



Sexual Purity Course Lesson 21

The topic of this study is masturbation. This term is never used in the Bible. That practice is never specifically addressed. Does the silence of Scripture on this topic mean that masturbation is acceptable in God's sight? We will address that question in this study.

Scripture: Read Proverbs 25:28; Rom 13:13-14; Philippians 4:8; and Titus 2:11-12.

Study:

1. Take the passages above into account. Is masturbation an act of self-control or self indulgence? Does masturbation feed the flesh or starve it? Does masturbation lead to pure and holy thoughts or sinful ones? Explain.
2. Jeffery Black has defined masturbation as "sex with yourself" ("Pornography, Masturbation, and Other Private Misuses: A Perversion of Intimacy" in *The Journal of Biblical Counseling*, Vol. 13, Num. 3, Spring 1995, pg. 8). How does this definition help us discern whether or not this practice is right or wrong? In other words, does this definition of masturbation fit with or go against the God intended design for sex?

Application:

The reason this very private act matters to God is not because it involves our genitals, but because it involves our heart. And God is passionately committed to our hearts belonging completely to Him (see Deuteronomy 6:5)

Masturbation isn't a filthy habit that makes people dirty. It only reveals the dirt that is already in our hearts. It's an indicator that we are feeding the wrong desires (Joshua Harris, *Not Even a Hint*, pg. 101).

1. Are you convinced that masturbation is sin and that you should abstain from this practice? Defend your answer.
2. Pornography is specifically designed to get people to masturbate. If you have any porn or anything else which has been used for that end, get rid of all of it. Find a way to completely avoid it. Tell your accountability partner how you will avoid this material in the future.