

**SINFUL OR SACRED?**

**The Christian and Sex**

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## **SEX, NUDITY AND MASTURBATION**

### **Sinful or Sacred?**

A lady who is married with two teenage children and reading my books emailed me this question:

*“Masturbation - Is this wrong for teenagers discovering their own body? Is it wrong within marriage? Is it a selfish act? Does the Bible say anything about it? I have always been taught it is completely wrong under any circumstances.....”*

This was my reply to her question.....

Is masturbation wrong?

After my wife left me and I found myself very unexpectedly on my own masturbation was something I did a lot of research about because like all people I am a sexual being and I have sexual desires and I needed to find out what was right and acceptable and what was wrong and not acceptable.

Could I masturbate without a bolt of lightning blasting through the bathroom skylight and knocking me to the floor?

The answer to the question is masturbation wrong is yes and no. I sound like a politician don't I?

When it comes to the subject of sex it astonishes me that the Christian church manages to say so much on a subject that the bible says very little about.

And like so much of the churches teaching bible verses about sex are taken at face value and then twisted to suit the dogma and doctrine of that particular church or religion without any regard being given as to whether that teaching is biblically correct, loving, compassionate, Christlike and for the good and building up of God's children.

Like so much of its teaching on so many subjects what the Christian church teaches about sex, masturbation and lesbian, gay, bisexual and transgendered people (LGBT) is so wildly wrong and so biblically incorrect that it amounts to nothing more than church sanctioned verbal abuse.

Verbal abuse that leaves Christian marriages and Christian people screwed up and feeling worthless, guilty and shameful of their sexuality and sexual desires because we are taught that sex is dirty and evil and we should all be Holy and angelic and not feel or succumb to sexual passion.

As we have already discussed Heaven as the Christian church teaches it, this cartoon eternal paradise somewhere up in the sky where we will all play harps and be sickeningly nice to each other, does not exist as Heaven is already here one earth within each one of us. We ARE the Kingdom of Heaven and the Garden of Eden is already here on earth within each one of us.

See my books *“A New Day Dawns”* and *“The Image of God”* for more on this subject.

And hell is not the wildly laughable cosmic torture chamber where sinners will spend eternity stoking hot furnaces and being beaten by little red demons with long pointy tails and horns because this is not the way of the God of love who wants all His children to come home to Him and know and feel His passionate burning love for them.

What the Christian church teaches about Heaven and hell can best be described as a mythical fable that borders on the ridiculous and which bears absolutely no resemblance to what the bible teaches or what Jesus taught.

Hell is best defined as a state of mind that separates people from God and because the horribly incorrect teaching of the Christian church on sex, masturbation and LGBT people causes Christian people to feel personal guilt, shame, worthlessness and self-hatred (and for LGBT people has led some to commit suicide and many to walk away from God and faith) it is causing Christian people to have states of mind where their guilt, shame and sense of worthlessness at feeling sexual desires and not feeling Holy separates them from the God who loves them so very much.

I write from the experience of a bisexual and transgendered Christian man whose knowledge of what the Christian church teaches about people of alternative sexualities and genders led to me feel so full of guilt and shame and so totally worthless that I very nearly committed suicide.

The established Christian church has got its teaching on sex, masturbation, LGBT people and Heaven and hell so badly wrong because it takes bible verses, and Jesus' teaching, at literal face value and teaches a cruel comedy of unbiblical spiritual errors.

The very church whose mission is to bring people into a loving relationship with a loving God is actually doing the very opposite and casting its own congregations into hell with the awful nonsense that it teaches about sex, sexuality and gender.

The church is supposed to bring lost sheep into the safety of the Holy sheepfold but instead with its wildly wrong teaching on sex, masturbation and LGBT people it is casting them into the darkness of the worldly slaughterhouse.

## THE TRUTH ABOUT SEX

Let's go right back to basics and talk about sex.

We know that:

- 1) God created sex.
- 2) God created us sexual beings
- 3) God gave us our sexual desires and needs.
- 4) God gives the precious and very beautiful gift of marriage and a husband or wife for companionship and a deeply intimate loving sexual relationship with each other.
- 5) God created sex for procreation. For the creation of Holy offspring and the continuation of His Holy Kingdom here on earth. *"Has not the one God made you? You belong to him in body and spirit. And what does the one God seek? Godly offspring. So be on your guard, and do not be unfaithful to the wife of your youth."* Malachi 2:15
- 6) And God created sex for recreation. BUT.....that gift was given only to husband and wife within their sacred covenant marriage and any other kind of sex outside of marriage is an abuse of this gracious and precious gift.

Sadly the Christian church instead of glorifying this amazing gift that God has given us of a deeply intimate deeply loving sexual relationship between husband and wife has managed to twist it into a dark and dirty creation of the evil one, that sex is lustful and sinful and so we all have to make love in the bedroom, under the duvet, with the lights out, fully clothed and in the missionary position.

And get the act of sex done as quickly as possible so we can get back up, stop being dirty and start being Holy again. If this is sex then I would rather watch paint dry as it is more exciting.

God wants EVERY husband and wife to have a happy, loving, exciting and fulfilling sexual relationship with each other. He gave you that precious gift of sex at that very moment that you and your husband said your marriage vow and exchanged rings. For a married couple to not have a good sexual relationship is throwing the beautiful gift of sex that He has given them back in His face.

Why do so many marriages fail?

So many marriages fail because one of the spouses has strayed and been sexually unfaithful and this almost always happens because they are not being sexually fulfilled by their husband or wife. It may be that the other partner was sexually abused as a child and feels worthless, dirty and bullied or it may be some other psychological problem that causes them to hate sex.

Many women stray because their husband is more interested in his job, or he travels a lot or works away from home. Or the husband prefers to spend time with his mates watching football and drinking beer and she feels neglected.

Whatever the cause I feel it is very unfair that the one who strays gets the sole blame for

the breakdown of the marriage and no one looks at the other spouse whose sexual problems caused the other spouse to wander and have sex with somebody else.

I have so often heard or read of husbands or wives who are in a state of denial and place the sole blame of the failure of their marriage on their spouse and I have so badly wanted to say to them *“in slagging off your husband/wife you have greatly dishonoured them and greatly dishonoured your marriage vows. Now let's turn your finger of judgement round to face you. What did YOU do to cause the breakdown of your marriage.”*

It takes two people to break a marriage just as it takes two people to make a marriage.

It is true to say, and this is something that I discovered the very hard and painful way, that so often we don't see our spouse's problems until after they have left us and our eyes have been opened by the fire of hurt, pain and suffering.

My wife hated sex and I loved it and I blamed our sexual problems entirely on her.

I couldn't see beyond the end of my own penis and instead of loving my wife through her problems into sexual healing and the freedom to be the sexual being that God had created her to be, and standing by her side and foregoing my own sexual needs to walk her with her along her hurting road (as the marriage vows I had taken commanded me to do), I just nagged my wife into making love because I wanted it and as she was my wife she was duty bound to give me sex whenever I wanted it.

I was a heartless selfish bully who heaped hurt, pain, guilt and shame on my wife and made her problems worse rather than helping her walk the road of healing. I was a loveless Christ-less husband when I should have been a loving Christlike husband and it is little wonder that the poor lass left me.

So does God place restrictions on the sexual practices of a marital sexual relationship?

Well as we have already said the answer to that question is yes. Sex is only for husband and wife within the sanctity of their Holy covenant marriage but other than that it is a case of anything goes.

There are many different kinds of marital sex. There is the long slow romantic build-up over dinner and a bottle of wine that leads to passionate gentle romantic lovemaking. There are other times when a husband or wife will make love with lots of foreplay and exploring and pleasuring each other before the final sacred act of penetration and the two becoming one.

Then there are the *“I'm as horny as hell, my pussy is dripping and I NEED a fuck. So sod the foreplay and get your cock inside me NOW”* occasions!

And it is all acceptable. God loves His married children to have a happy, exciting and fulfilled sexual relationship because they are making full use of the precious gift of sex that He has given them and He looks on them with a big and happy smile on His face.

A good and fulfilling sex life is a very, very important part of the glue that sticks a husband and wife together on the hard and challenging road that is life.

And it really is anything goes. If a husband and wife want to use vibrators, strap-on penises and other toys, if the husband wants his wife to penetrate him, or if the couple want to dress up in rubber, latex or PVC or do bondage, domination, S&M or do

spanking then it is all acceptable.

I confess that I once asked my wife to spank me and I just remember it being very painful and about as erotic as swimming in a tank of custard and I have never done it since. BDSM\* also has no appeal to me whatsoever!

I challenge any Christian to show me a verse or verses in the bible that say the above is not allowed because there ain't one single verse to justify any argument banning sex toys, BDSM, raunchy clothing or anal sex.

The important caveats in a sexual relationship between a husband and wife are:

- 1) Both partners must give their consent to the activity.
- 2) A partner must not get hurt. Well not intentionally but accidents do sometimes happen.

As sex is such a precious and beautiful gift from God why not make your lovemaking into an act of worship?

Before you and your husband get down and naughty why not pray and say thank you to Daddy for His gift of your marriage, His gift of your husband and His gift of sex and the sexual relationship you have with your special man.

Daddy will jump up and down with delight, give you a thumbs-up and a wink and then walk out of your bedroom with a big and knowing grin on His face because of His happiness at your desire to make full use of the precious gift of sex that He has given you.

Though it is true to say that in the overwhelming lust and passion of the "*fuck me NOW*" occasions prayer may be forgotten.....!

And unlike the Conservative, Evangelical and fundamentalist wings of the church who say that sex should only be in bed, under the duvet, with the lights off, fully clothed and in the missionary position you are allowed to have sex anywhere you want (provided the act is private and not in public!) so get to it on the stairs, on the kitchen table, in the bath, on the sofa, outside when on a walk, in the car or wherever you fancy.

And any position goes.....missionary, doggy, the spoon or even hanging from the light fitting. Just go for it!

But just remember that if you are on an airliner and feel horny and want to join the Mile High Club you might think that in sneaking off to the toilet to copulate that no one will notice. But the flight attendants have seen it all before so often and they will know exactly what you are going to do. That was from an article on the BT Internet news website!

*\*Bondage, Domination, Sadism and Masochism*

## NUDITY AND NAKEDNESS

Right that's dealt with sex so let's have a look at nudity before we start discussing masturbation.

Nudity = sex right?

WRONG!

In Britain and America there is a very unhealthy attitude that people who are nude are only after sex and that if a group of people are naked together they are going to descend into a wild and lustful orgy full of panting, writhing bodies.

This is a relic of the rather puritanical, very puerile and highly damaging Victorian attitude to nakedness that has caused so many people so many problems and caused them to see nakedness and nudity as something inherently wrong and sinful.

We are born naked and we emerge into this world nude. We aren't born fully clothed and Adam and Eve were naked. God creates the human body and it is one of the most amazing and most incredible things He has ever created and it leaves me feeling awe and wonder.

The naked human body, whether male or female, whether fat or thin or whether the woman is flat-chested or has boobs like a photo-finish in a Zeppelin race is the most stunningly beautiful piece of Holy art ever seen. The naked body is truly amazing so why the hell are we so afraid to be nude and instead hide our God-given God-created bodies within the polyester prison of clothes?

Nudity = sex. What arrant nonsense and the church is completely and utterly wrong to teach such damaging crap and even more so screw up the people who look to it for teaching, healing and spiritual growth.

Growing up I was well used to seeing my parents naked at home and me and my three siblings were happy to be naked both on our own and when together. On our summer holidays we were taken to nudist beaches in France and enjoyed many happy times as a family absolutely stark naked and without one single sexual thought ever crossing our minds.

We spent time in the company of other people who were also happy and comfortable being naked with other people and there was nothing sexual or erotic about it either. A scantily clad woman wearing a revealing low-cut top or one of those tiny micro bikinis is a far more sexual, erotic and titillating sight than seeing other people naked and being naked yourself.

Nothing de-sexualizes the human body faster than total nudity!

People in continental Europe, especially the French and the Germans, have a far healthier attitude towards nudity than we do in Britain and America hence the prevalence of nudist beaches and a very active naturist movement. I have been to a lot of nudist beaches in France and not once did I ever see any people having sex!

In being naked at home and taking us to nudist beaches on holiday my parents gave me a very healthy attitude about nudity, my body and the bodies of other people and to be comfortable being naked both on my own and around other people in a totally non-sexual way.

To be comfortable being naked is to be comfortable with yourself and to accept yourself as you are and have been created.

We sadly now live in a world where newspapers, magazines and the fashion police exhort girls to be size zero with a rake like appearance and an absolutely flat stomach and boys and men have to have six pack Abs and bulging Pecs to be acceptable. And every Spring time the front covers of magazines scream "*Get the perfect bikini body for summer.*"

It is little wonder that there is a chronic and highly damaging crisis of body image amongst people whose bodies don't fit the idealised image that the fashionistas tell us we have to be. And it is little wonder that so many boys and girls and men and women hate their bodies and wish that they could have the perfect figure that the press tell us we have to have.

I recently read an article on the BBC news website which told of the worrying rise of slim healthy children under the age of 10 who are dieting and trying to shed weight to conform to the perfectionist ideal that we are told we should be. Which is something that I find deeply disturbing and tells me that we live in a world that has got its priorities and values so very badly wrong.

Few people have the perfect body and if they do then they have to work very hard to keep it that way. Most of us have bodies with lumps, bumps and curves that are less than perfect but why feel bad about it? Daddy doesn't. He loves us just the way we are lumps, bumps, muffin tops, bingo wings, flabby tummy's, floppy breasts and all.

Anyway, frankly, there is something far more appealing and feminine about a size 14-16 woman with curves and a rounded tummy in a bikini than a flat-chested girl with a hard toned body and flat stomach. And perhaps one of the most beautiful sights you can see on a beach is a pregnant woman wearing a bikini or a crop-top and bearing the miraculous gift of new life in her womb. I admire the courage of a woman that can do that and applaud her.

To enjoy being naked is the sign of a healthy mind that has broken the link between nakedness and sex. It is an acceptance that our body is a stunning work of creation and that to be naked around other people is a mark of people who respect each other and don't see nakedness as an invitation to sex.

Being naked creates respect for our own bodies and the bodies of other people. We no longer see naked people as just a sex toy and this is particularly important for men. Far too many of whom have their brains in their penises and their wisdom in their testicles and for whom women are just sex dolls to be used for their own gratification.

I spend at least half of my time at home naked so I suppose you could say that I'm a semi-naturist and I enjoy it. I love the freedom of just being me and not wearing clothes that are a front and create an image and I pray a lot naked. And this is wonderful because praying naked is to sit with Daddy just as He created us to be with no fronts or false

images that wearing clothes gives us.

Since the age of 13 I have always slept naked. This was because I lived in Hong Kong as a teenager and it was just too hot and sweaty to wear nightclothes. I got so used to sleeping naked as a teenager that I would never want to wear pajamas in bed again.

I remember that in the days when I wore these wretched items of clothing I woke up deep in the night with the top around my neck and the legs up around my crotch and I had to get out of bed and sort them out before going back to sleep.

Pajamas.....uuuggghhh!

I would encourage all Christian couples to embrace naturism and try being naked with their children because it is a wonderful liberation that brings healing to us and sets us free.

We see our naked spouses and children not as sexual objects but as stunningly beautiful works of creation by a God who is the ultimate creator and it helps us to break the very unhealthy, perverted and highly damaging mindset that equates nudity with sex.

Nudity is natural, normal and healthy and we shouldn't be scared of it and we certainly shouldn't regard it as sinful. It is this "*nudity is sinful*" mindset that is unnatural and unhealthy.

So the answer to your question is it wrong for your children to explore their bodies is no it isn't.

It is wrong for them NOT to explore their bodies. They are growing up and changing from children into adults and it is at this stage that we see a child's body changing into the stunningly beautiful person that God has created them to be, breasts, hips, thighs, penises that go hard, body hair and all.

Your children should explore, enjoy and embrace God's gift of the body He has given them and give praise to Him for this will lead them to accept their body just as it is and have a healthy mindset that their body is not a sex object but the most incredibly beautiful work of art by our God.

What I find so utterly awe-inspiring is that there are seven billion people on this tiny little planet and each and every one of us has a body that is different and every single one of those people is the most amazing thing that God has ever created.

That is mind-blowingly awesome!

A Zeppelin race.....



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## **MASTURBATION - OR SEX WITH YOURSELF**

The preamble has been a bit long but important so now let's talk about masturbation and in doing so I am going to break it into three areas. Within marriage, men and women who are married but currently single and standing for their marriage and single people.

And this is where the question of whether masturbation is right or wrong will become very clear...I hope!

### **Masturbation within marriage:**

Husbands and wives within a marriage that has a good and healthy sexual relationship inevitably feel sexual desires and need to do something about it so they masturbate as it gives them the sexual relief that is not presently available because their spouse is absent.

**Right masturbation within marriage:** The object of your fantasy when you are masturbating MUST be your husband or wife and nobody else. God doesn't have a problem with this so why does the church?

**Wrong masturbation within marriage:** When the object of your fantasy is somebody other than your covenant husband or wife. And this doesn't matter whether the other person is opposite sex or same-sex. To be married and masturbate whilst fantasising about someone who is not your spouse is to commit the sin of adultery.

*“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”* Matthew 5:27-28

The words “looks at” can also be read as “thinks of”. And when we masturbate and fantasise we think of a person who is the object of our sexual desires and with whom we imagine having sex with. And “looks at a woman lustfully” can also read “looks at a man lustfully.”

If your husband is away and you want to masturbate why not turn it into an act of worship?

As you masturbate praise and worship the Daddy who gave you your beautiful man and the good and happy sexual relationship with him that you are so obviously blessed with and enjoy. Give God the praise for your body and the clitoris and vagina that you are playing with and which give you such delicious feelings.

God will be thrilled and delighted if you make your masturbation a time of worship to Him and you will greatly bless Him.

### **Married people who are single and standing for their marriage like me:**

Again very simple and exactly as above. Our wife or husband has left and we are now unwillingly and reluctantly single but although we may be divorced in the eyes of the world in the eyes of God we are still very much married. So we have to remain single and celibate and in doing so we honour our Lord, we honour our absent spouse and we honour our marriage vows.

So yes we are allowed to masturbate because we are sexual beings and we have sexual needs but just as a husband or wife must only fantasise about their marital spouse so too must a husband or wife who is standing for their marriage. The object of our sexual fantasy must be the woman or man we once stood at the front of a church with and to whom we are still married in the eyes of our God.

To masturbate and fantasise about any other person than your covenant marital spouse is to commit the sin of adultery.

And it is hard. I have been standing for my marriage for seven years now and the last time I had sex was on the night of 14<sup>th</sup> February 2008 - Valentines Day. I have been celibate ever since and keeping myself for my wife and I shall remain celibate until the time that Daddy brings to fulfilment His promise to bring my wife home and reunite us.

I am staying celibate until Daddy brings my beloved home because I love my God and I love my absent wife and I want to honour both of them. I badly failed my wife when we were married and I have spent the last seven years trying to make it up to her and be the husband that this very beautiful and very, very special lady so richly deserves.

At times celibacy has been a real challenge, not because I have wanted sex with anybody else, I haven't, but simply keeping my sexual thoughts and fantasy's focused on my covenant wife because I am bisexual and thus sexually attracted to men as well.

Or we can turn our masturbation into an act of worship to God.....

### **Single people and young people:**

*"I made a covenant with my eyes not to look lustfully at a young woman. For what is our lot from God above, our heritage from the Almighty on high? Is it not ruin for the wicked, disaster for those who do wrong?" Job 31:1-3*

During my research on masturbation I came across a very thoughtful piece written by a pastor who is obviously very wise and has a very sensible and pragmatic attitude to the whole question of sex and masturbation and it went something like this.....

We are taught that sex is for the sanctity of marriage and only for husband or wife but everybody has sexual desires and perhaps more than most do young people.

So many young people give into lust and have sexual relationships. Young teenage girls in particular feel peer pressure *"to do it"* and boys, who are pressured by their schoolmates to be macho, too often come to regard women as mere sex toys to use for their own pleasure.

Because of this the sacred gift of sex has been reduced to nothing more than a cheap pleasure and a quick one night stand with no sense of love, romance or commitment by either party.

So what can young people do?

After all they are sexual beings like everybody and they have sexual desires just like all of us and they need to deal with them. Unfortunately the church's blinkered and completely incorrect teaching that all masturbation is wrong and therefore for Christians it is banned only serves to exacerbate the problem rather than helping it.

As I said right back at the beginning the teaching of the Christian church on sex, masturbation and LGBT people is uncompassionate, unChristlike, bigoted and completely incorrect and is rooted in totally unscriptural dogma and doctrine that bears no resemblance to either the bible or reality. It is nothing more than cruel verbal abuse.

Single Christian people CAN masturbate but to do so and fantasise about having sex with a real person is lust and this is wrong so we turn our masturbation into an act of worship.

Instead of focusing on a real person when we masturbate we focus on God and we praise Him and thank Him for the gift of our bodies. We praise Him and thank Him for His gift of sex. We praise Him and thank Him for making us sexual beings, we praise Him and thank Him for giving us sexual desires and we praise Him and thank Him for our penises, our breasts and our vaginas.

By making our masturbation an act of worship to God instead of focusing on a real live human person we turn something that could be sinful into something that is sacred. Masturbation becomes a beautiful meaningful act of worship to a loving God who has made us sexual beings.

And having tried this I can assure you that you have the most incredible orgasm that completely satisfies you!

And so to end by paraphrasing these words from Jennifer McCrennagh, a transgendered Christian man, in her very good article called *“Is cross-dressing or being transgendered a sin?”*

*“Sinful or sacred, what is YOUR cross-dressing going to be?”*

**Sinful or sacred? Wanking or worship?  
What is YOUR masturbation going to be?**

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