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***WARNING: Parental Discretion Required.
This book contains adult discussions of
marital sexual relationships!***

Bible Sex Facts

By J. F. Cogan

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Introduction

Bible Sex Facts grew out of a seminar I conducted in a church several years ago. This program was for adult married men and women and I made all presentations with my wife in the audience. All material was frank and based on the Bible's teaching about sexuality. Of course, I toned down the entire affair in deference to the mixed audience, compared to this on-line version. When I got involved with the World Wide Web, I saw an opportunity to go where few evangelical Christian church workers had gone before. Of course, I made all material biologically correct and Biblically accurate. You can check the readers' response to the contents of the on-line version of *Bible Sex Facts* by visiting [Appendix F: Feedback](#).

You might say the title of this book, *Bible Sex Facts*, is a triple oxymoron. What can the *Bible*, *sex*, and *facts* have in common? Before you grab the mouse and click somewhere else out in cyberspace, at least read [Part 3, For Married Persons](#).

The word *adultery* (sexual intercourse between persons who are not married to each other) appears 108 times in the Bible. No doubt most of these references relate to the fact that adultery is forbidden, from the ten commandments right on down the line. (Ex. 20:14. "You shall not commit adultery.") However, few people realize that the Bible has a lot to say about sex in the positive sense, also. Especially the books written by the Apostle Paul.

Within marriage, no sexual activity is forbidden in the Bible. And that is what this booklet is all about: all the good aspects of marital sex which are not forbidden. In fact, the Apostle Paul, writing to the church at Corinth, teaches that equal pleasure is the right of both husbands and wives.

Many books have been written about sex and Christian marriage. What makes *Bible Sex Facts* different is that the language is as frank as a cable talk show about sex, while keeping everything within the context of what the Bible teaches.

When the context of this booklet demands that the word "fuck" be used, that word is used (in Part 3). Biologically-correct terms are used freely, also, within context.

God invented sexual pleasure so He could guarantee the continuation of the human race. Now that humans are hooked on the pleasure, there is no danger of humans ceasing to reproduce. And, there is no reason why we can't still enjoy the sexual pleasure God created for us, as long as it's within the bonds and bounds of marriage.

The terms **Husband** and **Wife** are used to designate the persons joined together in Holy matrimony. The terms *relationship* and *partners* are not used.

Part 1: For Children

1 Child Molestation.

How Old Should My Child Be Before I Talk About Sexual Molestation? As soon as your children can understand the paragraph below, read it to them and discuss it fully to be sure they understand what you are talking about:

If any grown-up person (or another child) has been doing anything to you in the private places of your body, tell Mommy or Daddy about it right away. And if any grown-up person has been asking you to do things to the private places of that person's body, tell Mommy or Daddy about it right away, too.

If your child does not know the meaning of "private places of your body", identify the genital and rectal areas as "private places".

Parents, here's a special message for you, too.

If your child of any age reports what may be sexual molestation by an older person, pay immediate attention to what you are hearing. You see, the demon-infested persons who do these kinds of things to children can keep on doing them because of fear and shame. Not their own fear and shame but the fear and shame in the minds of the children they are molesting. Remember, children can't lie or fantasize about things of which they have no prior knowledge. This includes such activities as oral sex, and rape with a foreign object.

2. Sex Education in the Public School.

Should the public school have a role in the sex education of our children? Yes, as long as that education is value-full and not value-free.

As a rule, the primary responsibility for your children's sex education rests with the family and your church. The school may play a supporting role but

only if this education supports the moral values taught in the home and church.

Value-free sex education is worse than useless. It's dangerous. In this type of sex education program, there are no references to the moral absolutes established by God in the Bible about such issues as premarital sex, adultery, and homosexuality. For example, homosexuality is seldom taught as morally wrong in a value-free sex education. The only reference to right and wrong will be about so-called safe sex and the danger of AIDS and other sexually-transmitted diseases (STDs).

The major line of defense against immorality is the home. If you as parents feel unprepared for this responsibility, use this booklet and others like it to absorb the basic information. Then feed it back to your children as they need it, and at the level needed at this particular point in time. If you answer all questions as they are asked and within the context of the standards of the Bible, you will have nothing to fear from the public school's sex education program.

3. How do I talk to our children about sex?

Here are a few rules to follow as you fulfill your responsibility as your child's primary source of information regarding sexual matters.

A. Be truthful and factual. Never make reference to the "stork" as the source of babies, or any other fiction like it. Don't talk about "the birds and the bees" unless a child asks specific questions about their reproductive processes. Generally, children will ask questions about human reproduction first.

B. Answer each question as it comes up, being very factual but not going beyond what is asked. If your child is old enough to ask a question, he or she is old enough to get a biologically-correct answer. Be sure of this: if you don't give an answer now, someone else will later. That person may be another child who will most likely provide misinformation, or an adult (such as a public-school teacher) without your Christian value system. Never pass up the distinct honor of being the first person to tell your child about sex -- and from a Biblical perspective.

C. Use biologically-correct terms. The external sex organs are the items which will be talked about and asked about first, so start with these. A boy has a penis, not a pee pee, wee wee, or dinky. A girl has a vulva. Although "vagina" is a correct term, it refers to the canal which links the female's vulva and the uterus (womb), not the externally-visible genital area.

Real-life examples:

Our oldest daughter, Jane, is now in her forties. When Naomi was expecting our first son, Donald, Jane was three. We made no effort to hide the fact a new baby was on the way and Jane had a normal interest in the coming event. There were three separate and brief conversations when Jane got all the information she needed at that point in time.

Conversation number one, while we were riding in the car:

Jane: "Daddy, what is happening inside Mommy's tummy?"

Daddy: "God is helping a new baby to grow there".

Jane: Pointing out the car window, "Mommy! Look at those cows out there in the field!"

In this conversation, Jane asked for information, got a satisfactory answer, and immediately changed the subject to something else of interest to her, for the moment, at least.

Conversation number two, some days later:

Jane: "Daddy, if God is helping a baby grow in Mommy's tummy, how did it get there?"

Daddy: "Mommy and I love each other. When a Daddy loves a Mommy, he puts his penis inside her body between her legs so that his seed can start a baby growing up in her tummy."

Again a question is asked, the biologically-correct answer is given, and the matter was not pursued, at that moment, at least

Conversation number three, some time later:

Jane: (Who already knew about twins.) "Mommy, I hope I have a lot of twins when I grow up."

Mommy: "Why?" (Puzzled.)

Jane: "Because I want to have lots of babies but I don't want my husband to do that penis thing too many times. That sounds yucky!"

In this conversation, information received in previous sessions is processed and a value judgment is made, for the moment at least.

Review:

- A. Be truthful and factual.**
- B. Answer each question as it comes up, being very factual but not going beyond what is asked.**
- C. Use biologically-correct terms.**

As your children come to realize that you will answer all questions without fictional mumbo-jumbo and embarrassed squirming, you will become their first and preferred source of information about sexual matters. This will be an increasingly valuable relationship as these children grow up through puberty into young adulthood.

Part 2: For Single Persons

1. Playing with dynamite.

Petting on a date is a lot like handling a stick of dynamite with a lighted fuse. Let's say Dick and Jane wear heavy work gloves on their first date. They park in a private location and light the end of a long fuse on a quarter-stick of dynamite. The first night, they pass the dynamite back and forth a couple times and then snuff out the sputtering fuse with their gloves. No harm done. There's still plenty of fuse left and the gloves protect their fingers.

Next week, they have another date. Again, they wear their gloves and get out the dynamite. But when they light the dynamite this time, they don't start with a new fuse; they begin right where they snuffed out the fuse the last time. Again, they snuff the fuse after passing the dynamite a few times. Again, there is no damage and no one gets hurt.

Dick and Jane now look forward to playing with dynamite on their dates. And each time, they relight the fuse right where they snuffed it out the last time. At the end of each date, they notice the fuse is getting shorter and shorter but each is afraid to suggest that they stop playing with dynamite.

One night, they become so engrossed with passing the dynamite back and forth that both forget to check the unburned part of the fuse. Suddenly **BLAM!** there is an explosion and nothing is completely the same for either one again.

2. Just what is safe sex?

"Safe sex" is a media term for sexual activities with a condom over the penis as a protection against receiving or giving AIDS or other sexually-transmitted diseases (STDs). However, the only truly safe sex is "chaste sex".

The Funk and Wagnall's dictionary defines chaste as "free from sexual impurity". The Bible defines sexual impurity as sexual intercourse outside the bounds and bonds of legal marriage. This means no sexual intercourse before marriage, and no sexual intercourse after marriage with anyone except your legal spouse.

If young men and women remain virgins until marriage as the Bible teaches, the spread of sexually-transmitted diseases, including the deadly AIDS virus,

would be wiped out in a single generation. Of course there's another important reason for practicing chaste sex: you'll be living according to the teachings of the Bible, God's operating manual for your body. Since God is your manufacturer, He is the final and unchanging authority on what's best for you.

Incidentally, there is no such thing as "safe sex" if that sex is outside the bonds and bounds of legal marriage. The failure rate for even the best condoms ranges between 10 and 20 percent. A single failure may result in an infection which will end in death.

Some government medical experts are saying that a cure for AIDS will not be found until we have found a way to change the color of our eyes. According to this theory, AIDS attacks the DNA molecules with damage that cannot be undone, any more than a doctor can change the original color of your eyes.

3. Are erotic dreams sinful?

No. However, involuntary dreams about sexual activities can lead to sexual fantasies, especially in connection with masturbation. Dwelling on a sexual fantasy (with or without masturbation) about someone who is not your spouse is always wrong as it can lead directly to lust.

A virgin boy may have an erotic dream because of an accumulation of semen in the seminal vesicles. Such a dream often results in an ejaculation. This is sometimes known in the vernacular as a *wet dream*. Such dreams may be triggered by sexually-stimulating awake activities such as petting, using erotic literature, or watching sexually-explicit movies or television programs.

The answer to erotic dreams is two-fold: a) while awake, keep your thoughts pure and don't indulge in sexual fantasies; and, b) when you awake from an erotic dream, don't keep thinking about it. Ask the Holy Spirit to purge the memory of that dream from your consciousness and think about other things. John Wesley is reported to have said that you can't stop the birds from flying over your head but you can keep them from building a nest in your hair.

4. Is it wrong to indulge in sexual fantasies?

Yes. Such fantasies lead to lust. After marriage, there is nothing wrong with fantasizing about your legal spouse, especially during periods of forced separation. For example, it is normal for married persons who are separated

by military duty to fantasize about each other, even to the point of masturbating to orgasm. However, other sexual fantasies that do not involve a legal spouse lead to illicit lust. The Bible says fornication (sexual intercourse between unmarried persons) and adultery (sexual intercourse between married persons) are both sin. Jesus said that fantasizing about a person to whom you are not married is sin: "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." Matt. 5:28,

5. Is it possible for a homosexual person to be a minister?

No, not while such a person continues to fantasize about or practice homosexual activities such as anal sex (men with men) or oral sex (men with men or women with women).

Some points of theology may be subject to various interpretations. After all, the Bible doesn't tell us everything we want to know. It only tells us what we need to know to get to heaven. On the practice of homosexuality, however, there is absolutely no doubt that it is against the law of God.

The story of the destruction of Sodom is a classic example of how God feels about homosexuality. There is no doubt that the men of Sodom had physical sex with each other. This is proven by the language of scripture. In the NIV, Gen. 19:5, we read, "Where are the men who came to you tonight? Bring them out to us so that we can have sex with them." The King James Version says the same thing in its Elizabethan English of 1611: "Bring them out unto us that we may *know* them." All competent Bible scholars accept "**know**" in this context as relating to sexual contact. The classic example is in the story of the virgin birth of Jesus Himself. Matthew 1:25 tells us that Joseph "**knew** her not till she (the Virgin Mary) had brought forth her firstborn son: ..." Gen. 4:1 is another proof of the King James meaning of the word "**know**" in this context: "And Adam **knew** Eve his wife; and she conceived, ..."

It's silly to believe that the people of Sodom are being cited in Gen. 19:7 for their lack of hospitality. First, Lot calls their behavior wicked in verse 6, NIV. Then, the angels give immediate punishment in the form of blindness in verse 11. However, it is beyond belief to assume God would be so capricious as to call down fire and brimstone in the classic destruction story of all time for something like poor hospitality!

The Old Testament law of Moses is very clear on homosexuality, also. For Chapter 18 of Leviticus, the NIV uses the subheading "Unlawful Sexual Relations". While subheadings may not be Divinely inspired, they do represent the thinking of the translators regarding the general context of the passage. These laws about sexual regulations are not all mixed in with injunctions regarding such things as harvesting, wage payment, or cattle breeding. They are assembled together in one place with Verse 22 speaking specifically of homosexuality: "Do not lie with a man as one lies with a woman; that is detestable." In Verse 24-25 of Lev. 18 (NIV), God goes on to explain why general sexual impurity, of which homosexuality is one element, is so "detestable": "Do not defile yourselves in any of these ways, because this is how the nations that I am going to drive out before you became defiled. Even the land was defiled so I punished it for its sin, and the land vomited out its inhabitants." Scripture can't get any plainer than this, on any issue.

The New Testament position on homosexuality is just as strong as the Old Testament. The Apostle Paul wrote this as part of a general denunciation of the sins of mankind, as recorded in Romans 1:26-27 (NIV):

"Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the **due penalty** for their perversion."

Could this "due penalty" be a prophecy of the coming AIDS epidemic?

The real issue is not whether the Bible says homosexuality is a sin. That fact is clearly understood by all serious Bible scholars. The real issue is the Bible's answer to the sin problem at any level. Several years ago, a relevant case was cited in a journal of Christian psychiatry. A Christian psychiatrist was seeing a female patient for the problem of lesbianism. However, in his sessions he discerned that she was suffering from demon possession. Therefore, he began to pray and counsel with her about her demon possession and she was delivered through the power of the Holy Spirit. Some time later in one of their sessions, he asked about her problem with lesbianism. She stated that from the moment the demon left her, she had no more feelings of sexuality towards other women.

Here is the true hope for the homosexual. The blood of Jesus Christ and the power of the Holy Spirit can provide both forgiveness and cleansing. Then the former homosexual can lift his or her head and be called a Christian, not

because a liberal theologian says so but because the shed blood of Jesus Christ says so.

6. Should newly-weds have sex the first night of the honeymoon?

The Bible is silent on this topic. Therefore, the law of logic will be applied.

Many new husbands will assume the expected thing is to have sex the first night and new wives may assume the same thing. Although there is no Biblical advice on this topic, the law of logic seems to indicate that sex the first night may not always be a good idea. Study the fictional scenario outlined below, and learn from it. This fictional scenario may be typical of weddings you know about or will know about eventually:

Dick and Jane were raised in an evangelical church. They met in the youth group and many of their dates were church-related. Both accepted Jesus Christ as a Personal Savior as preteens and both are virgins.

They are married at 6:00 P.M. in a small, formal church wedding. The normal stress of the wedding day has been exacerbated by a late florist delivery, the photographer's going to the wrong church, and one usher missing rehearsal because of work. By the time the ceremony, the receiving line, the pictures, and the reception are behind them, the bride and groom have been on display for over five hours, much of that time on their feet.

The pastor's premarital counseling consisted of short homilies on the give and take of marriage, the importance of making Christ the head of the home, and a vague reference to the joy of sex as God's gift for those who save themselves for marriage.

Neither sets of parents have done much to prepare their children for marital sex life. On the wedding day, the groom's mother asks if he has clean underwear for the honeymoon (he does). The bride's mother meant to discuss birth control the month before the wedding but planning for the ceremony always seemed to intervene.

The newly-weds arrive at their honeymoon haven near midnight following a three-hour drive over rain-swept highways in Dick's six-year-old car. He has made no plans for birth control or a lubricant. He has read about the need to perforate Jane's hymen the first time they have sexual intercourse but he has

not discussed this with her. Fortunately, they overcome their shyness enough to come to the mutual agreement that they are too physically and psychologically exhausted to try a new experience that night. They dress for bed and fall asleep in each other's arms without stopping to realize it is possible to "sleep together" without having sexual intercourse.

They awake at ten the next morning; both still virgins. Jane confides that her doctor gave her a prescription for birth control a month ago and she's been taking her pills regularly ever since. Dick orders a room-service breakfast and then slips down to the hotel drug store to buy a lubricant.

During the first family devotions of their new marriage, they ask the Holy Spirit to give them wisdom and guidance as they experience sexual intercourse for the first time.

Don't think for a second that the Holy Spirit has no interest in sexual intercourse within the sanctity of marriage. He knows that Satan and his demons want to destroy Christian marriages and He is all the more committed to helping them prosper.

Dick and Jane joyously consummate their marriage at 3:10 P.M. on the day after their wedding.

7. Is there a limit to kissing before marriage?

Yes, there is a limit.

People who plan to remain chaste until after marriage must make kissing a means of communication, not a means of sexual arousal. When kissing ceases to be communication and becomes foreplay, it has gone too far.

Premarital kissing should be a form of communication and should not become an activity in and of itself.

There is no doubt that kissing is an ancient Biblical means of communicating affection and esteem for another person. It becomes dangerous when it ceases to be communication and becomes foreplay. Kiss as a greeting or a farewell. Kiss to express joy or congratulations. But don't engage in the type of kissing which is designed to arouse desire. This includes deep, open-mouth, tongue-thrust kissing, especially when associated with petting or pressing the pelvic

areas together. In persons with normal sexual responses, this type of kissing is the kind of foreplay that can lead to sexual intercourse.

8. Is masturbation a sin?

No, not when viewed as an isolated act. There is nothing in the Bible that forbids it. The closest the Bible comes to dealing with masturbation is the story of Onan spilling his seed on the ground (Gen. 38:9). However, it is unclear if the specific act here was masturbation or withdrawal during sexual intercourse. (See the section on Birth Control for a discussion of this verse.)

Masturbation with illicit sexual fantasies or with use of pornography is wrong, however. In Matt. 5:28, Jesus said that looking at a woman in lust is committing adultery in the heart. A popular song of the sixties said "you can't go to jail for what you're thinking". Maybe not, but this teaching of Jesus states you can go to hell for what you're thinking. The command against looking at a woman in lust applies equally to women looking at men. It also applies to looking at pictures and reading pornographic materials.

Masturbation, without sexual fantasies of real or fictional persons, is nothing more than the release of sexual tension. This might be compared to the comfort that comes from excreting urine or feces. However, it must be remembered that God gives the male virgin an automatic release valve in the form of nocturnal emissions (wet dreams).

In marriage, masturbation should be limited to: a) a means of foreplay, b) an alternative to sexual intercourse during illness or the third trimester of pregnancy, and c) a form of release while the husband and wife are separated.

9. Is petting wrong?

Before marriage, all petting is wrong. After marriage, not only is petting all right, its often needed in order for the wife to reach orgasm during intercourse.

The clinical term for petting is foreplay. This is the process of using the hands, lips, mouth, or tongue to help cause such sexual excitement for both husband and wife that the next step is sexual intercourse, which continues to the point of orgasm.

Now, here is the reason single persons should never engage in petting, heavy necking, or deep kissing. Since these activities are means of foreplay, normal

persons of a wide range of ages will become ready for sexual intercourse by doing these things for several minutes. Since the Bible forbids unmarried persons to have intercourse, getting the body ready for it without having it, is foolish. You may not be able to stop in time. (See the analogy about dynamite in section 1 of this part.)

10. Why is the sex drive so strong when it can lead to sin?

God has given all His creatures a powerful urge to procreate. Humans are much the same as other creatures in this regard. However, we humans take longer to reach maturity than any other creature and the children born because of human sexuality are eternal; they will never die. Therefore, the Biblical commands for our sexual behavior are more complex.

Sexual intercourse can start a human life that will need about fifteen years of stability and nurture to reach maturity. This environment is best supplied within the cloister of a legal marriage. Because of these facts, God has decreed that sex must be limited to marriage. It is true that modern society has developed fairly reliable forms of birth control. However, God's decree about limiting sex to marriage still stands.

Sexual activity among all creatures results in reproduction. However, only among humans will sexual intercourse result in an organism who is made in the image of God and who will exist forever, either in heaven or in hell.

God is our creator, our manufacturer. The Bible is our operating manual, supplied by God, our manufacturer. Although some customs and mores may evolve with the passing years, the moral absolutes of God's Word remain unchanged forever.

11. Is it reasonable to expect both women and men to remain virgins or celibate until marriage?

Absolutely! Virginity is the state of never having had intercourse. Celibacy is abstinence from sexual activity until marriage.

However, either virginity or celibacy until marriage is reasonable only when humans follow these rules:

A. Pray to be filled with the Holy Spirit. This is not just a one-shot trip to the altar. We're talking about a day by day, hour by hour, even minute by minute reliance on the Holy Spirit for the power to live above sexual sin. When I was a teenager in the evangelical church, we used to joke about being saved, sanctified, and petrified. The kind of Spirit filling we're talking about here is the starting point of a growth process, not being sealed in Lucite until either marriage or the rapture.

If your church's theology is of the Wesleyan variety, you may understand the filling by the Holy Spirit to be in conjunction with being sanctified in a second, definite instantaneous work of grace. If you are of the Pentecostal persuasion, you will hear about being baptized in the Spirit, perhaps in association with speaking in unlearned languages. And, if your church follows the teachings of John Calvin, you may see the filling by the Holy Spirit as happening when you first accept Jesus Christ as a personal Savior and are born again. The key issue here is not theological orientation but the reality of being filled with the Holy Spirit. You have no chance of resisting the temptations of Satan and his demons if you are not filled with the Holy Spirit.

B. Avoid sexually-stimulating situations. If you know a certain TV program tends to arouse you, avoid it. The same is true of public beaches or even the ladies' underwear section of the Sears catalog. It's not reasonable to expect the Holy Spirit to help you resist temptation when you consciously expose yourself to avoidable stimulation. Of course, not all people are stimulated by the same things. Remember this homespun philosophy: *Satan knows how to get your goat because he watches where you tie it.*

C. Avoid sexual fantasies, even about a person with whom you are in love and whom you are engaged to marry. Satan and his demons will bombard your mind with all kinds of sexual thoughts, both normal and perverted. Each time a demonic missile appears on the radar screen of your mind, activate a battery of Holy Spirit Sidewinder missiles through prayer, and open fire. Your prayer may be as simple as "Come, Holy Spirit". Temptation always begins in the mind. (The heart is a pump that circulates blood and has nothing to do with morality.) Keeping your mind free from sexual thoughts calls for constant vigilance. This is not easy but it is necessary for remaining celibate or a virgin.

During the days of sailing ships and piracy on the high seas, pirate ships would steer close to a victim vessel so the marauders could swing over onto the deck from the rigging. When the defending captain saw the pirate ship drawing close, he called the command, "Prepare to repel boarders!" When we see Satan's demons trying to board our vessel, we, too, need to prepare to repel boarders. Change that TV channel; leave the movie theater; close that book or magazine; close your eyes until the danger passes.

D. Avoid petting and necking. These forms of foreplay are designed to prepare your mind and body for sexual intercourse. Since you will not be having intercourse until marriage, avoid petting and necking until marriage, also. Kiss as a means of communicating affection. Stop kissing when you become sexually aroused; you have just crossed over into foreplay.

Here are the reasons for remaining a virgin until marriage:

- **Virginity until marriage is God's plan.** Since God is your manufacturer, He has the authority to stipulate how your body should operate.
- **Your marital sex life will be more satisfying when you follow God's rules.** There is no proof that premarital sex increases sexual enjoyment or the general stability of marriage.
- **AIDS, genital herpes, claymidia, and other sexually-transmitted diseases (STDs) will not be a threat to your life and health.**

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today?**

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Part 3: For Married Persons

(and those who have set a wedding date)

1. How should I treat attractive members of the opposite sex?

Like brothers and sisters. There is no doubt that you may find some people to be more physically attractive than others. The Apostle Paul had a very practical solution to this problem. In his first letter to the young pastor, Timothy, he said in 1 Tim. 5:2 (NIV): "Treat younger men as brothers, older women as mothers, and younger women as sisters, with absolute purity."

Paul's use of the phrase "with absolute purity" is proof that he was talking about sexual attraction and not social graces. This means, men, that when you see what you judge to be an attractive woman about your age, treat her just as you would your sister. Be courteous, respectful, and even complimentary, just as you would be with your sister. But suppress all sexual feelings, just as you would around your sister. And flirt with her no more than you would with your sister.

Ladies, treat attractive men in your presence as you would your brother.

This standard of purity should apply to comments you make to your opposite-sex friends, fellow workers, and associates, as well. Don't make any remark you wouldn't make to your sister or brother. This standard will help guard against unfounded accusations of sexual harassment.

Of course, if you are not married, it will be perfectly natural to see members of the opposite sex as something other than brothers or sisters. For you, follow the Biblical standards of purity apply, as described elsewhere in this booklet.

2. Are there acceptable alternatives to sexual intercourse?

Yes. There are times in a marriage when sexual intercourse is not practical or possible and an alternative is both acceptable and desirable. Here are some examples of those times:

1. During menstruation when intercourse is distasteful or painful.
2. Near the end of pregnancy. (Ask your doctor about sexual intercourse throughout the third trimester.)
3. When the husband is unable to achieve or maintain an erection.
4. When the wife has a vaginal infection or other temporary medical problem.
5. When either the husband or wife is not interested in sexual intercourse at the moment but recognizes the spouse's need for sexual release through orgasm.

Here are two alternatives to vaginal sexual intercourse:

A. Manual stimulation.

The husband stimulates the wife's clitoris and vulva and the wife strokes the husband's penis. This may be done alternately or simultaneously until both reach orgasm. Either the wife or the husband may use a lubricant. Check with your pharmacist before using a lubricant in the genital area.

B. Between-the-thighs intercourse, sometimes called "outercourse".

The wife lies flat on her back with her ankles crossed and thighs pressed together. The husband lubricates his penis generously and thrusts it between the wife's thighs until he reaches orgasm. The wife is unlikely to reach orgasm unless the penis remains in contact with her clitoris during thrusting.

Anal intercourse is not recommended as an alternative for vaginal intercourse. (See the section below on anal intercourse.)

3. What about anal sex; is it sinful?

As a personal opinion, avoid it. The vagina becomes moist and open during foreplay, permitting easy insertion of the penis; the anus does not. The vagina is lined with a membrane that is designed to sustain the friction of penile thrusting; the anus is not. In fact, some experts believe the AIDS virus was

released into the human race through lesions worn in the anal wall while homosexual men were having anal intercourse.

4. Is there anything wrong with birth control?

No, not as far as the Bible is concerned. Some people who are opposed to birth control do quote Gen. 38:9 which talks about Onan *spilling his seed on the ground* when he was told to have sexual intercourse with Tamar, his dead brother's wife. His method was either withdrawal or masturbation.

For reasons which are unclear, Onan did not want to follow the custom of his day and father children in the name of his dead brother, Er. This disobedience displeased God, who killed Onan.

This type of incident is not reported elsewhere in the Bible. Therefore, a sole reference like this is not a valid reason to oppose birth control on moral grounds.

Another reference that is used in opposition to birth control is Gen. 1:28, where God commands Adam and Eve to be fruitful, multiply, and replenish the earth. The human race has obeyed this command to the extent that overpopulation is now a concern for many.

Another point of opposition to birth control is the general notion that sexual intercourse for the sake of pleasure instead of reproduction is wrong. This concept is in direct opposition to Paul's teaching in 1 Cor. 7 where the issue is clearly sexual satisfaction and not reproduction. Paul says, "It is better to marry than to burn (with passion)", not "It is better to marry than to allow the earth to go unpopulated." Paul wrote these words when the earth was occupied by far fewer people than today.

Although some church groups are theologically opposed to birth control, this position is not based on any known scripture.

5. What is Natural Family Planning [NFP]?

Although the Bible is silent on the overall topic of birth control, great caution must be exercised in the means of birth control used. For example, the common birth control pill can act as a chemical abortion pill as well as a contraceptive. In cases where the pill does not prevent conception and new life

occurs, the pill can make it impossible for the new life to attach to the wall of the uterus, begin to grow into a fetus, and eventually become a breathing human being. On the other hand, Natural Family Planning is based on refraining from intercourse during the time of the wife's monthly cycle when pregnancy is possible. Modern natural family planning is far more reliable than the old rhythm or calendar method, and is based on a normal discharge of cervical mucus, and changes in a wife's waking temperature.

For more information on birth control and natural family planning, go to the websites below. Then, consult your OB/GYN.

[Pharmacists for Life International](http://www.pfli.org/)

<http://www.pfli.org/>

[For the Best in Family Planning ... Natural Family Planning](http://www.abortionfacts.com/learn/natural_family_planning.asp)

http://www.abortionfacts.com/learn/natural_family_planning.asp

6. How important is communication in the bedroom?

Extremely! All experts on marriage stress the importance of communication between husband and wife. Home finance, raising children, and furnishing a house all call for free and open exchange of ideas within the marriage. But communication in relationship to sexual matters is so important that full compatibility may be impossible without it!

A good marital sex life is based on trial and error and a certain amount of experimentation. Although any number of authors are willing and able to tell you what works well for other people, no authority on earth can tell you what works for you and your spouse. You two are the only authority on this topic.

Effective communication on sexual matters involves two primary ingredients: honesty and frankness. Never fake an orgasm, or any other sexual response. If a stroke, caress, or thrust is irritating or even painful -- say so. If the speed of an action is too slow or too fast, make that known, also. And, most important of all, when a particular activity is especially stimulating and satisfying, communicate that fact as well.

Include all topics in your conversations on sex, such as: first thing in the morning or last thing at night; light on or light off; covered or uncovered; partly clothed or totally nude.

Except in cases of pain or severe irritation, the best time to discuss your sexual preferences may be after and not during actual sexual intercourse. You should have such a free sense of communication with your spouse on sexual matters that you can talk frankly at times other than while you are engaged in intimate activities. The question **"Was it as good for you as it was for me?"** has been devalued by its casual use in TV and movie scripts, and in the popular press. However, it is still an important question and should be asked. If the answer is "no", find out why not.

Above all else, covenant to be totally unselfish. The satisfaction of giving pleasure to your spouse can be very gratifying in itself. When both husband and wife strive to remain unselfish, there will be enough give and take on matters of preference to provide balance in your sex life and full satisfaction for both of you. Some experiments regarding technique or position may end in mutual dissatisfaction. No matter. You have your lives ahead of you. Try another way next time.

Maybe you've been married several years and have never developed an open channel of communication regarding your sexual activities. Although "you" may be fully satisfied, you must still ask the "Was it as good for you as it was for me?" question of your spouse. It's never too late to learn new things, and you're never too old to change. Failure to discover sexual problems and take corrective action may doom your spouse to a sex life that is partly or totally unsatisfying. Even worse, failure to communicate in this important area may destroy your marriage, much to the delight of Satan and his demons. Remember that demons take a perverse interest in illicit sexual activities of all types. Conversely, they will go out of their way to destroy a healthy marriage, given a chance.

Dan Betzer, former speaker on the *Revivaltime* Assemblies of God radio program, said he believes that specific demons have been assigned to destroy the marriages and discredit the ministry of major church leaders of all denominations that teach sexual purity.

7. Is it all right for married couples to go to dances?

Not unless you plan to dance with no one but your spouse.

Slow dancing often calls for the torsos of the partners to be in close contact. For many persons with normal levels of sexual response, dancing of this kind

will become a type of foreplay and must be limited to persons who are married to each other. This rule applies to all single persons as well.

It is common practice at social dances for men to ask women other than their wives to dance. The music mix often involves a combination of slow (body contact) and fast dances. Therefore, it should be avoided.

Church groups should not sponsor social dances for the reasons listed above.

I was raised in a denomination that frowned on social dancing. However, little if anything was said about necking. Both can become forms of foreplay and are wrong for unmarried persons.

8. How important is foreplay in marriage?

It plays a critical role. Foreplay, or petting, is using the hands, lips, mouth, or tongue to help cause such sexual excitement that the next logical step is sexual intercourse, which continues to the point of orgasm. Since foreplay naturally leads to sexual intercourse, it must be restricted to married persons.

A young, healthy husband may get a full erection and be ready for sexual intercourse while watching his wife get undressed. As a rule, a wife needs more foreplay than this.

Husbands, here is a cardinal rule for you regarding foreplay: never insert your penis into your wife's vagina until she asks you to do so. Continue to kiss, stroke, caress, and fondle her until she not only permits penile insertion, she demands it! Wives, here is the corollary of your husband's rule: never let your husband insert his penis until you are so sexually aroused you can't stand to wait another second for intercourse to begin. When you both follow these simple rules, your sex life will be more likely to be mutually satisfying.

Of course there is an exception to every rule and there is one for the penis insertion rule as well. There may be times when the wife is temporarily incapable of sexual arousal to the point of demanding sexual intercourse. This may be caused by fatigue, stress, or a minor illness. At such a time, the wife may elect to allow her husband to insert his penis while knowing full well that no amount of foreplay before insertion, or thrusting after insertion, will bring her to orgasm. When this situation is the exception and the wife offers this privilege in loving consideration for her husband's need of sexual release, there is no problem.

You may have heard of a husband raping his wife. The clinical definition of marital rape is the husband inserting his penis without his wife's permission. This can only happen when communication is absent in a marriage which lacks mutual love, respect, and free-flowing communication about sexual matters.

9. Doesn't the Bible consider oral sex to be a perversion?

The Bible doesn't mention oral sex. When the Bible speaks of sexual perversion, as in Rom. 1:26-27, it means homosexual activity. Since homosexual men and women use oral sex as a primary sexual activity, some evangelicals consider it to be perverted.

The only sin related to sex in marriage is selfishness. This is just another case where it is more blessed to give than to receive. If your spouse enjoys oral sex as a means of foreplay as much as you do, it is not sinful and can be very exciting for both of you. However, if your spouse is not excited or is even repelled by giving or receiving oral sex, you should find other foreplay activities which are mutually exciting. To do otherwise would be to commit the sin of selfishness.

Fellatio is the formal word for oral sex involving the penis. This is when the wife kisses, licks, and sucks the head and shaft of her husband's penis. Continued activity of this type will cause the husband to ejaculate. Husbands: know in advance if your wife will be excited or repelled by ejaculation into her mouth.

Cunnilingus is the formal word for oral sex involving the vulva. This is when the husband kisses, licks, and sucks the clitoris and labia. He may also thrust his tongue into the lower area of the vagina. Continued activity of this type is very likely to cause the wife to have an orgasm. The spasms of such an orgasm may be strong enough to cause a little urine to be expelled.

In preparation, for cunnilingus, the wife should bathe, douche, and empty her bladder. Your husband may claim he is not repelled by the musk of your vulva. However, you may gain some comfort in knowing your external sex organ is as fresh as possible.

10. What does the Bible say about orgasm?

Nothing.

However, the Apostle Paul does say a few important things about sexual gratification generally, and orgasm surely is implied.

Here are some clear texts with brief comments:

1 Cor. 7:2-5. *Then come together ... so that Satan will not tempt you because of your lack of self-control.*

This is the classic definition of Christian marriage. There are lessons to be learned here:

A. Verse 3. *The husband should fulfill his marital duty to his wife, and likewise the wife to her husband.*

Both the husband and wife have an obligation to provide sexual gratification for each other. There should be no double standard. The wife has as much right to sexual gratification through orgasm as does the husband.

B. Verse 4. *The wife's body does not belong to her alone but also to her husband.*

In the same way, the husband's body does not belong to him alone but also to his wife. This is a strong message of sexual equality in marriage. It is true that Paul identifies the husband as the head of the home and asked first-century women to refrain from speaking out *in church*. However, in *the bedroom*, there are equal rights and responsibilities.

The wife is responsible for telling her husband what gives her the most pleasure. She is also responsible for telling her husband at what point in the foreplay she is ready for her husband to insert his penis, and for sexual intercourse to begin. This point may be as she senses an orgasm coming as the result of foreplay, or it may be after one or more foreplay-induced orgasms. A young husband may have difficulty delaying his orgasm during the thrusting of sexual intercourse while waiting for his wife to reach

orgasm. Since thrusting may be difficult if not impossible for the husband after his orgasm, the wife may need to allow foreplay to take her closer to her first orgasm or even wait until after her first foreplay orgasm before asking her husband to insert his penis.

The husband is responsible for following his wife's lead regarding the pace of the sexual activity without giving up his right to full gratification. The husband must always remember to delay inserting his penis until his wife asks him to do so. If he is unable to delay orgasm for that long because of foreplay, he may need to skip receiving foreplay stimulation from his wife while continuing to provide stimulation for her, until she asks for insertion.

C. Verse 5. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

The clear message here is that sexual intercourse should bring release of desire through orgasm. Even a temporary denial of orgasmic rights can make us more susceptible to the temptations of Satan and his demons.

It is better to marry than to burn. 1 Cor. 7:9.

The Greek word used here for burn is *puroumai*, meaning "to be on fire". Although Paul is talking to the church at Corinth about being married versus remaining single, there is no doubt that gratification through sexual intercourse to the point of orgasm is inferred.

Watch the double standard here, also. No one would expect a husband to be denied the sexual release that comes through intercourse to the point of orgasmic ejaculation. Anything less would not extinguish his fire of desire and might inflame it. Therefore, it must be assumed that the wife has the same right to orgasm. Although a woman's orgasm may not be necessary for the propagation of the race, it is necessary to cool her fires of desire, also. When a wife does not receive full orgasm within her marriage by her husband, she stands a greater chance of being tempted by Satan and his demons to seek sexual gratification outside her marriage with another man or even a woman.

Marriage should be honored by all, and the marriage bed kept pure ... Heb. 13:4.

Although the Bible has many restrictions regarding sexual behavior outside the bonds and bounds of legal marriage, sexual intercourse within marriage itself is completely wholesome and blessed of God. The word "bed" is used here as a symbol of sexual intercourse. An amplified version of this passage could be, **"although fornication and adultery are both wrong, there is nothing wrong with sexual activity (foreplay and sexual intercourse to the point of orgasm) within marriage."**

Experts on sexual response recognize that the wife can have an orgasm from stimulation of the clitoris during foreplay, thrusting of the penis within the vagina during sexual intercourse, or both. Some wives may need clitoral stimulation to orgasm before thrusting begins, and others may need clitoral stimulation during thrusting, either by assuring the penis is rubbing the clitoris or by asking the husband to stimulate the clitoris manually during thrusting. The wife may also wish to stimulate her own clitoris during thrusting.

A position to consider in the interest of the wife's maximum gratification: The husband sits in an upholstered chair, partially reclined. The wife comes astride and lowers her vagina onto her husband's erect penis. This position permits the following activities: Either the wife or the husband fondles the wife's clitoris; the husband fondles his wife's breasts and sucks her nipples; they kiss.

Always remember that the husband and the wife have equal scriptural rights to orgasmic satisfaction during sexual intercourse.

11. When a married couple is engaged in foreplay, when should the husband insert his penis?

When the wife asks her husband for insertion. There is a dual responsibility here if sexual intercourse is to result in full orgasmic satisfaction for both husband and wife.

- A. Before sexual activity begins, both husband and wife should exchange information about the type of foreplay that is most satisfying and leads to the highest levels of sexual stimulation.

- B. The wife should remember it is as wrong to lie with the whole body as it is with the mouth. Wives, don't act like you are stimulated if you are not. Make quiet verbal or physical suggestions on how you would like your husband to conduct foreplay.**
- C. The husband must remain alert to his wife's verbal and physical responses regarding the appropriate moment for inserting the penis.**
- D. The wife must not ask for insertion until she doesn't want to wait another moment.**

Many husbands need less foreplay than their wives to be ready for sexual intercourse. Therefore, it may be wise for the wife to hold off stimulating the husband during foreplay until she is closer to being ready for insertion.

After sexual intercourse, the husband and wife should have a free and frank discussion about what was especially satisfying about the experience. As the years pass, a husband and wife who engage in such post-intercourse debriefings will be able to enjoy a high percentage of fully-satisfying sexual experiences.

12. Never fake an orgasm.

We're already talked about the importance of full and complete communication in marriage. If the wife is unable to come to orgasm during foreplay or intercourse, this fact should become the topic of an honest discussion

The first issue of discussion should be to determine if this is an incident or part of a pattern. An occasional failure to reach orgasm may be normal for you as a married couple. Medication, fatigue, distractions [such as children in the house], or minor illness may play a part in such a failure at one time or another. Forget it and move on to tomorrow. However, if failure to reach orgasm is part of a regular pattern, you may want to determine the cause. Of course, determining the cause will only be possible if you have already established a pattern of communicating freely about sexual matters.

Some marriage experts claim that orgasm is optional for the wife. If she never achieves orgasm with the husband, no big deal, they say. However, when we read what Paul has to say about gratification as outlined in Part 9 above, we see orgasm in a new light. Not only is it the right of the wife in a Christian marriage, orgasm has a role in defensive spiritual warfare, also.

There is a two-fold danger in faking an orgasm, aside from the fact that the wife should no more lie with her pelvis than with her tongue:

- A. Faking orgasms may result in the couple never resolving the problems in their sexual interactions that are preventing the wife from achieving orgasm.**
- B. Faking orgasms may place the wife at significant risk of succumbing to the temptations of Satan and his demons to engage in illicit sexual activity.**

Neither husbands nor wives should fake orgasms.

13. Is it all right for a married couple to use pornography during foreplay?

No. There is no moral difference between a single person using pornography while masturbating and a married couple using it during foreplay. In both situations, the sexually-explicit pictures are causing lustful feelings directed to the models in the pictures and not to the spouse. Sexual desire for a person who is not your spouse is lust. Jesus said in Matt. 5:28 that such lust is the equivalent of adultery. (See the section on masturbation for a more complete discussion of this verse.)

There are two other major reasons pornography should not be used, even in marital foreplay.

- A. Pornography is habit forming. There may be a temptation for one spouse to use the materials for private masturbation during sexual fantasies. Aside from evil lust that this situation creates, the normal desire for sexual intercourse may be decreased, robbing the other spouse of rightful sexual satisfaction.**
- B. Pornography models are usually young and very attractive. The spouse may not compare favorably with such competition and should not be submitted to such an unrealistic comparison.**

14. What about privacy with children in the house?

Parents should take normal precautions to prevent being disturbed by their children during foreplay and sexual intercourse. If a child should surprise parents during sex, avoid overreacting and never discipline the child unless the intrusion was deliberate and malicious.

Sexual activities should be kept private. This includes not only the actions themselves but unnecessary discussions of these actions with other persons. Spouses should never discuss their sex lives with anyone unless help is being sought for a problem. In such a case, the source of help should be a minister or a qualified counselor with traditional conservative evangelical values. Never consult a counselor who has a liberal or unknown value system regarding sex. The proposed solution may be worse than the presenting problem.

15. What words can we use during sexual activity?

Any words you choose. The concept of dirty words does not exist between a legally-married husband and wife.

Some linguists believe the word "fuck" started as an acronym for the phrase "for unclean carnal (fleshly) knowledge". The puritans are thought to have printed F.U.C.K. on a placard and hung it around the necks of people put in the stocks for fornication or adultery. Since it is impossible for a husband and wife to have unclean knowledge of each other's body, *fuck* ceases to be a dirty word and becomes pure and wholesome when used in the context of love and privacy of marriage.

Within the bounds and bonds of legal marriage, *fuck* is the best verb in the English language for sexual intercourse.

WARNING: *Fuck* should be reserved totally for private use between husband and wife within the context of sexual activity. Never use such a word in the hearing of anyone else, including family [especially children] and closest friends. And never use it as an expletive. Convert it from a dirty word to a very precious, private and special word that is

used to refer to the sacred act that can cause life to come into existence at the point of ultimate physical marital intimacy.

16. Sexual Activity during Pregnancy.

Everything I've said in this chapter about sexual gratification and the Biblical equal rights of husbands and wives applies during the period of a pregnancy, with this commonsense warning: Nothing must be done to harm the fetus. Talk to your doctor about sexual activity during the third trimester (last three months) of the pregnancy. Chances are, he/she will say it's OK to have sex, but check to be sure.

Let's talk first about the psychological aspects of sex during pregnancy. Husbands: your wife may have feelings of being somewhat unattractive, and may claim she has the dimensions of a blimp or a whale. While you may experience your usual need for sexual release, your wife may have a greater than usual need to be told she is loved, wanted, important, and cherished.

Wives: your husband still loves you in spite of your size and shape. In fact, when he remembers your temporary size and shape are because of that precious life both of you caused to come into existence at the point of conception, he may proclaim he adores you even more. Smile, and say, "Thank you very much."

Positions for intercourse during pregnancy.

If the husband is fairly large and the pregnancy is well advanced, try a position that avoids placing a great amount of pressure on the fetus. The following position will allow for maximum thrusting and stimulation of the clitoris by the penis or husband's fingers while placing minimum pressure on the fetus:

The wife lies flat on her back with her thighs spread and one knee bent. We'll call the wife's leg with the knee not bent Leg A and the wife's leg with the bent knee Leg B.

The husband lies at a 45-90 degree angle to his wife's body and between her legs. Most of his weight will be on the bed and about a third of his weight will be on Leg A. Leg B is draped over his waist. With this position, manual stimulation of the vulva and clitoris is possible during thrusting if the wife desires it. This position may become a favorite long after the baby is born.

Manual stimulation of the clitoris and penis

Of course, stimulation of the clitoris and penis to the point of orgasm is fine any time in a marriage when it is desired by the husband and wife. However, manual stimulation of the husband's penis to the point of orgasm is especially useful immediately before and after delivery, when the thrusting of intercourse may be inappropriate.

17. Is it wrong to use vibrators and other “sex toys”?

There is no moral reason why the husband may not use a battery-powered vibrator during foreplay. In fact, if the wife is having trouble having an orgasm during intercourse, it may be a good idea for the husband to give her a vibrator-induced orgasm before intercourse begins. The wife may find such an orgasm very intense and enjoyable. As always, there must be mutual enjoyment and the desire that is generated must be directed to each other and not a fantasy.

18. What every wife should know about her husband's impotence

[Sometimes called erectile dysfunction [ED]]

Dear Wife with an impotent husband:

Impotence is being talked about a lot, but often within the context of Viagra, or some other medication to treat it. This section of *Bible Sex Facts* will discuss the problem from an educational and moral point of view.

Impotence may be situational, caused by stress, short-term prescriptions, or a short illness. Or, impotence may be connected with such things as age and long-term blood pressure medication. Either way, we need to talk.

Throughout this book, we have had frank and open discussions about all aspects of married life. I won't desert you now.

You'll remember we discussed the importance of equal rights and equal pleasures between a wife and husband. You know full well that during your married life, your husband has gotten pleasure from feeling his penis thrusting into your vagina during intercourse. That pleasure for him increases

until the point of orgasm and ejaculation. [After all, that's where babies come from.]

That is only half of the pleasure your husband has been getting during intercourse. You may not realize it but the other half of his pleasure is the knowledge that at the same time he is getting pleasure, he is giving you pleasure, also.

Now, along comes impotence, temporary or long-term, and he is no longer able to thrust his penis in your vagina to the point of mutual orgasm. He is unable to achieve or maintain an erection and most attempts at intercourse end in frustration and even tears [for one or both of you], instead of orgasmic joy.

Is your sex life over? Don't you believe it! You've just entered another phase of your sex life where the rules of engagement are the same as they have been during all those joyous years of thrusting and mutual orgasms.

1. **Rule one: It is just as blessed to give pleasure as to receive pleasure.**
2. **Rule two: The only sin is selfishness.**
3. **Rule three: Always be frank and honest with each other.**

Now let me tell you a few things about your husband's impotence:

- A. **He still loves you as much as ever, despite the fact his penis refuses to stand up and salute the way it used to.**
- B. **He still feels sexual desire toward you, although you couldn't tell it to look as his droopy penis.**
- C. **He may be still capable of orgasm and ejaculation if you stimulate his penis with your hand and a little KY jelly, or even your mouth.**
- D. **He still longs to stimulate you to orgasm by thrusting in your vagina, or caressing or sucking your clitoris.**

Okay. I can hear it now. How can he thrust in my vagina when he can't even get and hold an erection?

Did you ever hear of a dildo? A dildo is a penis-shaped rod, often covered with rubber and even containing a variable-speed vibrator. [You may even have one already. If you don't have one, you can buy one

on the Internet; just enter dildo or vibrator into any search engine. One with a vibrator should cost about \$30 US.]

- **Warning:** you may get into some very unsavory sites. Just buy what you are looking for and get out!

With a dildo and a little creative imagination, I bet the two of you can invent some activities that will make both of you forget his soft penis. Here's one for starters:

Ask him to suck one nipple while he fondles your well-lubricated vulva and clitoris. At the point you used to ask him to insert his penis, ask him to insert the dildo instead. [Husbands: be slow and gentle and use lots of KY jelly. At first, you may have to ask her to help you find the right angle and speed for your thrusting. After all, you want her to feel increasing pleasure, not pain.]

After you have had one [or more] orgasms and he has had an orgasm [I'm sure you'll figure out how], fall asleep in each other's arms and dream of having a long life of sexual fun and joy together.

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Appendix A: Glossary

Abstinence. Refraining from all sexual activity.

Abuse. Physical or psychological harm caused to a child or spouse. The old ditty of "sticks and stones can break my bones but words can never harm me" is false! While sticks and stones can break bones, angry and derogatory words can break hearts. Sometimes, the bones heal faster and more completely. Both physical and psychological abuse are evil!

Adultery. Sexual intercourse between a man and woman who are not married to each other.

AIDS. The acronym for the sexually-transmitted disease [STD] known medically as Acquired Immune Deficiency Syndrome.

Anal intercourse. Using the rectum instead of the wife's vagina for sexual intercourse. Among homosexual men, anal intercourse is a primary sexual activity.

Bestiality. Sexual activity between humans and animals, including masturbation and sexual intercourse.

Birth control. Actions that prevent pregnancy because of sexual intercourse.

Birth control pills. Medication prescribed by a doctor which, when taken by the wife as directed, makes it highly unlikely for her to deliver a child because of sexual intercourse. However, if the wife conceives, the birth control medication may cause the chemical abortion of the pregnancy at a very early stage.

Bisexual. Engaging in sexual activities with members of both sexes.

Chaste sex. Sexual intercourse between husband and wife after marriage. This is God's plan and, if practiced by everyone, would eliminate all sexually-transmitted diseases (STDs) including AIDS in one generation.

Clitoris [CLIT-uh-rus]. A small erectile organ located in the forward area of the wife's vulva. Stimulation of the clitoris during foreplay and sexual intercourse can enhance the wife's chances of an orgasm; may be known in the vernacular as *clitty*.

Conception. The point at which the husband's sperm unites with the wife's egg, causing life to begin.

Condom. A thin balloon-type device that is worn over the husband's erect penis during sexual intercourse to prevent conception. The ejaculated sperm is caught by the condom so it does not enter the vagina and make it's way to the wife's egg. Persons engaging in illicit sex also use condoms to prevent sexually-transmitted diseases such as AIDS.

Contraceptive. Any device, product, or process that prevents conception.

Cunnilingus. Stimulation of the wife's genital area, especially the clitoris, with the husband's lips and tongue. During foreplay. continued cunnilingus is likely to cause the wife to experience an orgasm. Among lesbian women, cunnilingus is a primary sexual activity.

Demon, evil spirit. An agent of Satan with a specific interest in any illicit human sexual activity, including, but not limited to: child molestation, incest, rape, lust, fornication, pornographic fantasies, adultery, homosexuality, and bestiality.

Desire. The normal, natural need felt by husband and wife to have sexual intercourse, especially during foreplay.

Dildo. A penis-shaped rod, often covered with rubber and even containing a variable-speed vibrator. You can buy one on the Internet; just enter dildo or vibrator into any search engine. One with a vibrator should cost about \$30 US.] Warning: you may get into some very unsavory sites. Just buy what you are looking for and get out! See *vibrator*.

Dreams, erotic. Dreams about sexual activities, sometimes connected with someone other than a spouse. Dreams about someone other than your spouse should be prayerfully forgotten and never discussed with anyone else.

Ejaculation. The high point of the husband's orgasm when semen spurts from the penis.

Ejaculation, premature. The husband having an orgasm during foreplay or during the insertion of the penis into the wife's vagina, before actual thrusting has begun.

Erectile. Tissue with blood vessels that fill during the sexual excitement caused by foreplay. The husband's penis and the wife's nipples and clitoris contain erectile tissue.

Erection. The rigid state of organs which contain erectile tissue. The husband's penis becomes erect so it can enter the wife's vagina for sexual intercourse. The wife's clitoris becomes erect so it has a better chance of remaining in contact with the husband's penis during the thrusting of sexual intercourse, thereby increasing the wife's chance of experiencing an orgasm.

Erogenous zone. Any area of the body that is sensitive to sexual stimulation during foreplay. Common erogenous zones include, but are not limited to, the genitals, breasts, and nipples. Other areas with potential for sexual stimulation include the ear lobes, neck, back, and buttocks. Experimentation and open communication between husband and wife are necessary to assure the location of favorite erogenous zones.

Erotic. Anything that is sexually stimulating.

Fantasize. Having thoughts that are sexually stimulating. Married persons must limit their sexual fantasies to their spouse. Unmarried persons should avoid sexual fantasies altogether, as they lead to lust.

Fellatio. The wife's kissing, licking, and sucking the head and shaft of the penis during foreplay. Continued activity of this type will cause the husband to ejaculate. Homosexual men use fellatio as a primary sexual activity.

Foreplay. Any action that causes increased sexual excitement before sexual intercourse. Foreplay should be continued until the wife requests the husband to insert his penis into her vagina. As a rule, when she senses her body is ready for sexual intercourse, the vagina will be dilated and the vulva will be moist. The husband usually needs less foreplay than the wife; sometimes, he needs none.

Fornication. Sexual intercourse between unmarried persons; also known in scripture as "sexual immorality."

Gay. A contemporary term for a male homosexual.

Genitals. The external sex organs. For the husband, they include the penis and the testicles. For the wife, it is the vulva.

Harassment, sexual. Unwelcome and unsolicited sexual activity or sexually-oriented comments. Sexual harassment is sin as well as illegal.

Heterosexual. Sexual activity between persons of the opposite sex.

Homosexual. Sexual activity between persons of the same sex.

Hymen. A thin membrane that covers the opening to a virgin's vagina. The hymen does have a small opening that permits douching and the use of tampons but not sexual intercourse. When the hymen is broken on the honeymoon during sexual intercourse, some pain and slight bleeding may occur.

Illicit sex. Any sexual activity that is outside the bounds and bonds of legal marriage.

Impotence. The inability of the husband to achieve and maintain an erection. This condition is usually temporary and is often associated with illness, stress, or medication for such conditions as hypertension (high blood pressure). A dildo or vibrator can be substituted for an erect penis if both husband and wife are willing.

Incest. Sexual activity between members of the same family.

IUD (Intrauterine device). An object that is inserted at the mouth of the uterus (womb) to prevent conception.

KY Jelly. A popular personal lubricant for use on the penis and vulva during sexual activity.

Lesbian. A female homosexual.

Lubricant. A cream designed for use in the genital area to eliminate chafing during foreplay and to help insertion of the husband's penis into the wife's vagina for sexual intercourse. Consult your pharmacist for an appropriate product. KY Jelly is a popular personal lubricant.

Lust. Feelings of sexual desire between unmarried persons of the opposite sex or between any persons of the same sex. Sexual **desire** between married persons is always normal and natural. Lust is always sin.

Masochism. Experiencing sexual stimulation by receiving pain, usually during foreplay. See "Sadism".

Masturbation. Self-stimulation of the penis or clitoris to the point of orgasm.

Masturbation, mutual. A form of foreplay where the wife stimulates the husband's penis while the husband stimulates the wife's clitoris. This activity may be used as a temporary alternative for sexual intercourse.

Molestation. Unwelcome touching of another person's body in a manner designed to communicate or arouse lust.

Musk. The distinctive odor of the wife's vulva, especially noticeable by the husband during oral sex.

Natural Family Planning. Birth control based on refraining from intercourse during the time of the wife's monthly cycle when pregnancy is possible. Modern natural family planning is far more reliable than the old rhythm or calendar method, and is based on a normal discharge of cervical mucus, and changes in a wife's waking temperature.

NIV. New International Version; a modern-language translation of the Bible.

Nocturnal emission. An involuntary ejaculation of semen during sleep. This happens about once a month for virgin boys who do not masturbate.

Obscenity. Visual and auditory materials designed to arouse feelings of lust, as specified by the Supreme Court in *Miller v. California, 1973*. Obscene materials are characterized by sharply focused and detailed representations of all degrees of sexual activity: men with women, men with men, women with women, adults with children, humans with animals, groups having homosexual and bisexual sex with each other. Activities include vaginal, oral, and anal intercourse.

Oral sex. Foreplay which involves using the mouth, lips, and tongue to stimulate the spouse's genitals. Oral sex must be based on mutual satisfaction.

Orgasm, climax. The psychological and physical high point of sexual activity. The husband's orgasm involves spasmodic ejaculation of semen over a period of several seconds. The wife's orgasm may include abdominal spasms. Most healthy husbands and wives will reach an orgasm because of extended foreplay and/or sexual intercourse. The wife can experience orgasm because of stimulation of her clitoris, penile thrusting in her vagina, or any combination of the two activities.

Pedophile. A person with an insatiable desire to have sex with children. Pedophiles are convinced their actions are normal; they like to collect and exchange pictures of their victims, and they lie very convincingly in the face of investigation or prosecution.

Penis. The primary male sex organ. During foreplay, the erectile tissue in the husband's penis fills with blood and it becomes erect and hard. This enables it to enter the vagina and deliver an ejaculation of semen within swimming distance of the wife's egg.

Phone sex. Masturbation while talking to another person about sexually stimulating topics. Phone sex for hire usually includes simulated responses on the part of the payee.

Pornography. Material which is designed to arouse lust but which does not meet the legal definition of obscenity according to Miller vs. California. As a rule, pornography is less explicit and crude than obscenity. Neither are conducive to wholesome Christian living.

Rape. Forcing sexual intercourse upon an unwilling partner.

Rape, date. Forcing sexual intercourse upon an unwilling partner, preceded by social interaction and even foreplay.

Rhythm method [Calendar Method]. A 1930s means of birth control which involves limiting sexual intercourse to those times in the wife's menstrual cycle when she is least likely to conceive. Not to be confused with Natural Family Planning [NFP].

Sadism. Receiving sexual stimulation by giving pain, usually during foreplay. See "Masochism" .

Safe sex. A misnomer which involves wearing a condom during homosexual or heterosexual intercourse as a means of avoiding contracting an STD. There is no "safe" illicit sex. The failure rate of the best condoms is estimated to range between 10 and 20 percent.

Semen. The fluid which contains the sperm as it is ejaculated from the penis during the husband's orgasm. *[Apparently some sperm are excellent swimmers, and may make their way up the vagina to the egg even when the semen is ejaculated onto the vulva, outside the actual vagina.]*

Sexual activity. Any activity or combination of activities designed to cause sexual excitement which, if continued, will cause orgasm for one or both parties. Sexual activity includes but is not limited to: oral sex, vaginal intercourse, stimulating [with the hands or mouth] the penis of the man or the breasts and vulva of the woman. *[According to the Ken Star report, Bill Clinton did have sex with that woman!]*

Sexual immorality. A general term in scripture referring to intercourse between unmarried persons; fornication.

Sexual intercourse, conjugation. Inserting the husband's erect penis into the wife's vagina, usually associated with thrusting to the point of orgasm.

Sexually-transmitted diseases (STDs). Any disease, such as AIDS, which can be passed to another person during sexual activity. The classic STDs are syphilis and gonorrhea. A common modern STD is genital herpes.

Sperm. The husband's contribution to conception. Sperm can "swim" to unite with the wife's egg after being ejaculated into her vagina.

Spermicide. A birth control product designed to kill the sperm in the vagina before they can reach the wife's egg.

Testicles. The husband's sex organs which create the sperm and secrete testosterone, the male sex hormone.

Trimester. Three months of a pregnancy, usually expressed as first, second, or third trimester.

Vagina. A channel of moist tissue between the wife's vulva and the mouth of the uterus.

Value-free sex education. Telling students about the biology and mechanics of sex without the Bible's moral absolutes which control sexual behavior.

Viagra. It has been estimated that up to 30 million American men suffer from sexual dysfunction (impotence). Until recently, sexual dysfunction has been effectively treated with injections, surgery, and other procedures, many of which are painful and embarrassing. In March 1998, the FDA announced that Viagra® a new drug from Pfizer, Inc., has been approved as treatment for male sexual dysfunction.

Vibrator. A penis-shaped battery-powered device designed to stimulate the vulva, clitoris, and vagina during foreplay. There is a theory that for some couples, excessive and extended use of a vibrator may make it increasingly difficult for a wife to respond to her husband during non-mechanical foreplay and sexual intercourse. May be useful during impotence. You can buy one on the Internet; just enter *dildo* or *vibrator* into any search engine. One with a vibrator should cost about \$30 US.] **Warning: you may get into some very unsavory sites. Just buy what you are looking for and get out! See dildo.**

Virgin. A woman or man who has never had sexual intercourse.

Vulva. The wife's primary external sex organ. The vulva includes two sets of lip-like folds of tissue known as the labia (lips). The inner labia enclose (from front to back) the clitoris, the urethra (for excreting urine, and the vagina. The outer lips are covered with pubic hair.

Vasectomy. A simple operation on the husband in the doctor's office which acts as a relatively permanent form of birth control. In a vasectomy, the tubes which lead from the testicles to the penis are cut by making small incisions in the scrotum. Because of this operation, the sperm which the testicles create cannot be mixed with the semen during ejaculation. There is no physical reason why the husband cannot continue to have a normal erection during foreplay and cannot enjoy sexual intercourse. The best time for a vasectomy is while the wife is pregnant with the last child. This will give the husband's body time to cleanse itself of all sperm before the first ejaculation during sexual intercourse after the baby is born.

Withdrawal. A means of birth control which calls for the husband to pull his penis out of his wife's vagina before sexual intercourse reaches the point of his ejaculation. This is considered to be an unreliable means of birth control. Some drops of semen may ooze from the penis before the first spasm of an

ejaculation, or the first spasm may come with insufficient warning to permit complete withdrawal before some semen enters the vagina. If semen is ejaculated at the mouth of the vagina, some sperm may swim upstream and unite with an ovum. It only takes one of each to cause a pregnancy.

Appendix B: Selected Scripture Verses Which Relate to Human Sexual Behavior

All scripture verses should be studied within the context of the whole passage: who said it, to whom was it said, why it was said, what happened before and after. Therefore, the following verses should be studied from the Bible, within their context. They are presented here for quick reference, only.

Scriptures used from THE HOLY BIBLE: NEW INTERNATIONAL VERSION. Copyright ©1973,1978,1984,1987 International Bible Society. Used by permission of Zondervan Bible Publishers.

The following verses are used by some to prove that birth control is a violation of God's laws:

God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground." Gen. 1:28

Then God blessed Noah and his sons, saying to them, "Be fruitful and increase in number and fill the earth. Gen. 9:1

If there was a need to replenish the earth when God spoke these words, that need has been fulfilled in the light of today's overpopulation. It is not likely that birth control will cause the race to die out. Lack of self control will take care of that.

The following reference is also cited by some as proof of God's disapproval of birth control. It seems that Onan's sin was likely disobedience, not birth control.

9 But Onan knew that the offspring would not be his; so whenever he lay with his brother's wife, he spilled his semen on the ground to keep from producing offspring for his brother. 10 What he did was wicked in the Lord's sight; so he put him to death also. Gen. 38:9-10.

There is no doubt how God feels about homosexuality. Genesis 19 (This is the classic story of how God destroyed Sodom and Gomorrah because of homosexuality.)

4 Before they had gone to bed, all the men from every part of the city of Sodom--both young and old--surrounded the house. 5 They called to Lot, "Where are the men who came to you tonight? Bring them out to us so that we can have sex with them." . . .24 Then the Lord rained down burning sulfur on Sodom and Gomorrah--from the Lord out of the heavens. 25 Thus he overthrew those cities and the entire plain, including all those living in the cities--and also the vegetation in the land.

Leviticus 18:22

Do not lie with a man as one lies with a woman; that is detestable.

Judges 19:22

While they were enjoying themselves, some of the wicked men of the city surrounded the house. Pounding on the door, they shouted to the old man who owned the house, "Bring out the man who came to your house so we can have sex with him."

Romans 1:26

Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. 27 In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion. [What is that penalty?]

While the Bible has many prohibitions regarding sexual relationships, God is clearly not opposed to full orgasmic satisfaction between a legally-married husband and wife, as shown in the Apostle Paul's writings about marriage.

1 Cor. 7:2. ... each man should have his own wife, and each woman her own husband. 3 The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. 4 The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. 5 Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. 9 But if they

cannot control themselves, they should marry, for it is better to marry than to burn with passion. Heb. 13:4. Marriage should be honored by all, and the marriage bed kept pure ...

The first of many commands against adultery; from "The Ten Commandments."

You shall not commit adultery. Ex. 20:14.

Jesus teaching about mental adultery, from His "Sermon on the Mount."

But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. Matt. 5:28.

A few of the numerous injunctions against sexual immorality (fornication).

You are to abstain from ... sexual immorality. Acts 15:29

Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery ... Rom. 13:13.

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 1 Cor. 6:18.

We should not commit sexual immorality ... 1 Cor. 10:8.

The acts of the sinful nature are obvious: sexual immorality ... Gal. 5:19

But among you there must not be even a hint of sexual immorality ... Eph. 5:3.

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires ... Col. 3:5.

It is God's will that you should ... avoid sexual immorality; 1 Thess. 4:3.

Jude 1:7. In a similar way, Sodom and Gomorrah and the surrounding towns gave themselves up to sexual immorality and perversion. They serve as an example of those who suffer the punishment of eternal fire.

Appendix C: Questions and Answers Based on Letters from Readers

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- **Is it okay to lust after your wife? My sex drive is higher than my wife's so I relieve myself either by looking at her or thinking of her. Is this even considered lust?**

A: The word lust refers to sexual desire directed at someone other than your spouse. Discuss your feelings with her. Maybe she will give you a "hand job" when you need relief. Even ask her to pose for you while you masturbate. Watching your wife undress can be very stimulating. However, never masturbate solo when she would prefer interactive sex; that would be selfish.

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- **If a married couple wants to engage in a consensual, erotic, spanking (not a beating) as a form of foreplay, would that be considered a sinful perversion?**

A: Neither my wife nor I would enjoy such activity. However, there is no moral issue here as long as both persons enjoy it equally. As soon as one enjoys it more than the other, it becomes selfish perversion of the pleasure role of sex in marriage.

In Christian marriage, "Was that as good for you as it was for me?" is a required question for all sexual activities, with or without spanking.

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- **I believe my (married with four daughters) pastor had a sexual relationship with a single female member of the congregation. What advice would you give me in resolving this issue within my mind or with him directly or with higher authorities within the church.**

A: First, it is not necessary to resolve it in your own mind. However, the church body may have a role, as spelled out by Paul in Galatians 6:1:

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.

Brothers: Paul is writing to members of the church at Galatia. His audience is made up of fellow Christians.

Caught: The King James uses the phrase "overtaken in a fault." The true meaning is stumbling upon someone's shortcoming by accident, and not as a result of a spiritual vigilante activity.

Spiritual: Only those Christians who are being guided by the Holy Spirit should have an active role.

Restore: This is the key concept of this passage. The true purpose of such an action is to bring the person who is having a problem back into full fellowship with Christ and the rest of the body.

Gently: This is the way you would handle a baby bird which has fallen from the nest. Use enough pressure so the action can be completed safely, with no further injury.

Watch yourself: Paul is warning all of us of our vulnerability to Satan's work. See Eph. 6.

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- You're a liar when you say you can get AIDS because condoms can fail.

A: The failure rate for condoms you need to be worried about is the fact that the HIV virus can "leak" through microscopic holes in a condom; holes so small that sperm will not pass through. It's your funeral. Suit yourself.

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- I like sex in the afternoon. I am too tired at night and want nothing but sleep in the morning. How can I tell my spouse that I desire him when it's not possible for him to be here, but wish he would leave me alone by the time I get in bed?

A: You need to open clear channels of communications about all aspects of sex in your marriage, including scheduling. Then, you may need to compromise; each give a little.

A compromise is an agreement equally disagreeable to all parties!

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- **You mention that it is a sin to fornicate before marriage and I agree completely. However, what does the Bible say about oral sex or mutual masturbation? Is this considered pre-marital sex?**

A: This is a very timely question because the White House press corps has been looking for the answer during much of 1998.

Here is my answer: The only place for oral sex and mutual masturbation is the privacy of the bedroom of two legally married persons.

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- **Does the Bible say exactly what marriage is? I know that marriage is the union between two people and God, so does this mean that my girlfriend and I can be biblically married before we are legally married?**

A: Both the Bible and society agree that sexual intercourse before legal marriage is fornication, known in the NIV as "sexual immorality." Celibacy before marriage is best illustrated by Mary and Joseph. Even though they were betrothed (legally engaged), they didn't have intercourse until they were married and Jesus was born. Matt. 1:25 This may not be the answer you are seeking, but it is the only one supported by the Bible. My suggestion is that you take a vow of celibacy and refrain from sex until you are legally married. If you have been sexually active, this will be harder than initial celibacy would have been.

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- **I am a new Christian who just got a divorce. I need to know if I can make love to my ex-husband since I would not be comfortable making love to any one else. We got a divorce because he was having an affair.**

A. This one needs King Solomon or Dr. Laura. Since they aren't here, I'll give it a shot. Sex with your ex-husband will be Biblical fornication. If he has repented of his adultery by confessing his sin to God and you, remarry him and live happily ever after.

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- **Is it wrong for me to masturbate because my future spouse cannot do so and keep her proof of virginity (hymen), or can she without breaking it?**

A: This is a tricky issue. The masturbation question has the same spiritual answer for a woman as for a man (as explained elsewhere in *Bible Sex Facts*) Now the tricky part. It is physiologically possible for a virgin to masturbate to orgasm, without breaking the hymen, by stimulating the clitoris. The hymen is in danger only if a vibrator, finger, or other object is inserted into the vagina. If your intended has a conscience problem with masturbation, she should avoid it. Just because she "can" doesn't mean she should.

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- **My wife likes to be stimulated, by having a cucumber inserted into her vagina. Is there anything in the Bible that forbids this ?**

A: No. However, I recommend that you omit the vinegar.

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- **I would like information regarding how a husband should deal with a virgin's hymen without causing her pain or excessive bleeding.**

A: I am not a doctor and you have asked a medical question. Therefore, all I can do is give you a layman's "opinion".

Everything I have said in my book about free and open communication, as well as the importance of foreplay, applies doubly here. Don't expect too much the first time in the way of orgasm for your wife. The pain of penetration may exceed the pleasure involved. Follow these steps:

- 1. Lubricate the vulva generously.**
- 2. Engage in foreplay, with concentration on manual manipulation of the vulva and clitoris. At the same time, fondle her breasts and suck her nipples. Gently attempt to insert a finger in the vagina and then withdraw it. If you are able to insert one without undue pain, try two. and then three. Continue stimulation of the vulva and clitoris until she begs for intercourse.**
- 3. Lubricate your penis generously. With a full erection, very slowly attempt to insert the head a little way into the vagina. Make sure she will tell you if she experiences significant pain. If she reports pain or you sense significant resistance, withdraw and then try again. If you are becoming stimulated to the point of ejaculation, withdraw and wait a few minutes before trying again.**

If you are unable to achieve full penetration without excessive pain for your wife, visit a physician. Ask about perforating her hymen. That should make future intercourse possible, and eventually pleasurable.

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- **I am asking this question in all seriousness. My wife and I are nudists. We have a great marriage, and go to church. We found out that nudism is very far from "sex" and "porn". What are your feelings on this?**

A: The Bible is clearly opposed to nudism. The altar steps for the Tabernacle in the Wilderness were designed so people couldn't look up under the priests' skirts. Ham was punished for making fun of his father, Noah, because of his nudity.

Today, everyone is being warned to stay out of the sun because of skin cancer. It's only been in the last 100 years that people have deliberately exposed their bodies to the sun. But the most important reason why nude sun bathing should be avoided is that it's an invitation to lust. If you and your wife want to sun bathe privately, that's between you and your dermatologist. However, as soon as you do it in public, temptation to lust becomes an issue. You may be able to control your thoughts, but what about other people? That's a major reason why civilized people wear clothes in the first place.

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- **Q: If a person's virginity is lost outside the bonds of marriage, is there any way to regain that virginity spiritually?**

A: God will forgive any sin, including fornication. Just ask. And then, maintain the state of celibacy until marriage.

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- **Q: Where in the Bible does Jesus specifically state that one should not have sex before marriage?**

A: The Bible word (King James Version) for sex before marriage is "fornication." The only times Jesus used this was in reference to a cause for divorce. However, the Apostle Paul used the term numerous times. Here are a few references: (The NIV will translate the term "immorality") 1 Cor. 6:13, 1 Cor. 6:18, 1 Cor. 10:8, 2 Cor. 12:21, Gal. 5:19, Eph. 5:3, Col. 3:5, 1 Thess. 4:3.

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- **Q: Will God smite me if I masturbate?**

A: There is no record in the Bible of God smiting anyone for masturbating, unless you are referring to Onan. In the case of Onan, it seems the sin was failure to beget children for his dead brother. He "withdrew" and "spilled his seed on the ground."

There is a fine line between masturbating in lust and masturbating for sexual release. Masturbating while fantasizing about illicit sexual situations is always a sin. Masturbating for sexual release should be avoided, also, if you are convicted against it.

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- **Q: Why did God create us as sexual beings?**

A: God's first intention in creating us was so we could worship Him and fellowship with Him. If our first ancestors, Adam and Eve, hadn't sinned, our sexuality would have been all pleasure and no pain.

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- **A: The question I have struggled with is this: why has God created me to feel this way and go through the hell of chastity?**

A: God is our Manufacturer, and the Bible is our Operating Manual. Something isn't wrong because the Bible says it's wrong. The Bible says it's wrong because it is in violation of God's standard operating procedures for Humans.

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- **Q: I am in a sexually active relationship that I know is wrong. I plan to stop having sex but how do I approach this with my girlfriend? Since we have been sinning, does it mean we should part?**

A. Stop sinning and ask God's forgiveness. If your friend does not agree with your new position, ask God to guide the future of that relationship, but still stop sinning. God may have other plans for your future which involve a woman who feels like you do about premarital sex.

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- **Q: You say homosexuality is a sin for a minister. What about other sins?**

A: You're right. I do say there is no such thing as a homosexual minister. Of all the sins in the Bible, there is no plainer denunciation than against homosexuality. However, you're correct in pointing out that no minister who is born again and filled with the Holy Spirit can have any other sin in his/her life, either. Jesus had a description for people like that in his day: Tombs! White and pretty on the outside, but inside-- full of dead men's bones.

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- **Q: Where does the Old Testament stand on pre-marital sex?**

A: The sexual standards of the Old Testament (OT) were not as high as the New Testament (NT) because this was before the era of the Holy Spirit. Multiple marriages were prevalent in the OT. Bible history tells us they always led to trouble: Jacob/Joseph, Hannah, David/Absalom, et al. However, there is no doubt how God felt about fornication in the OT. He was opposed!

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- **Q: I am 25 and my wife is 24. Why am I not as interested in her sexually (twice a week) and why does it take a lot of foreplay for her to orgasm?**

A: 25 Is not old but one of the facts of life is that the male sex drive peaks before 25 and then declines slightly with age. Twice a week may be just about right for both of you now. Apparently neither of you feels a buildup of sexual tension. Have sex when you need it, not when the calendar calls for it. Remember "foreplay" can take different forms. Hugging, kissing, stroking, and sucking are all forms of foreplay. Ask her which she prefers. As I stress in my book, penis insertion should wait until the wife begs for it. Don't consider thrusting to be foreplay if she hasn't begged for insertion yet. Some husbands tend to have a stronger sex drive in the morning, while some wives are easier to arouse in the evening. Talk it over and see if the time of day makes a difference for her.

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- **Q: How can I avoid sexual sin? My will is weak.**

A: Avoiding sexual sin requires more than sheer will power. It involves the direct involvement of the Holy Spirit, the third Person of the Holy Trinity. Pray to be filled with the Holy Spirit. This is not just a one-shot trip to the altar. We're talking about a day by day, hour by hour, even minute by minute reliance on the Holy Spirit for the power to live above sexual sin. When I was a teenager in the evangelical church, we used to joke about being saved, sanctified, and petrified. The kind of Spirit filling we're talking about here is the starting point of a growth process, not being sealed in Lucite until either marriage or the rapture.

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- **Q: Is it all right to make love while another couple is in the room, if our bodies are always covered? What about taking pictures?**

A: I think this is a very poor practice. Sex is a private matter between husband and wife. Sexual activities should not even be discussed with other persons, except in a clinical or help-giving environment where the objective is to get or give help with a problem. I can't believe there wouldn't be the temptation to be titillated by the sounds of the activities of the other couple, even if their bodies were completely covered. There is no excuse for taking pictures. That could give rise to wife swapping.

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- **Q: Where can I get another book about Christian sex?**

A: As far as I know, this book is unique in terms of total frankness from a Biblical perspective. There are Christian books about sex but they tend to shy away from such topics as oral sex and female orgasms. On the other hand, there are many books which cover these and all other topics but not from a Biblical perspective.

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- **Q: Would it be a sin to make video recordings of my wife and me during sexual activities, for our own private enjoyment?**

A: I know of no moral reason why this could not be done. However, if you have children, it could be upsetting for all concerned if they (or any other children, such as nieces or nephews) looked at that tape. The security for such a tape should be of the highest level. Perhaps you should use a safe deposit box.

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- **Q: Should we use sex training videos to improve our sex life?**

A: I would recommend that you not use any sex training materials which are not based on the Bible and developed by Christians who have a value system similar to yours. With videos, there is a danger that the nudity will become more important than the so-called educational value of the materials.

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- **Q: Is it all right to use a vibrator during foreplay?**

A: Sex toys, such as vibrators, may have a use in a Christian marriage as long as they are mutually enjoyed by both husband and wife. There is a theory that extended use of vibrators may diminish the wife's ability to be aroused by her husband's human touch.

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- **Q: Is masturbation a sin for a single person?**

A: Many people masturbate and fantasize about another person at the same time: that is sin. However, it is possible for a person to masturbate without fantasizing when normal sexual activity is not possible or practical: that is release of sexual tension. Masturbation with illicit sexual fantasies or with use of pornography is wrong. In Matt. 5:28, Jesus said that looking at a woman in lust is committing adultery in the heart. A popular song of the sixties said "you can't go to jail for what you're thinking". Maybe not, but this teaching of Jesus states you can go to hell for what you're thinking. The command against looking at a woman in lust applies equally to women looking at men. It also applies to looking at pictures and reading pornographic materials.

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- **Q: Why do you say that Christians should not have sex on the first night of the honeymoon. Since they're married, how can that be a sin?**

A: It won't be a sin but it may be a mistake. The scenario on the first night in *Bible Sex Facts* is based on two virgins, or at least persons who have been celibate in their relationship.

I'll say this as a father: When a man takes my daughter as his wife in the full scriptural sense, I want him to be a thoughtful, patient, selfless lover. Who cares if it's the first night? Her happiness is the sole issue, not on what night of the honeymoon she was deflowered. The pressure and tension of the marriage celebration may make it a good idea for both parties to wait a day or so to recuperate. By the way, the Bible is silent on sex the first night. The law of logic is being applied here.

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- **Q: Is it really practical to expect adults to remain celibate until marriage?**

A: It may not be easy but it is possible, through prayer and the power of the Holy Spirit. Interest in high school and college celibacy support groups is on the rise, all across the country. Check out the Ivory Home Page at

<http://www.diskbooks.org/ivory.html>

diskbooks@comcast.net

Please note: The hypertext e-mail link above is hot [active] when you are connected to the Internet through your ISP. The same will be true of all hypertext links through the text of this ebook.

Appendix D: Normal Is Better Than Average

The "normal is better than average" story was great. Thanks for the insight through your illustration.

A Senior Pastor

In 1951, I was teenager. My dad had traded a hot 1949 Mercury V-8 with a standard transmission and overdrive for a new 1951 Mercury V-8, but with Merc-O-Matic automatic transmission. You could measure the new car's 0-60 performance with a sun dial instead of a stopwatch.

One day, I was taking some friends for a ride in Dad's new car and came to a traffic light. A 1950 Chevy pulled up beside me. I knew that Chevy with a straight stick could whip the Merc-O-Matic away from the light with no sweat. So, as the light started to turn green, I put my dad's Mercury into Neutral and raced the engine. When the light turned green, I floored the accelerator and pulled the shift lever down into Drive. Instead of beating the Chevy away from the light, that Merc never moved from its tracks.

When they towed the Merc to the garage, there was a small handful of broken metal parts on the pavement which I had as a souvenir of the occasion. The autopsy report from the Ford garage: broken universal joint, bent drive shaft, and a repair bill of **one hundred-fifty 1951 dollars**.

That 1951 Mercury (or any other car, for that matter) was not designed to be shifted into Drive from Neutral at full throttle. Therefore, what I did was wrong. Not because Dad said it was wrong, but because the Ford Motor Company said it was wrong when they wrote the operator's manual. When I violated that operator's manual, there was a bill to pay.

God is our Manufacturer. The Holy Bible is His operating manual for how we run our lives. When we violate His operating manual, the Bible, there will be a bill to pay. And it may be a lot more than one hundred-fifty 1951 dollars, too!

A certain practice isn't wrong because the Bible says it's wrong, the Bible says it's wrong because it is wrong. The Manufacturer always has the authority to specify the correct operating procedure for His product.

Normal behavior is the way we are designed to function according to our Manufacturer.

Average behavior is what most of the people are doing most the time.

It's always better to be Normal than to be Average.

Appendix E: What the Bible Says about Homosexuality

This page is not to be considered as justification for any homophobic actions or reactions!

Update: October 16, 1998

This page is designed to shed the light of God's love on the social, political, and religious controversies that swirl around the issue of homosexuality. However, real born-again Christians do not harass gay or lesbian persons mentally or physically. The October 1998 murder in Wyoming of Matthew Shepard was a crime as well as a sin of the worst order. All persons connected with the real *Christian right* should abstain from such activity and should encourage all others to do so, also. True, the Bible clearly labels homosexuality as a sin. However, this fact must never be justification for mental and physical harassment of any degree. If you have something to say to gays and lesbians, say

"God loves you and the power of the Holy Spirit can deliver you from this abnormal lifestyle."

All scripture verses should be read within the context of the whole passage: who said it, to whom was it said, why it was said, what happened before and after. Therefore, the following verses should be studied from the Bible, within their context.

Scriptures used from THE HOLY BIBLE: NEW INTERNATIONAL VERSION. Copyright ©1973,1978,1984,1987 International Bible Society. Used by permission of Zondervan Bible Publishers.

Genesis 19 (This is the classic story of how God destroyed Sodom and Gomorrah because of homosexuality.)

4 Before they had gone to bed, all the men from every part of the city of Sodom-- both young and old--surrounded the house. 5 They called to Lot, "Where are the men who came to you tonight? Bring them out to us so that we can have sex with them." . . .24 Then the Lord rained down burning sulfur on Sodom and Gomorrah-- from the Lord out of the heavens. 25 Thus he overthrew those cities and the entire plain, including all those living in the cities--and also the vegetation in the land.

Leviticus 18:22

Do not lie with a man as one lies with a woman; that is detestable.

Judges 19:22

While they were enjoying themselves, some of the wicked men of the city surrounded the house. Pounding on the door, they shouted to the old man who owned the house, "Bring out the man who came to your house so we can have sex with him."

Romans 1:26

Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. 27 In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men, and received in themselves the due penalty for their perversion. [What is that penalty?]

diskbooks@comcast.net

Please note: The hypertext e-mail link above is hot [active] when you are connected to the Internet through your ISP. The same will be true of all hypertext links through the text of this ebook.

Appendix F:

Feedback from Readers

Here are excerpts from e-mail messages sent by the readers of this DiskBook: *Bible Sex Facts*

We still want to hear from you in your own words. No personal identification information will be included in the portion of your message we print here.

If you'd like to send along a message, just click the e-mail link below:

[Send E-Mail](#)

Of course, if you don't wish us well, please understand that all flames are deleted without response.

* * * * *

- Thank you for your informative site. I have yet to see a site that is so explanatory without being vulgar.
- Thanks so much for this website. My husband is a Muslim and it's difficult to answer some of the things that he asks, and to give specific answers about what the Bible says about sex. Yours is the most decent, least perverted site out there precisely because you talk about the truth in honest terms, without being afraid to discuss real issues. You are doing a great service for God and for all people with this. I will be recommending it to all the Muslims I know who ask questions on this, and I really think that this will be a witness to them, as they will appreciate the frank discussion and beauty behind the justifications (as opposed to the prudish or perverted explanations they get from much of their own community, or the rest of the Christian community).
- Thank you so much for your web page on biblical sex facts for married persons. I have been married 17 years, and we had reached a difficult impasse in our sexual relationship during the last few years. Neither of us was blaming the other for it, but we were technically separated when it came to bedtime. After reading your page, I lost any fears/inhibitions I had of giving him pleasure in certain ways, plus I suddenly clearly understood why his dabbling in porn videos & books was hurting me so badly, but also why he was doing it. A well worded conversation with him resulted in his immediately getting a trash bag and throwing away all of the videos and books, and I felt like I had

lost half of my body weight! Plus, I was so eager to give him pleasure in ways that he had wanted, and everything just suddenly fell into place. The past week has been like being on a honeymoon! Thank you from the bottom of my heart and bless you for discussing a subject that is so difficult for Christians to address frankly!

- I am a Methodist minister's daughter and am also a trained Stephen Minister and Stephen leader/teacher. My website for Christian advice for women is: www.hearthkeeper.com. Your website contains the best advice I've ever read concerning sex. I get dozens of letters from women who are too embarrassed to ask their pastors intimate questions. Would it be ok to put a link to your website on my Hearthkeeper page? I wish every Christian couple could read your advice.
- Just two words: THANK YOU!
- I've been searching for real, no-holds-barred, Bible sexual teachings, and your ebook was the most explicit and Scriptural site I have come across. Thanks for being so candid! I want to know what God says about sex in a Christian marriage. Now I have something to study and to share with others. God bless you!
- Thank you so much for the info. So many things I was wondering about because I just could not see why it was wrong if it was done between a married couple. I was raised in such a way that I thought so many things were WRONG to do when it came to sex in marriage. But I just had a feeling it had to be how I was taught that was holding me back. And it was. Thank you for freedom.
- I have enjoyed your website. Thanks. I am a newlywed.
- I am a Christian and I am married. Thank you for being open and letting Christians know that making love is wonderful and you don't have to feel guilty because the older Christians taught it that way. May God bless you.
- When we got married, I never felt like what I was doing was wrong -- even though my wife and I were experimenting sexually, trying new things, and talking about things on a daily basis. I assumed that the Holy Spirit was telling me that **everything** was acceptable in a Christian marriage as long as both husband and wife enjoyed it. It was a comfort to see that another Christian had come to that same conclusion and provided Scriptural explanation to back it up. Thank you.

- **I have enjoyed your website. Thanks. I am a newlywed who is forced to be separated from my spouse.**
- **I really enjoyed the site. It was very informative and helped me out quite a lot.**
- **I was happy to find a Christian website devoted to helping us Christians understand our own sexuality. I'm glad because I think its important for us to understand where we stand in this day and age, and I find many of my peers are confused on where healthy sexuality ends and where sin begins. I thank you for your efforts to this cause.**
- **An adult at church who knows my family showed me your site - and I found it very useful and informative. I'm a 15-year-old Christian, trying really hard to "put to death" (as it says in the Bible) sexual thoughts and feelings.**
- **I'm sure that you probably get lots of e-mail about the quality content of your *Bible Sex Facts*. I just wanted to take a moment to thank you, to lend a little encouragement to a Christian brother ... and to explain why your guide was helpful/refreshing for me. It was a comfort to see that another Christian had come to that same conclusion and provided Scriptural explanation to back it up. Thank you.**
- **I have needed a site such as this for a long time! I was seriously considering setting one up and having wise old people put good information on it. but now there is no need! Thank you for taking the initiative on this issue. [Who's old?]**
- **I initially approached your site with practiced cynicism, intending to be amused or even angered at yet another 'fundamentalist crackpot who's going to say that sex is lights out, under the covers, man on top, get it over with quick'. I was SHOCKED and GLAD that I was WRONG.**
- **None or very little is said about sex and yet, I think it's the greatest reason many couples get divorced. I think that it's time for the church and pastors to start talking and holding seminars about this openly, because it is a big problem. It's always treated like a SIN to talk about sex. I've learned so much. Thank you and God bless!**
- **I am not a Christian but I was really impressed about how you talked about discussing sex with your children. I am currently taking parenting classes and we just discussed this in class in the part about protecting our children from child molesters.**

- You give frank examples to real life questions that children will ask. I know this because my son told me that I had a baby in my tummy and that it was a girl. This was two weeks before I had a pregnancy test or even knew that I had missed my period. He was also right about me having a girl. I have found that children are very perceptive and to evade a direct question is to do them a disservice. If they can form the question then they are ready for an answer. You gave me answers to my sons questions and when my daughter is old enough to ask I will refer back to your page. Thanks for everything.
- First of all, let me thank you for the very frank (and bold) discussion on the Biblical perspective of sex. The religious world is filled with either silence or large quantities of disinformation about this topic which seems to be a fairly important subject in the Bible.
- I just wanted to commend you and thank you for being frank, open, and honest about a subject that many churches and parents in the church avoid. I had been looking for answers with a strong Biblical foundation and you provided that for me and I'm sure so many others, unabashedly and unashamed. All I can say is it's about time and thank you, thank you, thank you. Never stop sharing the Truth. So many people need to hear it.
- Thank you for doing so much to educate people regarding God's law. I have learned a great deal from your site and I try to share that knowledge with as many people as I can.
- Having had two challenges recently as to why older Christians are not teaching young people what they think they need to know about sex, I am glad to see that some Christians are making an effort to minister on this subject. I'm finding this site pretty educational. My husband should see this.
- I found your site while searching for information about my relationship. My girlfriend did not stay a virgin, and it has made a lot of our time together miserable, and I have had a hard time dealing with the thoughts and questions. You have helped immensely, and we have altered our approach to the things we do and say, and we are happier for it. Please pray for us as we make the biggest decision in our lives-- to be married. Thank you for your informative site. I only wish we had both found it sooner. Thank you and God bless you.
- Dear Brother - I searched all over the Internet as a Christian wife looking for Biblical principles about sex within marriage, and I got a bonus. The other parts of your site were very helpful. [Children, etc.] Thank you for taking the time to boldly go where no decent Christian website has gone before. Your marriage item brought me to tears. I have always seen the scriptures and

knew the principles, but seeing them in writing has given me confidence that I am not crazy (re: equal rights of wives and husbands regarding sex) I only wish my husband would realize that I am not a troublemaker or trying to "emasculate" him by stating these principles. Thanks again for all your work.

- **May I congratulate you on a most wonderful, educational site.**
- **Kudos on a most excellent web site. Very informative and right to the point. Thank you for teaching us what the Word says about the wonderful subject of sex. I'm sure I can speak for most people who have read your information when I say that your knowledge is a gift God gave you to share with us.**
- **Thank you for your informative website. It is refreshing to find teaching that honors God's guidelines for sex.**
- **This is a great web site. I am a new Christian (8 months now), and I am dating a Christian lady that has been a Christian her whole life. I have been wondering what dos and don'ts there are. Some are obvious to me, but there are others that weren't so obvious. Again, thank you and I hope others learn about this.**
- **I am a Christian, and Spirit filled. I have read your web site and just love it. I have gained some very good information.**
- **Just writing to say, I 'stumbled' across your site and found it very interesting and enjoyable. WOW!!!!!! Thanks for putting it out there -- though I'm sure there are as many who would disagree as would agree. I for one am appreciative for the forthright and truthfulness you shared and am one of the 'agreerers'!!!!!!!!!!**
- **Thanks for giving us permission [to link to your site.] The link will appear in our new issue.**
- **I wrote to you many months ago, expressing appreciation for your site. I have been praying for you regularly since that time. [I need all the prayer I can get. JFC]**
- **I have seen your site for a couple of years. It has been very helpful to me when I was single, when I became engaged, and married. Thank you!**
- **First, let me say thank you. You have no idea what it meant for me to find your website and finally get my questions answered. Thank you for reaching out to people. Because if you were raised as I was, you could go through your marriage thinking that most of what you did in your "marriage bed" was**

- **Thank you so much for researching and writing on this subject. I am a newlywed Christian who has been having some trouble in this area. I had found the scriptures to be difficult to follow in this matter (I am a new Christian as well,) and it was refreshing to find some explanations that were backed up with the Word. It has eased my mind, and pointed me in new directions to study. Thanks again.**
- **I wanted to complement you on your website! Those are some real questions I've wondered about and it's great to have a Christian Perspective. Thanks so much!**
- **I was truly amazed over the site. It gave very detailed information. I did not realize how far my fiancée and I had crossed the line. We have not had sex, but if we had continued, we would have that explosion from playing with dynamite. I forwarded the page to him; he enjoyed it too. And now we have a lot to look forward to once we marry. We see that nothing is exempt when you marry.**
- **I want to say how much I enjoyed both your articles on deliverance and Biblical perspective on sex! Very well written and based on the Word.**
- **This site was great. The information provided was clear and detailed without being crude or distasteful. The author's views reflect God in such a positive way that I believe even nonbelievers would consider this information! Very well done!!!**
- **I was reading your articles on Bible sex facts and I think they are absolutely wonderful. I like that you believe in equality for husbands and wives. One point I wanted to bring up though was that, in one article you are discussing the double standards about the importance of the orgasms of the husband and the wife. Thank you for providing such wonderful advice to people, myself included.**
- **I have read your *Bible Sex Facts* from the Internet, last month, and I am truly impressed with your coverage as you have answered some of my secret/silent questions.**
- **I just want to say that I am loving the day that I found this page. It is so informative about what we, as "Christians", have run from so long. Things that seem to have been hidden have now been illuminated. God be with you as you look deeper into the word of God.**

- I've been looking for ways to explain my views to cousins and friends whose parents and churches haven't given them clear direction. Your *Bible Sex Facts* Home Page is a wealth of honest, direct, and scripturally sound information that confirmed my own beliefs and gave me confidence to share them with others.
- I have been impressed by the way the *Bible Sex Facts* have been presented. There were answers to questions that I had and I was glad to find this web site.
- My wife and I have read your entire study on sexual intercourse. We are pleased to say we have found it to be most informative.
- My wife and I are devout Spirit filled Christians who have been struggling with our intimate and sexual relationship for a couple of years due to some teaching we received. We question what is right to do and what is not. I found your site "Bible Sex Facts" today and was very interested to see what you had to say. I read through your material and was very pleased to see that it was not your opinion only, but was supported by the Word of God. I also searched through the Bible references and lexicons to "double check" what you had written. I respect your work, but the Word says to check everything with the word, so I did and was pleased that you line up with the Word.
- I have read the web page of *Bible Sex Facts* and I am totally impressed with its content. I do have some questions, please let me know Jeff Cogan's e-mail address.
[jfc@diskbooks.org]
- Hi, I just wanted to say THANK YOU for creating the *Bible Sex Facts* book online. It presents sex in the way it should be. If only other Christians regarded sex in marriage the same as you and I. I want to say thanks by letting you know I purchased a copy and will link to this on bornagain.net on the quick links section. God Bless!
- I have been impressed by the way the *Bible Sex Facts* have been presented. There were answers to questions that I had and I was glad to find this web site.
- The thing that is so impressive to me is that the opinions expressed [in *Bible Sex Facts*] seem so well thought out, particularly because there is emphasis on sex for pleasure and not merely procreation. There seems to be so much conservative Christian garbage out there, with these outrageous ideas about sex having no other purpose than reproduction, and I think that those ideas are truly harmful. I also feel embarrassed to be considered Christian along

with them, as I find them so reactionary and their grounded in very selective interpretations of scripture.

- I found your web site very uplifting and helpful My wife and I are both Christians.
- I want to thank you for your site. Never before had I heard of this stuff, until I talked with my Pastor. My parents didn't want to address the issue and neither did many people in the church. This along with what I talked to my Pastor about answered so many of my questions and calmed my fears. Thank you for putting this stuff out, I will tell everyone I know about this site. It's that good! I wish that I would have had this stuff a long time ago. It would have made a great deal of difference in my life.
- I just wanted to say that as a married Christian woman, I really enjoyed reading through the online version of your *Bible Sex Facts*. It answered many frank questions my husband and I had wondered about - things we had enjoyed, but other "strict" Christians we know considered to be horrible. Because sometimes it is hard to find the specific examples in the Bible, it is good that you have compiled a number of tough questions and answers from a biblical perspective.
- I will definitely recommend your site to friends - and especially to the pastor of my church. I plan to read further than just the "sex" chapters, into other.
- Before anything else, I would like to say that I am not a Christian, and do not personally agree with many of the things said in your text about extramarital relations, and so forth. That said, however, I was surprised and pleased at the content of your text. Within a Christian viewpoint (As an anthropology student I am used to looking at things from within other peoples frameworks) it is indeed a very cogent and well written piece, and has potential to improve peoples sex lives and relationships greatly. Since I read it specifically seeking to criticize it, I think it only fair that I write you anyway to say I could find little to criticize While I disagree with your philosophy, within the bounds of said philosophy this work is great.
- Thank you for a Biblically based, non biased, open and frank discussion about one of the "hottest" topics today. I have book marked your site to recommend to friends and constituents. Thank you very much for making my job easier as a parent and as a minister. It's amazing how someone you've tried to help can read the same advice somewhere else, and it finally soaks in or the light finally goes on. It's so nice to have a place to send believers in need, especially since some are reluctant to discuss this situation. Once again, thank you.

- **Thank you for creating your site. I was raised in a Christian family and feel my faith to be very strong. I appreciate the Biblical references and modern day explanations, to help clear some old thoughts and feelings up that have been troublesome for a very long time.**
- **How frank and necessary the information is on your site! It touches so many subjects we are all afraid to ask, but need to know about. I have book marked it and will for certain come back for many, many answers to my questions!**
- **First I want to thank you for posting this information on the Internet. I have been searching for some answers, and it seems as though I have trouble understanding what is meant by some of the things in the bible. I try to read and comprehend to the best of my ability, but sometimes I just can't see the whole picture.**
- **I would like to say that I am glad you had this on the Internet because I had so many questions and no one to answer them. Your page was so informative. I am glad I had a chance to read it. Thank you!**
- **Thanks for your *Bible Sex Facts*. I am engaged and will be married in August. I think what you wrote is a good guideline for us.**
- **Thank you for having this website; it has answered a lot of questions for me. I'm a married woman age, 56 , married for 37 years.**
- **I would first like to say this is a wonderful site. I have been looking for a site like this for a while. My husband and I are new Christians and I have had so any questions about what is right or wrong to do**
- **I have been visiting your site for quite a while and I must say it has been a real blessing and help to me. It has inspired me to start a help group for Christians experiencing marital and sexual problems. It's a mailing list called "Christian_Intimacy"**
- **I loved your information on your website, it was very informative.**
- **I'm a happily married woman who works with many young teens ready to graduate this year. I decided to read your section on singles and sex. I really appreciate your frankness and clear Biblical stand. I applaud your not straying from God's laws. May your site be used to encourage others to remain faithful, first to God, then to their future mates.**
- **I just wanted to say that I am a single man and have very high sexual standards. I was browsing through your web page and was extremely happy**

to see that you are representing the Biblical view of sex in all aspect, dealing with tough, real areas and giving the truth in it's uncompromised pure form. Thank you and may God bless you for the work you do.

- I really am glad that a website like this was created. As a woman it is doubly difficult to ask questions about sex and Christianity.
- I would like to thank you for putting this information on the net. I am getting ready to teach a class on this subject to the women of our church. I have had an overwhelming response to the class. It sure must be a need in the Body of Christ, and I don't think it is talked about much. Again, thank you for your articles
- I want to commend you for authoring a page to help struggling Christians. It is awesome that teens these days have sources such as yours to help them in their walks. I wish I could have been able to have found a source such as yours when I was struggling. I combed the Bible looking for limits and advice but found none, and at the time I failed to trust the Spirit in me.
- We are a Christian couple and appreciate your openness to give advice in an honorable way. Thanks again.
- I am glad that I came upon this website because I had questions about oral sex and you answered them.
- I thank God for what He's done through you for me. Your book was such a good help and advice for me. I will get married on September the 1st, 1999 and have reconsidering my attitude toward my fiancée because of what the Lord showed me through your book. Thank you again. The Lord bless you richly.
- Thank you for having this book online. We will refer people to it. My husband and I have a ministry called "Parents Praying for Teens". We need this type of information to give to parents often. Excellent job! Very frank and Biblical. Well thought out. You're right on about french kissing and other forms of foreplay. I agree with you an oral and manual sex, as well as anal sex. I will link to your site right away. You said many of the things I'd like to tell people.
- I would like to say that your website is very informative and honest. Thank you for making it.
- Appreciate your *Bible Sex Facts* page. This is an area where people really need help these days, the truth to counteract so much error and deception. However, this is a very dangerous area to work in, I am sure, so I am adding

you to my prayer list and will be praying for wisdom for you in providing what will be right and helpful, and for protection and victory over temptations that will inevitably come to you as well.

- **I want to thank you for creating such a well-maintained and informative website.**
- **We have been married several years. My husband and I are both Christians. I wish to thank you for this web site. We have learned more from this site than I could ever tell you. Questions of a sexual nature are extremely difficult to discuss with our pastor and I tried once with the pastors wife (very uncomfortable and equally unproductive). I would refer this site to other people but that would be a little embarrassing as well. It's information Christian people are interested in and curious about but too embarrassed to ask. Thank you.**
- **You have a lot of great information on your site. I have an abstinence website and I'm going to make a page of related links and would like to include your site. If you'd like, you could check mine out and perhaps link to it as well. <http://members.aol.com/Intift/ej/Steps.html> ----- Best of everything to you!**
- **I am doing a research project and the info provided was interesting and presented in a wonderful entertaining manner. Keep up God's work!**
- **Thanks for your site. Seldom do I find unbiased Christian information on sex. I'll be back!**
- **Thank you, thank you, thank you!!!! You have cleared up a lot of misunderstandings that I have had for years concerning sex. I am a Christian and was raised in a Christian home that was so sexually repressed that I was certain the only time my parents ever had sex was on two occasions, 9 months before the birth of my brother and myself. All jokes aside, I have found this page to be VERY informative and answered my questions concerning oral and anal sex within marriage. I believe that my marriage will benefit greatly from your very carefully researched advice. Thank you again.**
- **I really enjoyed your site. It made some things clear for me.**
- **WOW! This is THE BEST marital advice I have ever read. All others seemed like CHRISTIANESE. I am so tired of feeling frustrated and have experienced total aggravation within the ministry, within marriage and this was and is a last ditch effort to find answers. Finally, I feel there is someone saying some things I have felt. Thank you.**

- **I really found the information on your website frank and informative. I think the information you are providing is much needed for Christian married couples and singles.**
- **I found your website through IFC and have found it very helpful. Such frank and open discussions of the Biblical perspectives on sexual behavior is important. Thanks.**
- **I gave my life to Christ on May 10, 1998 and find this site very helpful.**
- **I stumbled on to your page a few days ago and it answered a lot of my questions. Thank you. My fiancée found it and told me about it. We checked it out separately.**
- **I am not a Christian but I found the frank explanation of sex to children to be a very consistent and honest means of dealing with the topic. Better than what I was told as a child, namely that babies come out of the belly button. It caused me fear for years.**
- **I must tell you that I agree with everything that you say here because I believe it is totally based on Bible, even though there were some issues that I wish you touched a little more, such as masturbation.**
- **I just read your page on *Bible Sex Facts* and was very surprised! The page cleared up a lot of misinformation for me on what the Bible actually says about sex and marriage. I always thought that being married to a Christian would be a repressive and puritanical experience, especially for the female. However, after reading your page, if the couple were to follow the advice, it sounds like a most healthy and joyful experience. [It is! JFC]**
- **I have found your Bible sex link to be interesting. The page has answered a lot of questions that I have wondered about for years. My husband and I have been married for 7 years.**
- **I just want to make a quick comment about the information on your website. I think it is one of the most well written, informative, and lucid arguments about this touchy topic that I ever read. I agree with every word written - especially the chapter on single adults because I am a 27 year old single male. I have always personally upheld celibacy until marriage. I also feel the information applies universally to all races, religions etc. I loved your Mercury car story too - since I am a big car fan! I often use automotive analogies to explain "impure" behavior to friends. The facts that you presented should be adopted by society as a whole - I am very disillusioned to meet so many young women that do not practice chastity and purity. The**

mere act of celibacy could save them so much heartache and suffering. Your argument balances morality with health implications, something that may help people see their own mortality and think twice about sex out of wedlock. The information is practical, and discusses real life situations such as dating and petting. The justifications and guidelines given are applicable to real life. I felt that I benefited greatly from the site.

- I thoroughly enjoyed your site and was genuinely enlightened by it. The Puritan influence in American Christianity has made sex hard to talk about, but you have handled it gracefully and tactfully. God bless, keep up the good work.
- I just finished reading through your work on sex and am very grateful for someone writing as openly and biblically as you do. I am a pastor and itinerant speaker and this topic is one that I am asked to speak on very often. Again, thank you for sharing your insights openly and honestly. Blessing to you,
- Thanks for all the information on this page. Now we realize we need more communication in our life if we are going to make it. It's so true that the enemy wants to destroy Christian marriages and so again we say thanks.
- Thank you for all the information I found on your page regarding Christian sexuality. It has helped a lot.
- This should be made mandatory reading for all Christian singles prior to dating and at least once again after marriage. Thank you for a very excellent resource. Can I add a link to my personal web page? [Of course! jfc]
- I only briefly looked over some of the information that you have on Biblical facts about sex. I would like to say that it is a real blessing to see someone addressing such a neglected part of God's Word. Keep up the good Work. God Bless.
- I really am enjoying your page, and your encouragements to pray to God when facing temptation.
- I think the bible sex facts page is well done
- I loved your book on *Bible Sex Facts* for married couples-- and those who are about to get married. It was informative and also helped me to rid myself of sexual hang-ups about what married couples can do sexually.
- Good stuff! Sane and sensible! Thank you!

- I enjoy to read *Bible Sex Facts* ... I learn a lot better than all books. It helps me understand better. I still study more on it. Praise the Lord forever. I believe that your ministry is very good to feed many people, Christian and non-Christian, about these needs. I know that God bless you so richly.
- I just stumbled on your Bible Sex questions page. Bravo!
- Congratulations on your DiskBook site and for the courage you've demonstrated in tackling topics no one else in the evangelical Christian community dares to touch. I appreciated your frank discussion on sex within the context of a Christian marriage.
- Thanks. I am a parent of a 7 month old child, I found that your article was helpful and well documented. Thanks for the help.
- I really enjoy *Bible Sex Facts*. I found it to be very informative and realistic. Thank you for caring enough to publish this for all to use and learn from.
- My husband and I have really enjoyed the information in this site; we now feel enlightened by the information here. Also, we feel better equipped to guide our children as they approach their teens.
- I take my hat off to you! I really admire what you are doing. Your book seems to be what I need.
- May The Lord Richly Bless This Ministry!
- Thank you! And God Bless you for your web page. It is very scriptural and informative.
- Thank you for your site!
- This was great to find. My wife and I have a wonderful sexual relationship. We have been married 15 years, and still make love almost nightly. Again thank you for covering all these topics in this web site.
- Your web site is very well done, and I am glad to see that you take stands that represent a Godly view of most topics. The sexual stuff is important, and Christians need to be informed as to what God says about the topic. I have enjoyed reading your articles on sex.
- Was reading your information on *Bible Sex Facts* and was very pleased to finally find useful information to back up my argument that birth control is not prohibited in the Bible. I am 100% pro-life, but do not see a problem with married people using non-abortifacient birth control methods. Other people

in the pro-life movement have problem with my view on birth control, and tell me I am going against God. Thanks for the info.

- **Kind regards and may [God] continue increasing your faith, love and devotion. We visited your web site and praise [God] for your ministry.**
- **Just wanted to simply say 'thank you' for *Bible Sex Facts*. I am a Christian and open to learning more about the Lord looking back, I can't tell you how much I agree and how true *Bible Sex Facts* is. I wish I had known and read some of this material before. Again, thank you and God bless.**
- **I am a Youth Pastor; I wanted to let you know that I have added a link to your page on my links page. *Bible Sex Facts* has been entered into YouthPastor's Resource Directory.**
- **Being a Born again Christian for 22 years and married for 25 years to the same man, I enjoyed reading about marriage Keep up the good work; I know you will minister to thousands.**
- **I am glad to see the information you provide on the net.**
- **I want to say that I have truly enjoyed reading the article about marriage and sex the Bible way. I believed these things and rarely found anyone who believed them as I do. My wish is that you get this message out to many of the Christian marriages that are still under bondage because of what some preachers are preaching to their people. There needs to be more freedom in Christian marriages.**
- **Thank you so very much for that article. I also enjoyed the ones about the single persons and the children. Thank you again so very much for the time you spent writing these articles. A Pastor.**
- **I've checked your page about *Bible Sex Facts*. I think that it has very good facts and truths about the Christian way of life and hints how to make your life "better".**
- **I think there needs to be more Christian Websites. Keep up the good work!**
- **We want to thank you for enlightening us to many facts about sexual intercourse in a marriage. There were many things we did not know. Thanks to you, our sex life will be more enjoyable and we will feel much better about the way God views sex. Thank you again and God bless!**

- **We've really enjoyed your web page. It answered many questions my friend and I had. As a newcomer to the web, I am very impressed at the straightforward answers and simple explanations you provided.**
- **As a Spirit-filled Christian, I like the fact that Christians and non-Christians could read these articles and get the information they need without being offended or confused as to what God's word says. Thank you for your bold approach and honest answers to these seemingly "taboo" questions. God bless you.**
- **Just wanted to drop a note and say you have a great Website. I'm a 21 year old male who made a lot of mistakes before I became a Christian. Luckily God forgave all those mistakes. Thanks for being willing to tell it like it is; actually, for telling it like the Bible says it is.**
- **I love your Website's contents. Generally, I'm not conservative in thinking but I do agree with much of the stuff you say because the Bible says so.**
- **Thank you for your articles on pornography and sex outside of marriage.**
- **First of all, I need to thank you for the *Bible Sex Facts* you put on the Internet. It was an answer to prayer and my wife and I have benefited from it. It confirmed several things I was believing.**
- **I am very happy I found this page as I find I'm always struggling with the world's view on sex and the Bible's view. I am a 23 year-old male Christian, and a virgin. I totally agree on the things that are mentioned in the home page, and am very much encouraged by it. It has affirmed my faith and my dedication as a Christian, knowing what I am doing is God's will.**
- **I just thought that I'd say that I'm proud to know that there are some places that I can visit and get good advice. Congratulations.**
- **Just wanted to let you know I appreciated your advice on sex within marriage. Please keep up the good work!**
- **Food for thought. I was truly amazed by all this; thanks for the research.**
- **I am overwhelmed at your web page and how much research must've gone into it.**
- **I read with great interest your web page. I found it to be stimulating and extremely factual.**

- How refreshing to read a Web page combining frank everyday issues with deep-rooted Biblical guidelines.
- Happened upon your page by "chance"(?) Enjoy it immensely. Will come back often to see what's new.
- From what I understand, you are the author of this web page, and I've found it quite good. The information was similar to a book that friends of mine got us for our wedding.
- I read with interest your instructions to married couples regarding sexuality within marriage, and overall found them to correspond to my own understanding of Scripture.
- Like the other reviews of your "book", I thank you for your specific answers to the questions of Christians regarding Biblical sex. Your scripture-based beliefs are truly a testimony and, I hope, an encouragement to many, many Christians.
- I have liked what I have seen of what you have published on the web. I think it is really important to have topical reference information, available from scriptures on the Internet. God's word is infallible, and very important to our everyday lives. "The fear of the Lord is the beginning of knowledge." Proverbs 1:7. "One sentence of Scripture is of more value than ten thousand of man's ideas or arguments."--White
- I have been reading through many of the entries on the *Bible Sex Facts* home page. I feel you have done a good job on much of the page .
- . what I have read has been direct and to the point. Which I believe we need to be. So I thank you very much for your web page.
- Your help has been greatly appreciated and your web site made a difference for me Thank you. (It's nice to be told when you make a difference. JFC)
- Your scripture-based beliefs are truly a testimony, and I hope an encouragement to many, many Christians. I agree 100% with your entire writings. It sounds as though you have "done your homework" in the area.
- I just read your page and was impressed with your stand. I pray that your program is truly blessed of God. I see so much about a "silent witness" until nothing is being said about the Lord, so it's a blessing to see someone talking about being born again.

- I've just read through your two books on the website, and thank you for the work that went into these.
- It's intriguing, and I'm glad to realize some of the forthright support for sexual behavior that I didn't realize was in the Bible (especially in the New Testament).
- Thanks for the information on this page. I'm a Christian man who is engaged to be married. I'm interested in learning about this information from a biblical standpoint without letting my mind wander to lusting and your pages have helped me do that. It's nice to find a resource like this available on the Internet.
- While I may not agree with everything you have presented on your site, I have found great value in a lot of the content. The site is well organized. I will be passing this URL on to our local school for use in their computer lab
- I linked your site. Have a wonderful day,
- Thank you for being so frank and free. We're involved in many situations of denomination. The Lord is so awesome and powerful, because the high priest Jesus sacrificed Himself once for all. And He lives!!! Thank you for your encouraging site. May the Lord of Host bless and protect you!
- What a comfort to happen across your page - I'll be back to read more.
- I am a pagan. I honor everything on this earth. I honor you and what you are trying to do and I think you are a sincere person. I don't have time for people who aren't. I want to tell you that although I do not agree with everything you have said, I found your advice on sex to be intelligent, sensitive, and well-written. I have often felt sorry for Christians that did not have someone like you who was not afraid to talk frankly and plainly about such an important subject. You do not seem to have twisted the Bible to suit your needs, and I respect that. I found this page because someone I know thought it was funny. I don't think it is funny. I applaud your sincerity and as long as you continue to be respectful of the First Amendment, I would die to protect your right to say what you have said . .
- First, I must say that seldom do I go to a web page where I so wholeheartedly agree with the author!!! It seems clear to me that you are genuinely filled with Rhema and you have a well-developed relationship with Yeshua. I am deeply thankful for folks like you who have the COURAGE to take a stand for Jesus in this filth-infested cesspool known as the Internet. May God be with you in your activities here.

- **Thanks for all your info. I'm getting married soon and some may be helpful. I'll drop by again soon.**
- **I appreciate all you've done, and compliment you on your work on *Bible Sex Facts*. It helped me greatly in interpreting some of the Bible passages dealing with sex. I didn't realize I had so much to learn! Thanks again for your help.**
- **I stumbled on your page and find this fascinating!!!! I've bookmarked it and plan to read it later . .**
- **Thank you so much for your Internet location. It is a very interesting site. I am impressed with your desire to stick with the Scriptures in interpreting current views of sin in our time.**
- **Hello! I just wanted to let you know that I visited the WWW site concerning *Bible Sex Facts* and it has dramatically affected my life and the lives of many people I know. I am a Christian, but without clear-cut physical boundaries expressed in the Bible, it was very hard for me to know exactly what the limitations were. I just wanted to send a personal "thank you" to let you know that I am extremely thankful for your time that you spent placing these documents on the world wide web. Again, I thank you. Have a blessed day!**
- **Thank you for giving to the Lord. And spreading His message With heart felt love and thanks.**
- **I Love what you have done here. All of this information is so wonderful for us Babies in Christ! I have just been learning so much and I am so excited.**
- **Thank you for your support of the family today. Keep up the hard work.**
- **Greetings! Finished your book and loved it!**
- **Hi. I have looked through your site. I think it is great you are trying to provide some education on the Bible on the web.**
- **I am a Spirit-filled believer. I'm new to the Internet and I was browsing and found your home page. It looks very interesting to me.**
- **I just want to say thank you for the obvious amount of hard work to post all of the articles and books that are on the Internet.**
- **This is great advice. Thanks a lot for putting it on the net.**
- **Thank you so much for the helpful and honest views on The *Bible Sex Facts* page. My girlfriend and I are planning to marry not too terribly far from**

now. We are both Bible believing Christians and are concerned with what the Bible has to say about our intimate life as a couple. I appreciate the downright bluntness in the explanations. Being raised in a Christian environment keeps us from getting as much "education" as others might in the area of sex, even between married people. It's not talked about much in this strict southern community. Thanks again for this page. May God bless you and yours in the life and ministry.

- Simply a note to tell you that I ran across your Web-pages recently, and so much appreciate them. I know a bit about the time involved in getting pages like yours up and running, and keeping them running, and appreciate your efforts to ensure that the Creator and Master of the universe has some representation on this medium. Don't despair! We are promised that the Word does not return void
- I came across your material *Bible Sex Facts* and I want to commend you on a job well done. Your materials have been a great help to me.
- I stumbled onto your site and was very happily surprised. Given the area you have created to maneuver within, given your (in my opinion) conservative and honest exegesis, you have created an oasis where Christians are allowed to discover the full beauty of love (within marriage). You are doing a great service in educating those outside your community, but more importantly, to you own community.
- I'm a Christian and I believe in the things you've printed on your web page and appreciate the message.
- I just wanted to say that it is great that there is Christian stuff on the Internet. Praise God and thank you for serving him.
- I just got finished reading your section on married couples and I was very surprised when you said you can use the F-word with your husband! It actually does make sense, though; but it is good that you stressed only using it around one person, your husband. Signed, You taught me something new
- I really appreciated the honest and personable approach that you took in sharing what the Bible has to say regarding sex relationships before and after marriage. I was very pleased to see that you were sharing the "truth in love", the lack of which is-- I dare say-- the biggest reason that Christian ideas are taboo in moral areas today.
- A great site. I will be giving this to our youth pastor at church. Thank you.

- **You have a lot of good material in the *Bible Sex Facts* file. I trust that it will provide some fine guidance and understanding to many.**
- **GREAT! I can not find other words for your DiskBooks.**
- **Thank You for your help. Your book about *Bible Sex Facts* is an excellent source for clarification. Keep up the good work,**
- **Just read your *Bible Sex Facts*. I appreciated your candor and reliance upon the Holy Word of God. I felt that you were a bit explicit at a few spots; however that is far better than being misunderstood.**
- **I thought the issues you wrote about, Christian sex, were very well done. It seems as though sex is a real taboo subject in most Christian circles. Thanks for having the guts to handle it in a right "non-religious" way, but a truly biblical way.**
- **Saw your web-pages; nice job!**
- **I was delighted to find your very helpful pages on *Bible Sex Facts*. Thank you for these insightful pages.**
- **Thank you for your home page. I am finding it very honest and informative. Many Christians are too ashamed or proud to ask questions about such topics as you cover. They will, however, read about them in the privacy of their homes.**
- **I appreciate that in your writings you didn't assume a spiritual or biblical understanding on the part of your readers. Your explanations are clear, non-legalistic, nonjudgmental, and able to speak to the concerns of the average Sams of America. Thanks for the service that you provided to me [a pastor] as well.**
- **Upon browsing at your site, I would like to request your permission of duplicating your material (Parts 1 to 3 of *Bible Sex Facts*) [My answer was YES, of course. JFC]**
- **I have come across your web page and am impressed with your teachings. You seem to be contemporary, yet faithful to the timeless truths of scripture. I am a pastor and am always interested in new ways to get these vital issues to our youth. Our church has a conference for parents and youth once a year. Several have made commitments to remain pure until marriage and then to be pure in their marriage.**

- **Hello! Your page is fantastic. There are so many resources here, I hardly know where to start! I appreciate the huge amount of time and energy this site obviously took to put up. Good work! Definitely a bookmark for me and my family.**
- **Thank you for developing this wonderful resource page. The information is great.**
- **I am a television producer for a weekly Christian talk show and would like information on how to reach J.F. "Jeff" Cogan, author of *Bible Sex Facts*.**

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The End

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Here is a review of *Bible Sex Facts* by WWW.CrossDaily.Com

Bible Sex Facts is a site that contains this very insightful and helpful DiskBook written by J.F Cogan. There are other DiskBooks available but the focus on this site is the site title Bible Sex Facts.

To quote Cogan “.within marriage, no sexual activity is forbidden in the Bible. And that is what this booklet is all about: all the good aspects of marital sex which are not forbidden ...many books have been written about sex and Christian marriage. What makes "Bible Sex Facts" different is that the language is as frank as a cable talk show about sex, while keeping everything within the context of what the Bible teaches”

The book (or site) is divided into 3 major sections dealing with Children, Singles and Married persons. The children's section is a great resource for parents who cannot avoid having the “birds and bees” conversation with their children. There is emphasis on teaching your children how to know if they are being molested and how to talk to them about sex. In the singles section it covers topics such as virginity, homosexuality, petting and many more. The married section covers topics such as birth control, foreplay and sex during pregnancy.

Included in this site is an appendix with a glossary of terms that include everything from abstinence to withdrawal. There is a Q & A page with many helpful questions and answers and a section titled What the Bible Says About Sex which includes many verses pertaining to this topic.

The thing that is so impressive is that the opinions expressed seem so well thought out, particularly because there is emphasis on sex for pleasure and not merely procreation. There seems to be so much conservative Christian garbage out there, with these outrageous ideas about sex having no other purpose than reproduction.

It was gratifying to find this information expressed the way it is.

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