



new life fellowship

**Sermon Title: Sexual Wholeness**  
**Speaker: Richard Villodas, Lead Pastor**  
**Scripture: Genesis 2:19-25**

<sup>19</sup> Now the LORD God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. <sup>20</sup> So the man gave names to all the livestock, the birds in the sky and all the wild animals.

But for Adam<sup>[1]</sup> no suitable helper was found. <sup>21</sup> So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs<sup>[2]</sup> and then closed up the place with flesh. <sup>22</sup> Then the LORD God made a woman from the rib<sup>[3]</sup> he had taken out of the man, and he brought her to the man.

<sup>23</sup> The man said,  
"This is now bone of my bones  
and flesh of my flesh;  
she shall be called 'woman,'  
for she was taken out of man."

<sup>24</sup> That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

<sup>25</sup> Adam and his wife were both naked, and they felt no shame. (NIV)

**Sermon Outline:**

We all need to broaden our understanding of sexuality. At that core, sexuality is the deep desire and longing for connection.

One of the challenges that we face regarding sexuality, is that we have reduced it to an act of sex.

In Debra Hirsch's book *Redeeming Sex*, here are some of the descriptions she uses for spirituality and sexuality: *spirituality* is a longing to know and be known by God (on physical, emotional, psychological and spiritual levels) while *sexuality* is a longing to know and be known by other people (on physical, emotional, psychological and spiritual levels).

Sexuality is the energy that pulls us towards other people. The Church has been lacking in this matter, either remaining silent or becoming increasingly judgmental around this matter. Many of us carry deep shame when it comes to our bodies, where we lack discipleship in this area.

The Starvation Diet is marked by repression and suppression. This type of diet that is not addressed and talked about, many times we end up acting out. The Fast-Food Diet is marked by reduction, where all our longings are to be met. This type of diet is one where there is no discernment when it comes to our bodies. Both of these diets offer a very immature way to think about sexuality and our bodies. We are called to live a life marked by sexual wholeness.

**Sexual Wholeness**

is the prayerful integration of our spirituality and sexuality resulting in deep, satisfying relationships with others that roots out shame, cultivates vulnerability and leads to healthy bonding.

Christians confess that God is Father, Son and Holy Spirit. The Trinity exists in an unending circle of love. We were created to live in this unending divine circle of love with God and one another.

In Genesis 2 we see the man and women naked and unashamed. God wants us to all live a life where we are naked and unashamed. Not a physical type of naked without clothing, but a type of nakedness and being unashamed in our relationships - all our relationships.

Truth #1: Sexuality is part of God's good creation.

Truth #2: There's a distinction between Genital Sexuality or Social Sexuality.

Truth #3: Shame is a force we must regularly content with.

What does it mean to be a community committed to sexual wholeness?

1. A recognition that we are all sexually broken.
2. Sexual wholeness is not moral perfection.
3. Sexual wholeness requires the act of discerning who I give my body to.
4. Sexual wholeness is about relating to others in ways not given to objectification.
5. Sexual wholeness is oriented around seeing God as the source and end of my longings.
6. The gospel is to make us more sexual, not less.
7. The gospel offers good news to those carrying shame.

No one can satisfy the deepest longing of our souls – only God can do this.

The good news is that in Christ Jesus we have been forgiven, we are made whole, and we have been set free.

### **Sermon Summary:**

This Sunday, Richard Villodas, Lead Pastor, continues Week 4 of our Deeply Formed Life sermon series. Pastor Rich explores Sexual Wholeness and the value of sexual wholeness in our lives and how we can move towards this both individually and as a community.

### **Sermon Questions:**

1. How does this scripture connect for you the topic that was discussed today? What words resonate with you? Why?
2. In looking back at your family of origin and knowing that we have all been shaped by our family, was sexuality something that was discussed, or was this not a subject that was not talked about in your home? Or was this topic left to be discussed with someone else or somewhere else outside of your home? How did the way you grew up inform the way you view sexuality today? Can you find time to journal about your experience growing up, asking God for any healing you might need in this area?
3. How does it feel when you hear Pastor Rich talk about the difference between Genital Sexuality and Social Sexuality? Do these definitions help you understand your sexuality a little more clearly? Have there been times in your life where you might have confused the two? If so, what was that like for you? Can you find time this week to reach out to a trusted sister or brother in Christ to talk this over with? If not, maybe you offer this up to God during your silent time this week.
4. Where are you stuck? Are you carrying around shame right now – maybe in what you have done or in what has been done to you? Is your shame making you turn away and avoid connection with God and others? If so, are you able to hear the truth that wherever you are, Jesus wants to heal you and set you free? Can you accept this as the truth, knowing that God is waiting for you and always moving closer to you with love?