

## **Athletes and Sex**

### **Ready:**

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?" -1 Corinthians 6:19 (NIV)*

### **Set**

The question for any athlete to consider is, "What does God think about my sex life?" After all, it is to the heavenly Umpire that we must one day give an account!

God is not a Cosmic Killjoy. He wants us to enjoy life. He wants us to have a great sex life! But the Creator knows and has told us the time and place for everything. Sexual relations with a permanent spouse is God's plan. He tells us, *"It is God's will that you should be sanctified [set apart to Him]; that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable"* (1 Thessalonians 4:3-4, NIV).

As athletes, most of us consider ourselves to be independent, self-sufficient and able to handle anything. But 1 Corinthians 10:12 says, *"So, if you think you are standing firm, be careful that you don't fall!"* (NIV). We are really not as strong as we think!

Frankly, the majority of movies, television shows and secular videos are trash. The world's music is full of suggestive lyrics that influence listeners. Spiritually, the mind that dwells on impure thoughts soon begins to rationalize, compromise and finally lose control. As Christian athletes, we must control our minds and replace any impure thoughts with thoughts of things that are pure.

### **Go**

1. As an athlete, what sexual pressures do you face? How are you tempted by what you see, hear, talk about or do?
2. How might giving in to sexual pressure distract you from your game?
3. What will you choose to do when tempted?

### **Workout**

1 Corinthians 6:18; 2 Timothy 2:22; 1 Peter 2:11; 1 John 1:9

### **Overtime**

*Father, I am bombarded each day with outside influences that encourage me to do things that do not honor You. I realize that sexual purity requires more than just abstaining from sex—it requires that I guard my mind as well as my actions. Grow in me a discernment and strength to turn away from things that cause me to stray from a standard of purity that brings You honor. Amen.*

**Bible Reference:**

1 John 1



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