
Consider these likely outcomes from either abstinence or lust as your foundation:

a. Honor muscles give the benefit of the doubt to your spouse.

Lust muscles give the benefit of the doubt to you.

b. Honor muscles seek to please your spouse first, then you.

Lust muscles seek to please you first, then your spouse.

c. Honor muscles see the evil of holding a grudge with your spouse.

Lust muscles see the justification for holding a grudge with your spouse.

d. Honor muscles find ways to serve your spouse.

Lust muscles find ways your spouse isn't serving you.

e. Honor muscles see a "marital scorecard" as repulsive.

Lust muscles see a "marital scorecard" as justified.

Key:

Page 1: love; commitment; vows. Page 2: desires; bedroom.

Page 3: trust; built.

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Sexuality—part 5

Why Does Abstinence Matter?

Grace and Truth – part 17

August 13, 2023

God's design for marriage and sex

Marital sex is meant to

(1) Deepen our **l**_____ for each other,

(2) Deepen our **c**_____ to each other,

(3) Remind us of our **v**_____.

(4) Display and give a unique male other-centeredness and unique female other-centeredness.

Why is abstinence important?

The foundation for each marriage begins in dating.

*1 Thessalonians 4:3-8 For this is the will of God, your sanctification, that you **abstain** from unchastity; that each of you know how to take a wife for himself in **holiness and honor**, not in the passions of lust like the pagans who do not know God; and that no man transgress or wrong his brother or sister, for the Lord is an avenger in all these things as we solemnly forewarned you.*

*For God did not call us to lust but to **holiness**. Therefore, whoever disregards this, disregards, not man, but God, who gives you His Holy Spirit.*

Holiness grows in the seedbed of abstinence.

Building holiness and

...self-control with your **d**_____ and temptations.

Building holiness and

...self-control in the **b**_____.

Where does a man learn that kind of self-control?

During dating and engagement!

Prov. 25:28 A man without self-control is like a city broken into and left without walls.

Building holiness and

... **t**_____.

Trust is something that has to be **b**_____.

Building Honor: other-centered love, credibility, teamwork, oneness, etc.

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“Not in the passion of lust”

The many benefits of honor
