

Come As You Are (CAYA) Service  
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## The Struggle with Sexuality and Celibacy

### Text Legend

Text in **blue** came from Min. Norfleet's slides

Min. Norfleet's slide notes

\* Text in **green** are from the notetakers notes.

\* God has a way of making you uncomfortable in an environment that you've been comfortable in for a long time.

Sex is really easy to come by. Recall how to get it.

Celibacy is a fast. When we fast we need to replace the void with something positive.

Studying the Word of God should always accompany fasting.

Fill the void with food from the Lord.

I will never pray for the Lord to take the feeling from me but how to manage what I feel. I'm gonna need that later for my husband.

**Perceptions:** from others and yourself

- Less of man/woman
- Homosexuality accusations
- Too nice/no swag
- Holier than thou (holy roller)
- Old fashioned/out of touch
- Dry up/dusty/shrivel up
- Hymen will re-grow
- Unwanted/boring

When we tell people our decision to live a life of celibacy we stand to be judged by others.

1 Peter 2 says we are a peculiar people and chosen by God.

We are to be different. But people will have plenty to say.

We have to be careful that we don't judge ourselves.

**Problem Pits:** We look around and wonder, "How in the world did I get here?!"

1 Corinthians 10:12 - So, if you think you are standing firm, be careful that you don't fall!

Our biggest problem pit when celibate is our MEMORY.

We wrestle with our memory.

We remember what it feels like.

We remember how to get it.

And we remember who to call.

Strong attraction/energy/desire

Porn/masturbation

Alcohol/illegal substances

Need for acceptance

- ☑ 1 Corinthians 10:13 – No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.
- ☑ Our type. I'm not tempted by something I don't want. (shoes) How do I rebuke what I want and fight what I like?
- ☑ We can't get caught up with the physical. Can't get caught up with lips, hips, t&a, and feet. Ladies, arms, 10 packs, bow legs, suits.
- ☑ You have to be able to look past the physical. It's a shell. The wrapping may be beautiful and right but is there a gift in box? What's in the box? Blessings or baggage?
- ☑ You can't be blinded by what you see on the outside. You need the supernatural sight to see beyond it. Sex clouds your sight and your judgment. Legs and arms bind you if the situation is not right with God. You feel like you can't get away nor do you really want to because it feels too good.
- ☑ I need to see how your family life is. What does their house look like? I need to know how you argue. Let them talk and get to know them and they will tell you exactly who they are and what they have to offer. Our problem is we overlook or downplay things because the sex is good. You can't base your decisions and risk your body over something that is temporary.
- ☑ **Temptation** is not sin; yielding to temptation is.
- \* Sex binds us so that we can look over things that we should have seen.
- \* The wrapping may be good, but the box is empty
- \* We can't base our decisions and body on something temporary.

Question: What are your triggers and motivation?

We are called to be different than the world in which we live. 1 Peter says that He called us out of darkness and into the marvelous light. Since we are called out and been given a new name (Christian) we can't do the same things we used to do.

- ☉ Recall from our senses – scents, reminder (look-a-likes), touch, music, movies, books, etc.
- ☉ Curiosity
- ☉ Physical and spiritual attraction
- ☉ Arrogance/ego
- ☉ A lot of things jump off at work. Conversations, coffee, working late nights, etc.
- ☉ A lot of things jump off at church. (hiding at church)
- ☉ Need for intimacy
- ☉ Conversation (reminiscing/daydreaming),
- ☉ Taboo factor
- ☉ Peer pressure, "If I don't they'll leave."

**Romans 12:1-2**

"I beseech ye therefore brethren by the mercies of God that you present your bodies a living sacrifice, holy and acceptable unto God which is your reasonable service. And be not conformed to this world but be ye transformed by the renewing of your mind that ye may prove what is that good and acceptable and perfect will of God."

"Get yo' mind right" tactics:

- ☉ Fast with the Word of God
- ☉ Step up your prayer life
- \* Ask God to show you who you really are
- ☉ Seek to get to know who you really are
- ☉ Build up your self-esteem
- ☉ Clean out your phone (jumps, frienemies) or change your number

- 🎧 Watch what you listen to and watch on TV and the movie theatre or read
- 🎧 Get some business (do something different); do you
- 🎧 Change up your swag

### Dating:

- 🎧 Know your weaknesses
- 🎧 Set your limitations/boundaries (let them know early what you are trying to do and how you are living)
- 🎧 Do not accept less than what you are worth
- 🎧 Go out with a group in the beginning (getting to know); public places
- 🎧 Try to stay away from too much time at each other's houses
- 🎧 Engagement is not marriage

✅ No dating in the Bible but there is evidence of courtship which means you are already betrothed/engaged/spoken for. The courtship is the period of getting to know the other person that you are getting ready spend the rest of your life with. However, in this day and age we date. We go out, hang out.

✅ Even if you stumble and fall, you can get back up again. Just like Jacob wrestled with God, we wrestle with God. Let's look at it not necessarily like wrestling but a holy hug. God holds us even when we wrestle with Him and fight what He's doing with us. During that wrestling match Jacob got hurt in the process and walked with a limp afterwards. We also get hurt in our struggle. So if we have to side step a text, ducked that phone call, stepped over that girl or guy that's been coming at us for months the Lord will hold us during this process. Change is hard. Just like he changed Jacob's name to Israel, He has changed our names when we accepted Him as our Lord and Savior. We just have to live into and strive to live up to our name CHRISTIAN.