

*Men of God:  
A Roadmap for Spiritual Growth*

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Session 6:  
Singleness and Sex

March 7, 2023

# Outline

Week 1: Men of God: Hindrances and Helps to Growth Part 1

Week 2: Men of God: Hindrances and Helps to Growth Part 2

Week 3: Men of God: Time and Priorities

Week 4: Men of God: Friendship and Community

Week 5: Men of God: Thoughts and Feelings

**Week 6: Men of God: Singleness and Sex**

Week 7: Men of God: Work and Play

Week 8: Men of God: Money and Stewardship

# Singleness

The percentage of single people (never married)... has increased from just over one-quarter (27%) to three in 10 (30%)... [B]etween 2000 and 2016, the relational makeup of those aged between 25 and 39 shifted dramatically. In the 16 years since 2000, the amount of single people in the 25-29 range rose 9 percentage points (from 50% percent to 59%), and the amount of single people in the 30-39 range also rose 10 percentage points (from 24% to 34%).

<https://www.barna.com/research/trends-redefining-romance-today/>

# Singleness

From a different angle, during the same time period, those groups saw similar shifts in the number of those married. In the 16 years since 2000, the amount of people married in the 25-29 range dropped 7 percentage points (from 43% to 36%), and the amount of people married in the 30-39 range dropped 8 percentage points (from 65% to 57%).

<https://www.barna.com/research/trends-redefining-romance-today/>

# Singleness

The census bureau statistics from 2011 corroborate these broader shifts.

Americans are getting married later and later. The average age of first marriage in the United States is 27 for women and 29 for men, up from 23 for women and 26 for men in 1990 and 20 and 22 in 1960. In 1960, 72% of all adults ages 18 and older were married; today, according to the Barna numbers, that number is just 52%.

<https://www.barna.com/research/trends-redefining-romance-today/>

# Singleness

Matthew 19:10-12: “... it is better not to marry.” <sup>11</sup> But he said to them, “Not everyone can receive this saying, but only those to whom it is given. <sup>12</sup> For there are eunuchs who have been so from birth, and there are eunuchs who have been made eunuchs by men, and there are eunuchs who have made themselves eunuchs for the sake of the kingdom of heaven. Let the one who is able to receive this receive it.”

# Singleness

1 Corinthians 7:6-9: “<sup>6</sup> Now as a concession, not a command, I say this. <sup>7</sup> I wish that all were as I myself am. But each has his own gift from God, one of one kind and one of another. <sup>8</sup> To the unmarried and the widows I say that it is good for them to remain single, as I am. <sup>9</sup> But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion.”

# Singleness is not Brokenness

“I wish that all were as I myself am. But each has his own gift from God, one of one kind and one of another. <sup>8</sup>To the unmarried and the widows I say that it is good for them to remain single, as I am.” (1 Cor. 7:7-8)

# Singleness is not Brokenness

“I think that in view of the present distress it is good for a person to remain as he is. <sup>27</sup> Are you bound to a wife? Do not seek to be free. Are you free from a wife? Do not seek a wife. <sup>28</sup> But if you do marry, you have not sinned, and if a betrothed woman marries, she has not sinned. Yet those who marry will have worldly troubles, and I would spare you that. <sup>29</sup> This is what I mean, brothers: the appointed time has grown very short. From now on, let those who have wives live as though they had none, <sup>30</sup> and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no goods, <sup>31</sup> and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.” (1 Cor. 7:26-31)

# Singleness is a Calling

Singleness, while generally part of everyone's experience at some point in their lives, is a longer term calling for some.

# Singleness and Character

Two important considerations:

Godliness with contentment is great gain (1 Timothy 6:6).

In order for contentment to be possible, we need to work at Christian character.

# Sex: Basic Biblical Guardrails

1. Sex is a gift of God (Gen. 2:24).
2. Sex belongs exclusively within the bonds of marriage  
(1 Cor. 6:18; 1 Thess. 4:13; Heb. 13:4).
3. Sexual sin is a major focus of the NT teaching on Christian holiness  
(Rom. 1:26-27).

# Sex is Not a Need

Now concerning the matters about which you wrote: “It is good for a man not to have sexual relations with a woman.”<sup>2</sup> But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband.<sup>3</sup> The husband should give to his wife her conjugal rights, and likewise the wife to her husband.<sup>4</sup> For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does.<sup>5</sup> Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control (1 Cor. 7:1-5).

# Rights not Needs

<sup>3</sup> The husband should give to his wife her conjugal rights, and likewise the wife to her husband. <sup>4</sup> For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. <sup>5</sup> Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control (1 Cor. 7:3-5).

# Communication and Sexual Intimacy

“Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.” (1 Cor. 7:5)

# Spiritual Priorities & Sexual Pleasure

Holiness, knowing God in Christ, by the Spirit, through the Word;  
sustained, and deeper seasons of prayer and fasting- *these are more  
important than sexual intimacy and your marriage ought to make room  
for them.*

# Practical Suggestions

- 1. Within the church we need to take more care about pressuring singles out of singleness.**

# Practical Suggestions

**2. You will not begin to kill the devastating poison of porn in your life until you believe that you do not need sex.**

# Practical Suggestions

**3. Men, you are called to be spiritual leaders- die to yourself!**

# Practical Suggestions

“Husbands, love your wives as Christ loved the church and gave himself up for her...” (Eph. 5:25)

## Link to Men of God Series

<https://fpcjackson.org/resource-library/series-index/men-of-god/>