

# WHY SAVE SEX FOR MARRIAGE?



Let's face it. We live in a sex-crazed world. Popular culture scoffs when people even mention saving sex for marriage. But, when you look at the effects of rampant promiscuity, you have to wonder why people think abstinence is such a bad idea. Is it difficult? Yes. Is it impossible? Certainly not. Does true love wait? Absolutely.

In this article, I want to discuss why God commands us to save sex for marriage. I've got seventeen good reasons, each of which needs to be carefully and prayerfully considered. When we're through, I hope you'll see that God is wiser than men. I also hope you'll be well equipped to help other people, especially younger people, appreciate the wisdom of God in this matter.

So, why save sex for marriage?

**1. It Is Best.** God is love (1 John 4:8, 16). This means that what God says is best. If saving sex for marriage weren't best, God wouldn't have told us to do it. Trust and obey Him! He knows and wants what's best for you.

Yes, I know "because God says" is enough. But, I also appreciate that it helps to know *why* God says to save sex for marriage. No one spelled out the reasons for me when I was growing up. I really could have used this information. I hope what follows helps us all flee sexual immorality.

**2. It Is Best Even If You Haven't Waited.** While not waiting ruins some things and lessens the enjoyment of other things, for most things the effects of sexual immorality are cumulative. In other words, the more you sin the more damage you do. Admittedly, it's best to have always waited. But if you haven't always waited, the next best thing is to save sex for marriage from this moment on.

**3. Waiting Protects Your Soul.** There are many types of sexual immorality—fornication, adultery, homosexuality, lesbianism, incest, bestiality, etc. God takes all types of sexual immorality *very* seriously. "Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge" (Hebrews 13:4). "Do not be deceived; neither fornicators, ... nor adulterers, nor homosexuals, nor sodomites ... will inherit the kingdom of God" (1 Corinthians 6:9-10). "The ... sexually immoral ... shall have their part in the lake which burns with fire and brimstone" (Revelation 21:8).

While admitting it's best to wait, many think premarital sex isn't all that bad. But, it is all that bad. In fact, it's so bad on so many levels that our loving God will send us to hell if we don't repent of this devastating sin.

**4. Waiting Honors The Promise You Made To God When He Saved Your Soul.** If you are a Christian, you became one by giving your life to God. As a result, your "body *is* not for sexual immorality but for the Lord ... Flee sexual immorality ... Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in you body and in your spirit, which are God's" (1 Corinthians 6:13, 18-20).

People who take their life back from God will suffer worst of all. "For if, after they have escaped the pollutions of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and overcome, the latter end is worse for them than the beginning. For it would have been better for them not to have known the way of righteousness, than having known it, to turn from the holy commandment delivered to them" (2 Peter 2:20-21).

**5. Waiting Keeps You From Sinning Against Other People.** Premarital sex is not a victimless crime. If you do it, you not only sin against God and yourself, but you also sin against your sexual partner. God takes such selfishness very seriously. "This is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor, not in passion of lust, like the Gentiles who do not know God; that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness, but in holiness. Therefore he who rejects this does not reject man, but God, who has also given us His Holy Spirit" (1 Thessalonians 4:3-8).

6. **Waiting Is Golden—It's Treating People The Way You Want To Be Treated.** Do you want your future spouse to wait for you? Then you should wait for your future spouse. Do you want the person who is currently dating your future spouse to take what rightfully belongs to you? Then you shouldn't take what rightfully belongs to someone else.

7. **Waiting Helps You Exercise Self-Control.** It's far easier to never commit sexual immorality than to stop once you've started. In World War 2, married men were the most vulnerable to sexual transmitted diseases because they knew what they were missing. When it comes to exercising self-control over your sexual desires, ignorance really is bliss. Give yourself a break and don't make fleeing sexual immorality more difficult than it has to be.

8. **Waiting Protects Your Body.** Sexually transmitted diseases (STDs) are rampant. There are many STDs besides AIDS and gonorrhea. Many are incurable. At best, they're nuisances. At worst, they're killers.

9. **Waiting Protects Your Mind.** Premarital sexual experiences are vividly and permanently burned into our memories. We can call them to mind whenever we like, but we must not do so. "Whoever looks at a woman to lust for her has already committed adultery with her in his heart" (Matthew 5:28). It's just as wrong to look at pornography imprinted in our minds as it is to look at pornography printed on paper, film, DVDs, computers, etc. Mental pornography is especially bad because we can't throw it in the trash and be done with it. No, we have to carry this garbage with us the rest of our lives.

10. **Waiting Tests The Hearts Of Potential Marriage Partners.** People who really love you will honor your decision to save sex for marriage. They are more concerned about you than your body. People who push you to compromise are selfish, definitely not marriage material. If they give you an ultimatum, i.e. sex or it's over, let them go and move on. If they really cared about you they wouldn't make you choose.

And don't worry about your chances for marriage. While sexual purity may make you less appealing as a *dating* partner, it makes you more appealing as a *marriage* partner. Perhaps you've heard the expression, "There are the kind of girls you date and the kind of girls you marry." Most people, even those who are sexually active before marriage, still want to marry people who are sexually inexperienced.

11. **Not Waiting Makes It Harder To Attract A Good Marriage Partner.** This is the flip side of the last point. If you push sexual immorality while dating, quality people won't tolerate it and will likely move on. Even if you eventually learn from your mistakes, the question of past sexual indiscretions will inevitably arise. True confessions aren't necessarily deal breakers, but they can certainly complicate your chances.

12. **Waiting Allows Dating To Test True Compatibility.** We date to find someone to marry. If people have sex while dating, they tend to focus on the physical side of their relationship and mistakenly assume that sexual compatibility is the same as true compatibility. They quickly learn after marriage—after infatuation fades and sex becomes a much smaller part of their overall relationship—that they are definitely different things. While dating, people should save sex for marriage so they can spend as much time as possible learning whether they are truly compatible.

And no, determining sexual compatibility is not like buying a pair of shoes. You don't have to try them on before you buy them to see if they will fit. Studies consistently prove that people who have sex before marriage are more likely to divorce than those who wait to have sex until after they are married. The way to determine if two people are sexually compatible is to determine whether they are truly compatible. People who are the latter will be the former.

13. **Waiting Makes It Easier To End Bad Relationships.** The more physically involved you are with someone, the harder it becomes to end a relationship—even if it is a bad relationship. This is especially true if pregnancy is a part of the picture. Pregnancy is a poor reason to get married. Two wrongs don't make a right.

If you ever consider marriage because of pregnancy or the threat of pregnancy, please don't draw false conclusions from people at church who "had to get married" and had everything work out fine. First, they would be the first to tell you to wait. Second, some of these marriages are not as successful as you think. Third, for every success we see born out of this "necessity," there are many more failures we don't see. Why don't we see them? Because one or both of them no longer go to church!

14. **Waiting Makes Your One And Only First Time A Wonderful And Memorable Experience.** There is only one first time. You will remember it for the rest of your life. What would you prefer? A wonderful memory of your honeymoon that you love to recall, or a memory of losing your virginity some other way, perhaps in the back seat of a car somewhere with someone that is no longer a part of your life, the memory of which makes you feel dirty, guilty and ashamed every time it comes to mind.

In whatever manner you lose your virginity before marriage, it will be a cheap substitute for losing your virginity on your wedding night to the person that you have promised to love, honor, and cherish till death do you part. Mark my words. If you have any conscience at all, if you spoil your one and only first time, you will regret it for the rest of your life.

Some couples have premarital sex reasoning, "Well, we are going to get married anyway." First, it's still a sin. Second, it doesn't always work out that way. Many people who "just know" they are going to get married don't. You aren't married until you are married. Third, you still spoil the uniqueness of your wedding night and that's something you'll always regret.

**15. Waiting Allows You To Give Your Spouse An Amazing Wedding Gift On Your Wedding Night.** For many reasons, one of the greatest gifts a husband can ever give his wife, and a wife can ever give her husband, is his or her virgin body on their wedding night.

**16. Waiting Protects Your Future Sexual Satisfaction.** God is not against all sex. While He's definitely anti-sexual *immorality*, He is very much pro-sexual *morality*. The first command God gave humans was to a husband and wife when He told them to "be fruitful and multiply" (Genesis 1:28). God wants people to have great sex lives. Proverbs 5:18-19 might make you blush, but here's the will of God, "Let your fountain be blessed, and rejoice with the wife of your youth ... let her breasts satisfy you at all times; and always be enraptured with her love" (Proverbs 5:18-19). Have you ever read the Song of Solomon? It will definitely make you blush and it says exactly the same thing.

One reason why God wants people to save sex for marriage is so they'll have the best possible sex during marriage. Sex before marriage adversely affects sex within marriage. If you wait, your honeymoon will be special, you won't unfavorably compare your spouse to past sexual partners, you won't fear that your spouse is unfavorably comparing you to past sexual partners, you won't shortcut foreplay and its attendant intimacy and satisfaction by fantasizing about past sexual experiences (this is one reason why all forms of pornography are so damaging to marriages), etc. Before marriage be wise and think about what you hope will be a fulfilling, decades long, monogamous sexual relationship with your spouse and reject fleeting premarital sexual encounters that do nothing but harm the marriage bed!

**17. Waiting Protects You From Unwanted Pregnancy.** Even if you only do it once, pregnancy is an inherent risk of sexual intercourse. The only 100% sure form of birth control is abstinence. People who still have a conscience about sex before marriage are particularly susceptible to the risk of pregnancy because they usually don't premeditate sexual immorality.

By itself, the fear of pregnancy is devastating even if it is never realized. Now imagine finding out that you are pregnant or that you have gotten someone pregnant. Imagine telling your father, mother, grandparents, brothers and sisters, friends. Imagine having to confess your sins before God and your church. Imagine your father having to decide that it's now best for him to resign from a leadership position in your congregation. Imagine having to decide what you ought to do. Get married? Not get married? Put the child up for adoption? Quit school? Get a job?

You are only young once and it should be a wonderful time of life. "Rejoice, O young man in your youth, and let your heart cheer you in the days of your youth" (Ecclesiastes 11:9A). The moment you learn the pregnancy test is positive your youth is over. It's time to grow up. Sadly, few make this transition immediately and it's usually the child who suffers because of their parents' immaturity.

Children don't choose to be born. Raising children in the nurture and admonition of the Lord is difficult enough under the best of circumstances. Children have a right to be brought into this world by two people who are unconditionally committed to God, one another, and them. If you aren't married, you aren't ready to have children and therefore not ready to have sex – period! **Having sex before you are ready to have children is one of the most selfish things you can possibly do.**

**CONCLUSION:** For these and even more good reasons, trust God and save sex for marriage!

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