

## **SEX AND SEXUALITY: A SPIRITUAL PERSPECTIVE**

### **1. Understand God's Design**

Recognize that sex is a gift from God, designed for the covenant of marriage, and meant to reflect His love and intimacy.

### **2. Seek Biblical Guidance**

Study scriptures like 1 Corinthians 6:18-20 and Hebrews 13:4 to understand God's expectations for sexual purity.

### **3. Value Your Body**

Embrace the truth that your body is a temple of the Holy Spirit, worthy of respect and honor.

### **4. Practice Self-Control**

Develop discipline through prayer and fasting to resist temptations and make decisions aligned with God's will.

### **5. Find Accountability Partners**

Surround yourself with mentors or trusted friends who can guide and support you in maintaining sexual purity.

### **6. Avoid Harmful Influences**

Steer clear of media, environments, or relationships that promote unhealthy views of sex or compromise your values.

### **7. Heal from Past Mistakes**

If you've made mistakes, seek God's forgiveness and healing, knowing He restores and renews through grace.

### **8. Educate Yourself**

Learn about sexuality from a biblical perspective to better understand its purpose and boundaries.

### **9. Communicate Openly**

Engage in honest conversations with mentors, parents, or trusted spiritual leaders to navigate questions about sexuality.

### **10. Focus on God's Purpose for Your Life**

Align your identity and actions with God's plan, prioritizing His will over societal pressures or personal desires.  
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