

**Is masturbation common? Is it a big deal or not?**

**Is Masturbation a sin?**

- If no, why?
- If yes, why?
  - It is not the unforgivable sin. It is a serious sin, just like all sin.
  - An act apart from God’s design
    - Contrary to sexual union in marriage
    - Contrary to design of sexual organs
  - An affection apart from God’s commands
    - Masturbation—sexual gratification—fantasies can become our treasure (as opposed to Christ)
    - God is jealous for our affections
    - God is to be our ultimate satisfaction
    - God is to be the object of our greatest joy & pleasure
  - Do all things for the glory of God! (1 Cor 10:31)
  - My ambition is to be pleasing to God (2 Cor 5:9)

**Masturbation While Single:**

- Habitual sexual-related sin
- Engrained self-centeredness
- Engrained memories & patterns of thinking
- Perversion of relationships with God & others
  - Relationships Distorted and Twisted
    - Self-gratification versus serving the other sacrificially—based on true biblical love
    - Distorts and twists expectations of relationships with opposite sex
  - Appetite Tainted:
    - Fantasy relationship, not real relationships (do not learn anything, no struggles—issues of love & forgiveness)
    - False intimacy, not true intimacy (knowing another deeply)
  - Sex Becomes god = powerful idol
- Pollution of relationship with God & others
  - Habitual sin defiles relationship with God
  - Habitual sin pushes sex to a central place in relationships
    - Physical activity in dating relationship clouds mind & heart
- Damages true identity
  - Issue of shame and guilt [another indicator that masturbation involves sin]
  - The sexual sin shapes one’s identity
- Hinders Sanctification
  - “Pre-marital” preparation for the ultimate wedding with Christ is hindered (also with earthly wedding)
  - Sexual sin becomes obsession—controls the affections of the heart & lessens dependency upon & satisfaction in God
  - Facilitates self-centeredness; contrary to self-denial
  - Undermines the growth of self-control—fruit of the Spirit

**Masturbation & the Married Man:**

- Dangerous patterns engrained
  - Pre-marital sex introduces hindrances in the marriage bed (shame, memories)
- A vision of married life
  - Sex shifts to a less dominant aspect of the relationship
  - Regular periods of abstinence
    - Menstrual cycle
    - Sickness, stress, not in the mood, relational conflict
    - Different settings—vacation, family
    - Pregnancy & after delivery
    - Babies/children in the house
  - Masturbation undermines the “one flesh” relationship & its development, as well as the process of sanctification
  - Gender Differences:
    - Husbands/Wives’ sexual desires
      - God’s created design
      - Result of the Fall
      - What would God have husbands/wives to learn?
    - Husbands/Wives’ idea of romance & goal of sex
    - Idea of a thoroughly satisfying sex life—survey of 2000 Christian wives
- The Marriage Bed
  - Increased temptations (images, fantasy, comparisons)—if carried out, defiles the marriage bed
  - Perverted expectations established—sex leads to shame & pain
  - The husband may desire wife less because reality will never be able to compete with fantasy.
  - It’s all about me!
    - For men—hinders ability to love sacrificially
    - For women—confuses understanding of true love & intimacy
  - What about sex toys?

**Masturbation Myths:**

- Warts? Blindness?
- 72-hour demand—“I just need to release”
- “I can’t fall asleep without doing it”
- “I am just addicted to the endorphins rush”
- “I can masturbate without sinning”
- “It doesn’t hurt anyone but me”
- “I am a guy . . . what do you expect?”
- “There’s no problem if I am thinking about my spouse!” Masturbation doesn’t hurt me, my spouse, or my relationship with God.