

PHYLICIA MASONHEIMER

THE
SEX TALK
YOU NEVER
HAD

*An honest, biblical approach to
purity, porn, and a truly free sexuality*

FORMERLY CHRISTIAN COSMO

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*Dedicated to all the girls
God is setting free*

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Introduction

More and more Christian girls are entering adulthood with no knowledge of sex as God designed it.

I was one of those girls.

I learned about sex from books, movies, and my friends. I figured out some more details in college and, with the help of Google, finally felt like I understood the big picture.

As a veteran of purity culture, I knew all the “rules” of sex, but I didn’t understand my own sexuality. My first exposure to it was at twelve years old through an erotic romance I bought at a garage sale. I hid my newfound knowledge, and by fifteen I was addicted to erotica and masturbation. I learned about sex from all the wrong sources and lived out my sexuality in all the wrong ways. Because I had only ever known sex in the context of sin (what was forbidden), I didn’t know how to see it in a positive—and truly biblical—light.

It took years for me to learn that God’s design for sex was monumentally different from how our culture portrays it. As I learned to embrace and celebrate my sexuality as a single woman, I began to honor it the way God intended.

God’s power is perfected in weakness. He redeemed my sexuality and gave both me and my husband (whose story is

shared in this book) a beautiful foundation upon which to build our marriage—something we definitely did not deserve.

If I had it over, I would love to have had a woman in my life who could have explained sex in light of God's Word. I would have loved to get my questions answered before curiosity led to addiction and sin. Through this book, I hope I can be for you what I never had.

I hope this book transforms your attitude toward sex, removes your fears, and inspires you to embrace the whole woman God made you to be—physically, emotionally, spiritually, and sexually.

In Him,

-P.M.



Reclaiming Sex From the Culture

It is the topic clouded in secrecy, accessible only by uttering the exclusive password: “I do.” Locked out of a discussion for married Christians only, single women piece together a sexual worldview from parents and peers.

Sex is bad.

Sex is great.

Sex is holy.

Sex is hot.

Young women don’t know what is true, what is false, what is cultural, and what is biblical.

But not here.

In this book, we’re going to talk about sex. No more secrets. No more assumptions. No more lies.

Sex is an intimate and valuable thing. It should be treated with reverence and respect. Christians struggle to discuss it because we’re unsure of the line between privacy and honesty, but we desperately need a biblical, truth-focused approach to sex.

As a teenager, I knew sex existed. I wanted to know more

but felt guilty about pursuing that knowledge. I quickly saw sex and shame as inseparable entities. And my sources for sexual information weren't that great: Cosmopolitan, Jane Magazine, and whatever articles I could find online. These offered facts about sex, but rarely did those facts coincide with my Christian worldview. I longed for the truth about my sexuality. I wanted the details of Cosmo, but the perspective of Christ.

I never found what I was looking for. So now, fifteen years later, I'm writing it for you.

REFRAMING YOUR VIEW OF SEXUALITY

Many young women view sex through a lens of guilt and fear. In modern culture, sex is put on display and stripped of its intimacy. In some Christian circles, however, sex isn't talked about at all. Shrouded in mystery and ignorance, the facts of sex remain hidden until a girl "needs" them (marriage), at which point fear and doubt have already wrought havoc in her mind. These extremes do not need to be our reality.

Sex is not evil. It's not dirty, naughty, or bad. Sex is an amazing and beautiful thing because it was created by our amazing and beautiful God! Because God created sex, if it is experienced according to God's design (within marriage) there is absolutely nothing dirty about it! There is no cause for shame when we talk about sex. True freedom comes as we bring this conversation into the open, learning what God-defined sexuality looks like before and after marriage.

When we believe lies about sex, we cheat ourselves of the balanced, faithful stewardship God expects for our sexuality. Whether we like it or not, God created us as sexual beings, even *before* marriage! Saying "I do" doesn't magically press a button that makes us sexual. How we view our sexuality *before* marriage plays a huge role in how much we enjoy it in the marriage bed. It is imperative that we reframe how we think

about sex.

How do we do this? We start by looking at what God has to say. God said a lot about sex, and not just regarding sexual sin. He said:

Our sexuality is part of our image, and we were made in the likeness of God:

*“So God created man in his own image, in the image of God he created him; male and female he created them.”
(Gen. 1:27)*

Sex is a depiction of perfect unity:

*“Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”
(Gen. 2:24)*

Sex is intensely gratifying when used within God’s design:

“Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love.” (Prov. 5:18- 19)

Sex is exciting, fulfilling, and an expression of covenant love:

“Let him kiss me with the kisses of his mouth! For your love is better than wine; your anointing oils are fragrant; your name is oil poured out; therefore virgins love you. Draw me after you; let us run.” (Song. 1:1-2)

Sex is holy and honorable:

“Let marriage be held in honor among all, and let the marriage bed be undefiled[...]” (Heb. 13:4)

By making sex more or less than it actually is, our spiritual enemy has completely altered our approach to it—both before and after marriage.

Our sexuality is just one facet of our being, but that part of us is intrinsically connected to everything else: mind, body, and spirit. Sexuality involves all the parts of who we are and is an incredible responsibility—but it’s a responsibility worth celebrating.

HOW TO CELEBRATE YOUR SEXUALITY

We don’t often hear the words “celebrate” and “sexuality” in the same sentence, particularly within the church.

Our sexual capabilities are good, holy, and beautiful. They are designed to bring glory to God (and pleasure to us) when used according to God’s direction:

“For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God[...]” (1 Thess. 4:3-5)

Our sexuality is not dirty, but when used for selfish purposes, it becomes tainted by sin. When we use our sexual capabilities outside of God’s design, we experience guilt and shame. The

enemy leads us to believe that sex, not sin, is the source of our shame. And as long as we believe that sex is the problem, we will be blind to the real issue at hand: the spiritual war being waged against us.

By recognizing that the essence of sexuality is holy, we operate on a higher plane. We are covered by the sacrificial blood of Christ. His blood didn't just cover our eternal destiny. Christ died so we could be *wholly redeemed*. If our whole being is made new in Christ, we are indeed a new creation (2 Cor. 5:17), altogether beautiful in the eyes of God: spiritually, physically, and sexually.

"[...]he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire." (2 Peter 1:4)

Above all else, Satan is a liar. Because our sexuality affects our greatest vulnerabilities, and because it is precious to God, the enemy targets it at every opportunity. He uses the same lies over and over:

- Sex is dirty, evil, and gross.
- Your sexual sins determine who you are.
- A good man will never want you if you've sinned sexually
- God no longer loves you because of your sexual sin.

This negative perspective of sexuality causes us to see sex as burdensome, wearying, shameful, and dirty. When we view sex in this light, any existing sexual sin is perpetuated by despair.

Satan's version of "sexuality" is not celebrated. It is either

hidden or *flaunted*. His version of sex is not just a part of who we are; it is all of who we are. For some, this results in a shameful spiral of defeat. Others use their sexuality as a form of power and manipulation. Sex is either the problem or the idol, and either way it is exalted above the power and love of God.

Blinded from truth by this false sexuality, many women either give up or give in. But you don't have to.

“And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh, that they may walk in my statutes and keep my rules and obey them.”
(Ezek. 11:19)

Lie-based sexuality burdens us with sin or selfishness. God's design for sex brings freedom. A positive, celebratory sexual perspective is empowering. It motivates holy living and pure choices, strengthening us against lustful desires and drawing us into fellowship with the Lord. This perspective requires us to reframe what we've been taught about our sexuality, letting go of the lies and replacing them with God's truth.

Your sexuality is not the enemy. Your body is not the enemy. Your desires are not the enemy. Your enemy is Satan, and you are engaged in a spiritual war designed to separate you from Jesus Christ.

Sin separates us from God, and sexual sin has even greater implications:

“Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.” (1 Cor. 6:18)

Satan comes to steal, kill, and destroy our perspective of sex.

Christ came to give us abundant life (John 10:10). Our sexuality is part of our created design, and it's part of our Christian lives. It follows that our sexuality should be just as submitted to Christ as the rest of our being. Grace-driven, gratitude-focused women will use their sexuality to the glory of God because they see through Satan's lies to God's intentions.

YOUR SEXUALITY IS A GIFT

*"Blessed are the pure in heart, for they shall see God."
(Matt. 5:8)*

To see God's will, we must be in pure fellowship with Him. This fellowship requires obedience, and obedience is built on *trust*. We sin against God because *we don't trust Him*. Every act of disobedience is a statement: *God, You aren't enough for me*.

Whether we disobey in our finances, relationships, or sexuality, all our actions point to our trust or lack thereof. If we believe God is enough—that He will provide, protect, and otherwise do everything He has promised to do in His Word—then we won't take matters into our own hands.

The enemy's first lie (and the root of every lie he tells) is the same:

*Did God really say...?
Is God really enough?
Is God's plan really good?
Isn't He withholding something from you?*

When we rejoice in God's intentions for our sexuality, we show gratitude for His design. We evidence trust in His plan and peace with our bodies. Sexuality is a gift; in singleness, the fullness of that gift is realized later. ***This doesn't make it any less of a gift!*** By celebrating our sexuality, viewing it with positivity and joy, we embrace God's intentions for our womanhood.

True sexual freedom cannot be found in what the world has to offer: men and women enslaved to their own desires. Women of God handle sexual desire spiritually *first*. We are not motivated by impulse, but by goodness. We aren't asking, "How far can I go?" but "How holy can I be?"

How do we rejoice in single sexuality? How do we choose obedience? We start by thanking God for His design. We start by choosing trust in every area of life. Your sexuality is a holy and beautiful thing, and—when the time is right—you will know the completeness of this gift.

RENEWED MIND, REDEEMED SEXUALITY

To celebrate our sexuality God's way, we must align our minds with His Word. Many of us don't recognize our biased perspectives about sex until we check our thoughts against the truth. Paul talks about this in Romans 12:2:

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Renewing our minds—breaking old thought patterns and replacing them with the truth—doesn't only transform the way we live. It also teaches us to test ideologies against the truth. A renewed mind gives us an objective standard. This standard guides us into wise decision-making and a godly perspective on sex.

We must question the world's portrayals of sex. The questioning process might look something like this:

World: *Men just want sex all the time, especially after marriage, when sex is boring and dutiful.*

Believer: *Is this cultural portrayal of sex accurate? What does God's Word say?*

Word: *"Likewise the husband does not have authority over his own body, but the wife. Do not deprive one another, except by mutual consent for a limited time, so you may devote yourselves to prayer. Then come together again, so that Satan will not tempt you through your lack of self-control." (1 Cor. 7:4-5)*

"May he kiss me with the kisses of his mouth! For your love is better than wine." (Song 1:2)

Believer: *This passage in Corinthians indicates that women desire their husbands just as much as husbands desire their wives. In Song of Solomon, the bride shares her desire for her husband as much as he does for her. These cultural generalizations about sex don't apply to every marriage, and they don't have to apply to me. I will process any sexual issues we have in marriage with my husband and a counselor. This media is a negative portrayal, and I reject it from my mind.*

Make a habit of questioning what you believe about sex. Check it against the truth of God's Word! In so doing you'll find freedom and healing from negative sexual perceptions.

DOES MY VIEW OF SEX REALLY MATTER?

What's the big deal with negative sexual perceptions?

A negative view of sexuality cannot be separated from a negative view of ourselves as a whole. Sexuality is as much a part of our created being as the rest of us! God never said sex was dirty. God said to use it according to His design. When we treat part of our created nature as evil, we seek to suppress it rather than use it for the glory of God.

Secondly, a negative view of sexuality has the power to destroy intimacy in marriage. How we understand sex *before* marriage has a profound effect on sexual intimacy *within* the marital bond. Too often sex is not open for discussion until right before the wedding night. This willful ignorance about God's gift of intimacy shrouds what should be a beautiful journey with guilt, shame, and fear. Rather than enjoy marital sex with freedom, many young women come into marriage terrified of the unknown, unsure of what is acceptable, and unable to release the tension of fear from their minds and bodies.

Allowing God to transform our understanding of sexuality is the first step to true sexual freedom. God's sexual freedom isn't about throwing off standards of right and wrong; it's about embracing all parts of our created being and embracing His grace. Christian sexuality is not dirty, bad, or evil. It is not stilted, prudish, or withdrawn. God's design for sex is the design of freedom: freedom to enjoy the fulfillment of covenant love. It is freedom from guilt, shame, and fear: freedom to be the woman He designed you to be.

QUESTIONS TO CONSIDER:

1. *Do you view your sexuality as a gift or a burden? How did you come to that conclusion?*
2. *What steps do you need to take to transform your view of sexuality?*
3. *What lies do you need to reject about sex? What truths need to replace them?*