

## 20050717 The BIG M, exploring sexual release?

Tonight we are looking at masturbation! SAY MASTURBATION!

For centuries this topic has been looked upon with a massive amount of guilt and shame. I'm sure that tonight you come with your upbringing, teachings and convictions that have shaped your opinion on this issue. Many of us struggle with the issue and it's our desire to at least get it out in the open and break its seductive secretive power.

2 brilliant resources! Show the books!

It's interesting that Arch Hart in his book the Sexual Man says that "*Less than 5% of the sample reported that they had never masturbated in their youth! In other words 95% of males, even from good, healthy religious families admit to masturbating.*"

My hope tonight is to present to you an overview of the issue. I will present to you the extreme views then look at what the bible says about it or doesn't say about it, let Leanne share from a females perspective and then talk rubber meets the road stuff.

I'm fully aware that you may disagree with what I have to say tonight. Christians for centuries have debated this one, but my encouragement is that you do what the Thessalonians did in (Acts 17:11 examine the Scriptures to see if what Paul said was true) and draw your conclusions based on your own convictions and the word of GOD.

### Extreme Views

#### **AGAINST Masturbation**

- For centuries the church has said that masturbation is a sin!
- A Christian website has hints on stopping the disease of Masturbation
- I have heard Christians talk about the demon of masturbation and of its need to be cast out
- And then I stumbled across this "Anti Masturbatory gum"

#### **FOR Masturbation**

Then we have the views like:

- *In the 1970's and 1980's, a woman named Betty Dodson, Ph.D., achieved much fame from her approach to masturbation. She actually held classes for women to teach them how to masturbate. She thought that in order for women to overcome certain degrees of repression that she believed were instilled by the church, women needed to learn how to "celebrate" their bodies.*
- *She believes that you need to love yourself before you can love another!*
- *In 1994 Dr. Jocelyn Elders - the first woman appointed to the position of U.S. Surgeon General lost her job as Surgeon General because she dared to say that masturbation should actually be taught in schools. We think her mistake was when she said, "It's practicing for sex."*
- *In America they have a national masturbation Month, The month of May!*
- *I have also heard Christian Ministers preach that you can masturbate to the glory of God. Taken from the verse do everything for the glory of God? 1 Cor 10:31*

### What does the bible say about Masturbation?

Not a great deal directly however I think it is important to say that it does not condemn it or condone it!

1. Many people have said that Onan masturbated in the OT (which is why Masturbation is sometimes called ONANISM) and God killed him for his wickedness

*Ge 38:6 Judah got a wife for Er, his firstborn, and her name was Tamar. <sup>7</sup> But Er, Judah's firstborn, was wicked in the LORD'S sight; so the LORD put him to death.*

*Ge 38:8 Then Judah said to Onan, "Lie with your brother's wife and fulfill your duty to her as a brother-in-law to produce offspring for your brother." <sup>9</sup> But Onan knew that the offspring would not be his; so when ever he lay with his brother's wife, he spilled his semen on the ground to keep from producing offspring for his brother. <sup>10</sup> What he did was wicked in the LORD'S sight; so he put him to death also.*

It's my understanding that this passage has nothing to do with masturbation. It was Onan's duty (the law) to marry and sleep with his dead brother's wife to provide for her offspring. He did not masturbate but rather he slept with her and used an ancient form of conception called (withdrawal) which meant that just as he was about to ejaculate he would deliberately withdraw and spill his semen on the ground, preventing her from producing heirs to his brother. This was the sin that the Lord put him to death for!

Some commentators say that he used the law for sexual gratification, skirting the responsibility that went with it. Onan was destroyed for this sin not the sin of masturbation

So what do we do with these following passages of scripture?

*Mt 5:27 "You have heard that it was said, 'Do not commit adultery.'<sup>28</sup> But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.<sup>29</sup> If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.<sup>30</sup> And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell*

*Col 3:1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God.<sup>2</sup> Set your minds on things above, not on earthly things.<sup>3</sup> For you died, and your life is now hidden with Christ in God.<sup>4</sup> When Christ, who is your life, appears, then you also will appear with him in glory.*

*Col 3:5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.<sup>6</sup> Because of these, the wrath of God is coming*

*Eph 2:1 As for you, you were dead in your transgressions and sins,<sup>2</sup> in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.<sup>3</sup> All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.*

*1Co 6:9 Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders<sup>10</sup> nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.<sup>11</sup> And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.*

There are others!

#### Some convictions that come from these passages:

- We need to put to death, sexual immorality, adultery, impurity, lust and evil desires. This is SIN!
- I think that we need to be careful what we do with the verse "Gratifying the cravings of the sinful nature?" Could this verse refer more to just sexual cravings? Is gratifying our sexual needs a sin? I don't think so we all have sexual urges and we are created sexual beings. So it has to be in the method we meet that urge that is the sin! (such as adultery) So if M is gratifying the cravings of our sinful nature we would need to prove that M is a sin!
- When we use these passages against M we are assuming that Masturbation is a sin!
- No where in my bible does it say that M is a sin.
- These passages don't condemn or condone M, it's grey

Now even though the bible never directly refers to Masturbation is it possible that it is being referred to indirectly without condemnation?

*1Sa 24:3 He came to the sheep pens along the way; a cave was there, and Saul went in to relieve himself. David and his men were far back in the cave.<sup>4</sup> The men said, "This is the day the LORD spoke of when he said to you, 'I will give your enemy into your hands for you to deal with as you wish.'" Then David crept up unnoticed and cut off a corner of Saul's robe.*

'Relieve himself' is a translation for (covering ones feet, or body elimination). This however could mean going to the toilet or dare I say it masturbating. Commentaries are not able to clarify this for us!

However the argument that some make is that if he was going to the toilet he probably wouldn't have needed to seek out the privacy of a cave because the practice during the time was outlined in

*Dt 23:12* Designate a place outside the camp where you can go to relieve yourself. <sup>13</sup> As part of your equipment have something to dig with, and when you relieve yourself, dig a hole and cover up your excrement. <sup>14</sup> For the LORD your God moves about in your camp to protect you and to deliver your enemies to you. Your camp must be holy, so that he will not see among you anything indecent and turn away from you.

But instead he sought the privacy of a cave so that he could cover his feet or relieve himself! Also worth noting is the fact that David was able to cut a corner of the robe of Saul. Some argue that he was obviously more occupied than just going to the toilet. This argument is a bit out there however if he was relieving sexual tension there is no condemnation for it in these passages.

Also See Judges 3:20-25

Now there are several passages that refer to an “emission of semen” here are some passages;

*Lev 15:32* These are the regulations for a man with a discharge, for anyone made unclean by an emission of semen, <sup>33</sup> for a woman in her monthly period, for a man or a woman with a discharge, and for a man who lies with a woman who is ceremonially unclean.

*Dt 23:9* When you are encamped against your enemies, keep away from everything impure. <sup>10</sup> If one of your men is unclean because of a nocturnal emission, he is to go outside the camp and stay there. <sup>11</sup> But as evening approaches he is to wash himself, and at sunset he may return to the camp.

The above passages refer to an emission of semen without being specific about how it happened. I think it is important to note that there is no concern in these passages whether the emission happened as a result of sex, masturbating or a nocturnal emission (wet dream). Now whether a nocturnal emission happened as a result of involuntary urination, masturbation or a wet dream we can't be conclusive, there is no condemnation but there is a requirement to overcome any health issues and uncleanness.

*Lev 15:16* “When a man has an emission of semen, he must bathe his whole body with water, and he will be unclean till evening. <sup>17</sup> Any clothing or leather that has semen on it must be washed with water, and it will be unclean till evening. <sup>18</sup> When a man lies with a woman and there is an emission of semen, both must bathe with water, and they will be unclean till evening.

*Lev 15:19* “When a woman has her regular flow of blood, the impurity of her monthly period will last seven days, and anyone who touches her will be unclean till evening.

*Lev 15:20* “Anything she lies on during her period will be unclean, and anything she sits on will be unclean. <sup>21</sup> Whoever touches her bed must wash his clothes and bathe with water, and he will be unclean till evening. <sup>22</sup> Whoever touches anything she sits on must wash his clothes and bathe with water, and he will be unclean till evening. <sup>23</sup> Whether it is the bed or anything she was sitting on, when anyone touches it, he will be unclean till evening.

Notice in v 18 there is no condemnation for the emission of semen associated with the act of sex. But in v 16 there is an emission that doesn't involve sex so whether it is a wet dream or masturbation there is no condemnation.

There is one more passage in the bible that could be a reference to female masturbation and it comes from the sealed section of the bible S of S.

*SS 5:2* I slept but my heart was awake.

Listen! My lover is knocking:

“Open to me, my sister, my darling,  
my dove, my flawless one.

My head is drenched with dew,  
my hair with the dampness of the night.”

*SS 5:3* I have taken off my robe—  
must I put it on again?

I have washed my feet—  
must I soil them again?

*SS 5:4* My lover thrust his hand through the latch-opening;  
my heart began to pound for him.

*SS 5:5* I arose to open for my lover,  
and my hands dripped with myrrh,  
my fingers with flowing myrrh,  
on the handles of the lock.

There are probably many ways that you could interpret these verses or the Song of Solomon as a whole. Again the commentaries were not real helpful here. However I think that Solomon's lover was so passionate about him that there is a natural movement toward intimacy. I'm not sure whether this is about masturbation but I thought that it was worth including. If she was masturbating it's almost treated as a perfectly natural act.

### **From a Females perspective**

Leanne

### **From a Health Perspective**

Myths

- Masturbation leads to blindness
- Masturbation causes you to grow hair on the palms of your hands
- Masturbation causes you to become impotent later in life
- Masturbation leads to mental illness
- Masturbation permanently reduces libido, desire, and/or sexual performance
- Masturbation permanently reduces the quantity or quality of semen

A perfectly natural physiological phenomenon that occurs during adolescence and beyond is a thing called nocturnal emissions or wet dreams. This basically occurs because there is a build up of semen. Many Christian health professionals believe that SELF REGULATING is a perfectly natural way of managing and releasing this build up of semen. The frequency will vary between people because we all have different sexual drives.

### **Positives according to the Health Profession**

- May help to reduce stress and release sexual tension
- May help a person become more comfortable with his or her own sexuality
- Masturbation eliminates the potential for pregnancy or transmission of sexually transmitted diseases.
- Being self-aware of one's body and sexuality may better prepare him/her for sexual activity in the context of marriage

### **Negatives according to the Health Profession**

- Frequent and vigorous masturbation may produce skin abrasions or superficial bruising/temporary discoloration.
- Masturbation may become an obsession or addiction.

### **Conclusion**

So if the Bible is silent on the issue and good people admit candidly to masturbating then what are some healthy guidelines in dealing with this issue?

### **Masturbation is clearly wrong and destructive and often linked to bigger issues when**

- It is used to avoid sexual intimacy with a marriage partner (A form of payback!)
- When it is used to fulfil and addictive urge. People use addictive things to numb pain or reality.
- When it is used to avoid relating and relationships. This usually occurs when there are overwhelming feelings of rejection and loneliness!
- When it is used to foster lust or desire for others. What right do we have to take another man's wife, daughter or sister and involve them in sexual fantasy? Or somebodies man!
- When it is linked to Pornography and the whole unreal world of fantasy.

## What are some practical things that I can do that may help in this whole area???

1. We need to overcome Lust and Fantasy and get in the real world!  
“Lust is an overwhelming desire that overtakes you. It doesn’t just come and go it persists and causes you to long for sexual satisfaction from the one who is stimulating you. Lust is obsessing, you can’t get your mind of it and you crave for what you can not have.” This is a decision of the mind (*Rom 12:2* *Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.*)
2. Get it out in the open! Talk about it with people that love you and trust you. This means that we journey together in it, that we bust the guilt open which in turn breaks the secretiveness which feeds the taboo excitement.
3. Accept that we are a created sexual beings each with different libidos (sexual drives)
4. Try to avoid things that stimulate you sexually (this is hard to avoid today!)  
Mills and Boon, newsagents, SBS, Movies, internet, BB
5. Other forms of release; Sport, gym, walk, run, physical activity, hobbies anything that takes your mind of sexual things
6. Parents talk to your kids about the issue and never shame them for masturbating. This could severely damage their sexuality. Boys and girls experiment. Arch Hart says ‘guide and teach’ should be our motto not ‘punish and criticise.’ How do you want them to learn about masturbation? The school yard or by you!!

## Conclusion

Dr James Dobson

*"It is my opinion that masturbation is not much of an issue with God. It is a normal part of adolescence which involves no one else. It does not cause disease. It does not produce babies, and Jesus did not mention it in the Bible. I'm not telling you to masturbate, and I hope you won't feel the need for it. But if you do, it is my opinion that you should not struggle with guilt over it. Why do I tell you this? Because I deal with so many Christian young people who are torn apart with guilt over masturbation; they want to stop and just can't. I would like to help you avoid that agony."* (5)

*Phil 4:8* *Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious--the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. 9Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.*

(Alcohol, LAW FREEDOM BONDAGE)