

InCourage 2020

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Singleness and Sexuality

Three Questions:

1. Was Jesus Single?
2. Why is sexual dysfunction and singleness simultaneously on the rise?
3. Why does God promote abstinence?

1. Was Jesus Single?

Theology of Marriage:

Adam & Eve

Malachi

Jesus

Wedding Supper of the Lamb

Paul - Paul was speaking to a pervasively married culture.

2. Why is sexual dysfunction and singleness simultaneously on the rise?

Stats:

- A. Sex has become a compartment of relationship. I often say “pets, porn and video games” are the new marriage. Humans are living in the fantasy parts of their brains in ever-increasing amounts and have compartmentalized sexual and relational aspects. But it doesn't satisfy. We need more and more stimuli of synthetic intimacy and we never accomplish satisfaction.
- B. But when did intimacy began to come unraveled? Intimacy began a radical transformation with the invention of birth control.
- C. Census data shows that single-person households increased five-fold since 1960 when the first oral contraceptive was introduced, from 7 million to 36 million,
- D. In 1949, 78.8% of all households contained married couples. Seventy years later, 48.2% of households had married couples.
- E. In 2019, 35% of men and 30% of women had never been married. In 1990, 30% of men and 23% of women had never been married.

- F. Christians are more likely to marry...36% of Atheist are married, while roughly 59% of evangelical Christian household are married.
- G. People are marrying later which also impacts the numbers.

3. Why does God promote abstinence?

The culture tells us that abstaining from sex until marriage is not only unnecessary, but even an oppressive form of deprivation. Is the “freedom” to be promiscuous really a benefit, or is it wounding?

Most clients I speak with are unable to articulate the reasoning behind the Christian idea of abstinence fall into one of four categories:

1. Abstain out of legalistic obedience but do not fully understand why
2. Abstain initially but are not all in for waiting until marriage
3. Have little or no understanding for abstaining and therefore do not.
4. Have full blown sex addictions due to various reasons including neglect and abuse and engage in open relationships

Elements of relational intimacy that develop over a healthy pace of time



If any of these elements, (specifically physical/sexual intimacy) speed ahead without the others, it is wounding to the individual.

So what can we do now?

3 prime directives to the limbic system

1. Survival
2. Avoid pain
3. Seek pleasure

Learning to experience pleasure. Letting Jesus be our husband. (story)

In his book *Unwanted*, Jay Stringer writes in Part 3 about the way forward.

1. Transforming yourself and disarming shame
2. Telling a new sexual story
- Heal from the harm
- Reclaim your body
- Leave sexual sin
- Forgive yourself and others
- End generational curses and soul ties
3. Exercising attunement and containment in relationships
4. Pursuing strength and vulnerability in relationships
5. Learning to delight and savor pleasure

Questions to contemplate:

1. Do we really believe we as single people can achieve ecstasy and fulfillment in Jesus, in this lifetime that is comparable, if not superior to what the world offers sexually?
2. Spend some time evaluating your need for safety in intimacy. What makes you feel safe and secure and free to move forward in intimacy?
3. Consider the pace of your relationships. Do some aspects move at a more rapid pace than others?

Resources

TEDx Talk – *How Your Brain Falls In Love* | Dawn Maslar | TEDxBocaRaton

<https://www.youtube.com/watch?v=eyq2Wo4eUDg&feature=youtu.be>

What is a Christian Sexual Ethic by Preston Sprinkle

<https://www.prestonsprinkle.com/blog/2017/1/23/what-is-a-christian-sexual-ethic>

The Sexuality of Singleness by Preston Sprinkle

<https://relevantmagazine.com/life5/the-sexuality-of-singleness/>

BOOKS:

Cheap Sex by Mark Regnerus

Sexual Ethics An Evangelical Perspective by Stanley J. Grenz
Unwanted by Jay Stringer