

## 17. Masturbation

The old saying goes like this: 98% of men masturbate and the other 2% are liars. Since masturbation is not mentioned specifically in the Bible, many think that it's OK to indulge yourself. Are the Scriptures really silent on this subject? Or, are there closely related principles and teachings that speak to this subject.

Please look at the following Scriptures and ask the Holy Spirit to teach you if these apply to this area of sexuality.

Luke 9:23 Then he said to them all: If anyone would come after me, he must deny himself and take up his cross daily and follow me.

2 Cor 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Psa 19:14 May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer

Psa 62:8 Trust in the Lord at all times O people, pour out your hearts before him. God is a refuge for us.

Gal 5:22, 23 The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.

Titus 3:3-5 Likewise, teach the older women... to train the younger women to be self-controlled and pure... Similarly, encourage the young men to be self-controlled

Rom 8:13 but if by the Spirit, you put to death the deeds of the body, you will live.

1 Pet 1:15,16 But just as he who called you is holy, so be holy in all you do; for it is written; 'Be holy, because I am holy.'

1 Cor 6:12 "Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything..." The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

**MEMORIZE:** Luke 9:23

### **Questions:**

1. How old were you, and how did you learn about masturbation?
2. Did you parents or guardians ever give you instructions/ warnings/ encouragements in this area?
3. Do you think it sinful to masturbate? Why or why not?
4. Regarding mutual masturbation...
  - a) For singles: Is it appropriate to engage in mutual masturbation while on a date? Is it considered sex?
  - b) For married: Is it appropriate to engage in mutual masturbation while on computer video cameras or phone, as long as you are thinking about your partner?
  - c) What principles from Scripture, if any, apply to these two scenarios?
5. How can I apply the truth of these verses to my life today?

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**DISCUSSION:** How can you tell if masturbation is 'mastering' you? How does or do you think masturbation might affect marital sexual relations?