

My Heart, Christ's Home Questions

Lesson 5: The Bedroom

Please read the section on The Bedroom in Robert Boyd Munger's book, *My Heart, Christ's Home*, before answering the questions below.

1. Description of the Bedroom: Staying sexually pure, physically and/or mentally, regardless if you are married or unmarried.

2. Examples of the Bedroom: Marriage, dating, modest, internet pornography, sensuality and sexuality in movies & TV, flirtatious and seductive behavior.

3. Passages:

Job 31:1 – "I made a covenant with my eyes not to look lustfully at a girl."

Proverbs 15:15-21 – "Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, our streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be captivated by her love. Why be captivated, my son, by an adulteress? Why embrace the bosom of another man's wife? For a man's ways are in full view of the LORD, and he examines all his paths."

1 Corinthians 6:18-20 – "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."

1 Thessalonians 4:3-8 – "It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit."

Hebrews 13:4-6 – "Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

4. Examining YOUR Bedroom:

Step 1: Make a list of the temptations you face in the bedroom. Be specific.

Step 2: Read all the above passages. Personal sexual purity is to be guarded at all costs. What are some of the consequences of not being pure according to these verses?

Step 3: At what times and places do you feel the most tempted in this area? What steps can you take to avoid them?

Step 4: If you are married, how can you better protect the purity of your relationship? If single, what can you do to protect your purity?

Step 5: Sexual purity is designed by God to bring complete happiness and satisfaction. Why do you wander outside God's plan for our lives in this area?

5. Ponder this: God desires and demands purity in your life—in every area! Hebrews 13:4-6 brings a great plan of action when dealing with sexual temptation and purity:

Verse 4: Honor marriage as the ultimate institution created by God. Stay in it. Protect it. Don't tempt others away from it. Prepare for it by staying pure.

Verse 5: Be content in the place where you are now, single or married. True contentment comes from knowing God. Not from your mate or relationship. They may let you down, but God will never leave you.

Verse 6: God will help you in whatever temptation or struggle you face. He is the only one who can help you conquer that sin in your life! God desires purity above all. Purity is something that can be lost, and yet recovered in your life and marriage through God's forgiveness and grace. Ask for it. In closing, read 1 John 1:9 and be reminded of God's purifying power in your life.

Additional Resources

Available in the Church Library

The Bedroom:

Marriage:

Strengthening Your Marriage, by Wayne A. Mack

The Book of Romance: What Solomon Says About Love, Sex, and Intimacy,
by Tommy Nelson

Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian
Marriage (Third Edition), by Ed & Gaye Wheat

The Love Dare, by Stephen & Alex Kendrick

Single:

Passion and Purity: Learning to Bring Your Love Life Under Christ's Control,
by Elizabeth Elliot

Secret Keeper 2005: The Delicate Power of Modesty, by Dannah Gresh

And the Bride Wore White: Seven Secrets to Sexual Purity, by Dannah Gresh

Every Man's Battle: Winning the War On Sexual Temptation One Victory at a
Time (The Every Man Series), by Stephen Arterburn