

Understanding God's View of Sexuality - Scriptures and Resources for Understanding Sexual Purity and Sexual Self-Mastery

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Want to know the mind and will of the Lord regarding sexual issues? Study the following scriptures and Gospel perspectives. Write out your thoughts and feelings about what you think they mean and/or what you think the Lord is trying to say and how they might apply to your life.

These three key scriptures encapsulate the key principles the Lord asks of us regarding sexual purity and self-mastery: 1) overcome the natural man; 2) bridle all your appetites and passions; 3) come unto Christ to deny yourself of all ungodliness.

1. **Mosiah 3:19** – For the natural man is an enemy to God, and has been from the fall of Adam, and will be, forever and ever, unless he yields (submit) to the enticings of the Holy Spirit, and putteth off the natural man and becometh a saint through the atonement of Christ the Lord, and becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him, even as a child doth submit to his father.
 - a. Natural Man -- A person who chooses to be influenced by the passions, desires, appetites, and senses of the flesh rather than by the promptings of the Holy Spirit. Such a person can comprehend physical things but not spiritual things. All people are carnal, or mortal, because of the Fall of Adam and Eve. Each person must be born again through the Atonement of Jesus Christ to cease being a natural man. - <https://www.lds.org/scriptures/gs/natural-man>
2. **Alma 38:12** – see that ye bridle all your passions, that ye may be filled with love; (We are here to bridle *all* of the passions of the flesh)
3. **Moroni 10:32** – Come unto Christ, and be perfected in him, and deny yourselves of all ungodliness; and if ye shall deny yourselves of all ungodliness, and love God with all your might, mind and strength, then is his grace sufficient for you, that by his grace ye may be perfect in Christ.

The following scriptures provide additional insights regarding sexual purity to ponder and discuss in a written conversation with the Lord:

- **D&C 121:45** - Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God;
- **1 Peter 2:11** - abstain from fleshly lusts, which war against the soul.
- **Alma 39:9** - Now my son, I would that ye should repent and forsake your sins, and go no more after the lusts of your eyes, but cross yourself in all these things; for except ye do this ye can in nowise inherit the kingdom of God.
- **Job 31:1** – I made a covenant with mine eyes; why then should I think upon a maid?
- **Mosiah 4:29-30** - I cannot tell you all the things whereby ye may commit sin; for there are divers ways and means, even so many that I cannot number them. “But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not.

- **Matthew 5:27-28** - Ye have heard that it was said by them of old time, Thou shalt not commit adultery: 28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.
- **2 Corinthians 10:5** - ...and bringing into captivity every thought to the obedience of Christ.
- **Matthew 16:24** - If any man will come after me, let him deny himself, and take up his cross, and follow me.
- **Abraham 3:25** — And we will prove them herewith, to see if they will do all things whatsoever the Lord their God shall command them.
- **1 Corinthians 6:15-20** - Know ye not that your bodies are the members of Christ? shall I then take the members of Christ, and make them the members of an harlot? God forbid. 16 What? know ye not that he which is joined to an harlot is one body? for two, saith he, shall be one flesh. 17 But he that is joined unto the Lord is one spirit. 18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. 19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.
- **2 Peter 1:4** - be partakers of the divine nature having escaped the corruption that is in the world through lust.
- **James 4:4** – whosoever is a friend of the world is the enemy of God
- **James 1:27** – to keep himself unspotted from the world.
- **1 Peter 5:8** - be sober, be vigilant, because your adversary the devil, as a roaring lion, walketh about seeking whom he may devour.
- **James 1:12** - blessed is the man that resisteth temptation.
- **1 Timothy 5:22** – Lay hands suddenly on no man, neither be partaker of other men's sins: keep thyself pure.
- **Moroni 10:30** — I would exhort you that ye would come unto Christ, and lay hold upon every good gift, and touch not the evil gift, nor the unclean thing.

Additional Helpful Resources:

- See also – “Bridling Your Passions: How to Align Sexual Thoughts and Feelings with the Lord’s Expectations” - <https://www.churchofjesuschrist.org/study/ensign/2020/08/young-adults/bridling-your-passions-how-to-align-sexual-thoughts-and-feelings-with-the-lords-expectations?lang=eng>
- See also “Yes, You Can: The True Power of Sexual Purity” - <https://www.churchofjesuschrist.org/study/new-era/2017/06/yes-you-can-the-true-power-of-sexual-purity?lang=eng>
- See also - “The World’s Way vs. the Lord’s Way: What the Media Gets Wrong about Sexual Intimacy” - <https://www.churchofjesuschrist.org/study/ensign/2020/08/young-adults/the-worlds-way-vs-the-lords-way-what-the-media-gets-wrong-about-sexual-intimacy?lang=eng>
- See also - “How I Learned to Understand God’s View of Sexuality” - <https://www.churchofjesuschrist.org/study/ensign/2020/08/young-adults/how-i-learned-to-understand-gods-view-of-sexuality?lang=eng>
- See also President M. Russell Ballard 2019 talk - “Giving Our Spirits Control over Our Bodies” - <https://www.churchofjesuschrist.org/study/general-conference/2019/10/53ballard?lang=eng>
- See also Elder Bruce C. and Marie K. Hafen’s - “Bridle All Your Passions” - <https://www.churchofjesuschrist.org/study/ensign/1994/02/bridle-all-your-passions?lang=eng>
- See also Elder Bednar’s 2013 talk - “We Believe in Being Chaste” - <https://www.lds.org/general-conference/2013/04/we-believe-in-being-chaste?lang=eng>