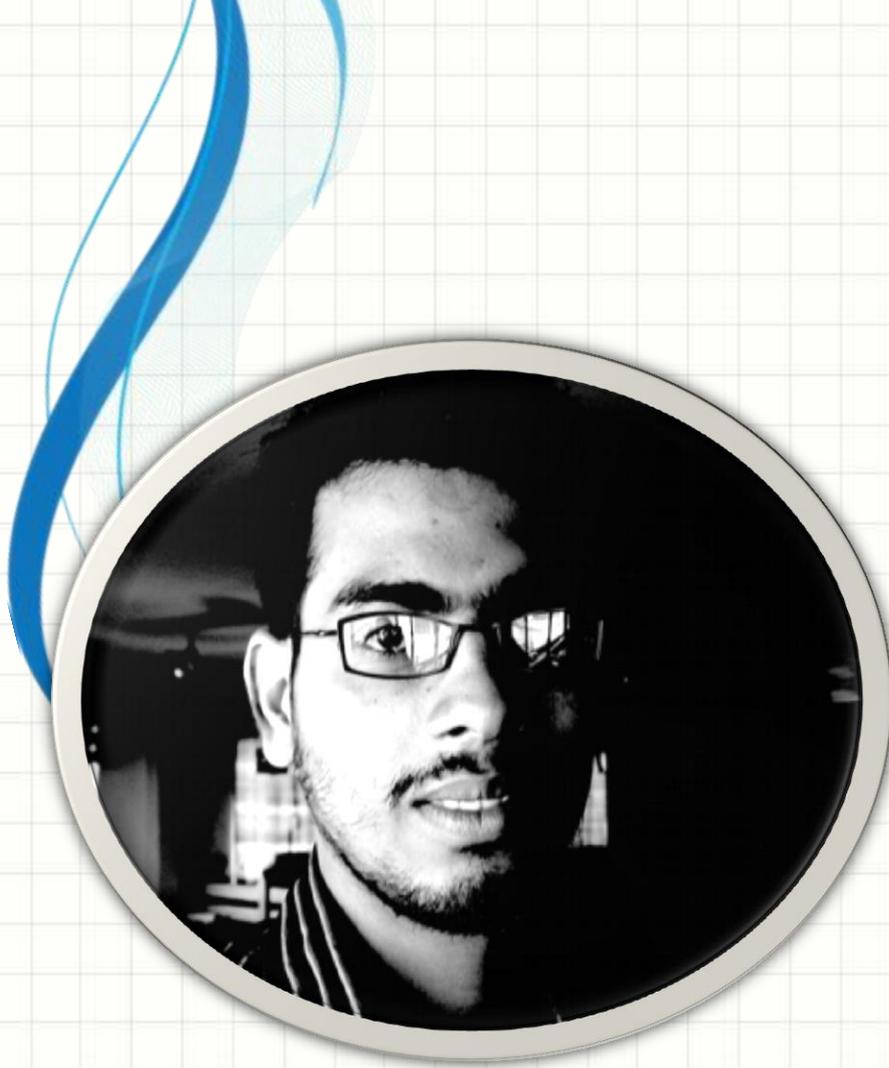
It seems we have a license to masturbate almost whenever we feel like it. We need not worry about other people or social consequences; it can be kept to oneself. Part of masturbation's lure is the safe secrecy of fantasy; one does not have to risk rejection, embarrassment or failure.



Instead of engaging in mature relationships, the individual can create a world of make-believe, where anything is possible and there are not limits . . .



Masturbation can numb the discomfort of emptiness and incompleteness and promises some semblance of being one with self and other. But these rewards are **short lived**. Masturbation involves a yearning for intimacy and completeness."



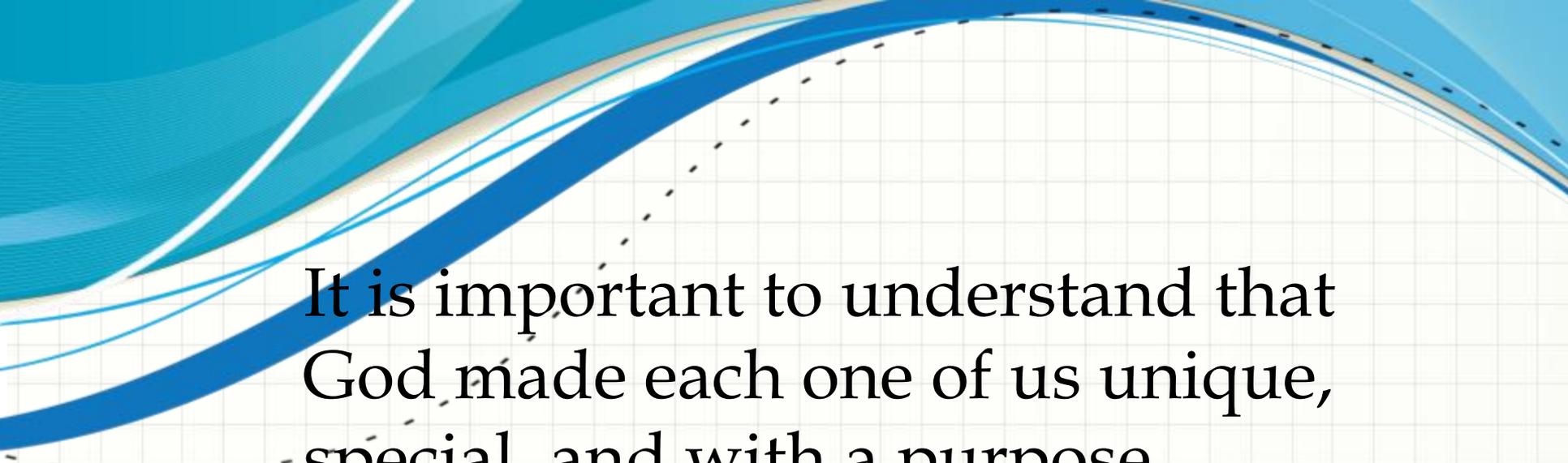
Single

# Sexuality . . .

- the total of who you are, what you believe, what you feel, and how you respond.
- the way in which you have been acculturated, socialized, and sexualized.
- expressed in the way you speak, smile, stand, sit, dress, dance, laugh, cry, and...

# Sexuality . . .

“Understanding sexuality, and not just sex, fosters and encourages the development of good relationships throughout our lives.”

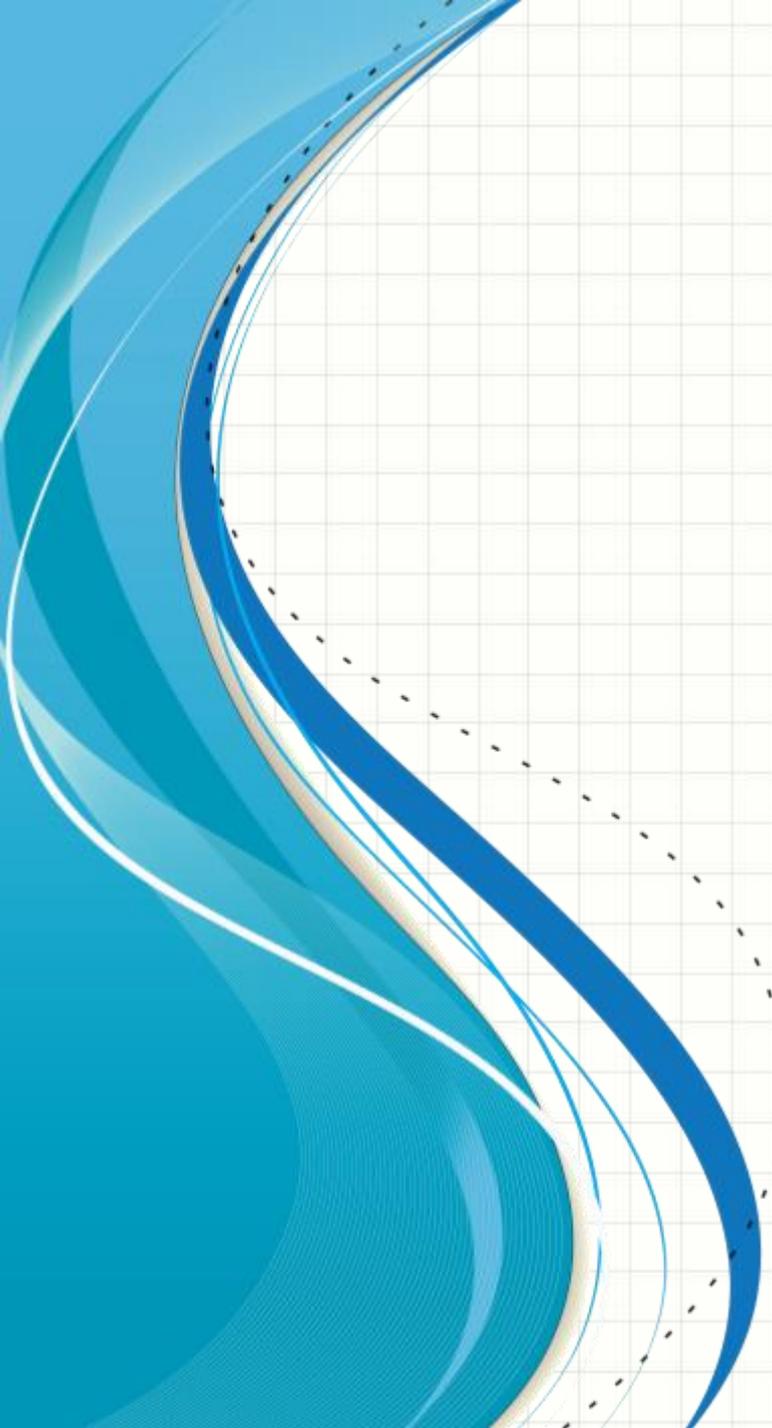


It is important to understand that God made each one of us unique, special, and with a purpose.

We do not need sex to be special or have a purpose.

Whether we have sex or not is not a matter of salvation.

It is Jesus that matters most in our lives.



# **SEX AND THE SINGLE LIFE**

Barrington H. Brennen

