

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 & the Single Person:

- 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 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?”
- Masturbation doesn’t hurt me, my relationship with my future spouse, or my relationship with God.