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## BEING SINGLE: WHAT DO I DO WITH THIS SEX DRIVE?

**Editor's Note:** Today, we're asking a question we want YOU to answer, as originally asked by Kristin (@kristin\_rea) on her blog [Dirty Treasures](#). We know your sex drive doesn't go away just because you're single, so we all want to know – how are YOU handling it? Leave your answer for Kristin in the comments. – Lauren

It is everywhere: a unnaturally large chested, blonde girl is on a billboard next to the highway advertising a club; it's something found in almost every movie or TV show in some capacity; attractive half-naked people are on ads for selling clothes. And naturally, sex is on our minds.

I grew up in a middle class conservative-minded home and a Southern Baptist church. I attended a fundamentalist Baptist school for twelve years. Sex was never a frequent topic.

The "s word" was never mentioned at school except in the context of adultery, and other perverted forms of sex that eventually ended up in punishment and eventual death. At church, it was talked about more, but only at True Love Waits weekend retreats, or, when sex was a big no-no. And sometimes around February when the pastor decided to do a series on Song of Solomon. At home, I wasn't allowed to watch certain movies until I had reached a certain age. And, I was an only child so there was no one to bring "it" up around the dinner table except me, and that obviously wasn't going to happen.

My mom took preteen me on a weekend trip where we listened to some tapes about sex. Later, I would realize that this was "the talk." I had known for a long time boys had penises and I had some inclination about genital interaction, but still held on to the belief that babies were made by kissing. I was now informed.

Fast forward about ten years. I am now more informed about sex. I have gleaned what I know from movies, the news, conversations, etc. I am not going to claim to know a lot about sex, but for not having any, I know a lot about it.

**My question is... What the hell do I do with this sex drive?!**

**The stereotype is that guys want sex more than girls. Well, I guess I haven't been in a guy's mind to know, but I'll just say that I want sex, and I want it a lot.** And no, it's not just when I'm ovulating.

For some people this really isn't an issue—just go get some! But for me, *this is issue*. I am virgin, and have the conviction to stay abstinent till he, whoever he is, "puts a ring on it." But with this sex drive, I have had plenty of thoughts of abandoning this conviction.

*What I'm trying to say is that I want to know how to have healthy sexuality when I am single and unmarried.* I don't want to know how to suppress it, but how to live within as a complete spiritual, emotional, physical, and sexual being.

I'm not blaming others for my lack of knowledge, but I wish that those who I had looked to for mentorship when I was growing up would have shared not just the "when you're married" or "sex is bad and here's why" info, *but they would have shared what lies in between the two extremes.*

Other people are giving advice how to be "healthy": condoms, masturbation, and oral sex "because it's not really sex." **But what does the church say about healthy sexuality? How do I as a single young woman who is trying to follow Christ, do this?**

Church, we need your educated and spiritual input. We need your mentorship.

I'm raising the issue, because I am naive. And that's kinda my point.

**Question:** *How are YOU handling your sex drive, if you are looking to wait until marriage? How do you view your sexuality, and what advice to you have to offer to Kristin?*

*Note From Good Women Project: Please note that GWP does not support or standby all opinions represented in the comments. We are relying seeking a place to hold open, honest conversations in the safe community of women we strive to develop here.*

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Lauren Jean · 179 weeks ago

I haven't a clue. I'm in the same boat with you! If anyone has the answers, let me know!

[Reply](#)

+32 [Vote up](#) [Vote down](#)



Erin · 179 weeks ago

First, GOOD FOR YOU! for asking this question, and for breaking barriers of your raising. I know that different Christian churches put emphases on different principles so I hope when I say that I'm divorced and intend to remarry that that doesn't detract from my intended message. If it makes it better, my ex left me for another woman. I wasn't perfect in the marriage but I did try everything to keep it together. That said, as a woman with very strong Christian beliefs, I won't have sex again till I'm married again. If that never happens, then I die without experiencing that beautiful thing called sex again. I have been divorced for four years. I haven't had sex in 4.5 years. I can't say if it's harder having experienced it before and knowing what I'm missing, or if it's harder having never experienced it before, but that's not the point. In both cases, it's SO difficult! One thing I've found helpful is to accept the thoughts and desires rather than reject them. I know it sounds crazy. But when I was rejecting sinful thoughts and desires right away, they'd come back stronger and more frequently. So what I do now is acknowledge it. YES, I'd sure like to have sex again. Yes, that's okay. And the reason I want it again is because.... fill in the blank. I take it apart, I take those desires apart and keep the good and I do reject the bad. But it's SO much easier to quickly move onto the next non-sexual thought when I acknowledge and accept it rather than panic, dwell, and fight it.

Also, I pray with all the energy of my heart to be given strength and reassurance to save these God-given desires for their appointed time.

Allow, if you will, a pretty lame analogy: If I want \$1 million, the want on its own isn't bad, isn't sinful. In fact, if I work very hard for it, and in time receive it, that's great. Especially if I'm charitable. However, if I try to rush it and don't want to wait, so I steal it or obtain it by other wrongful means, suddenly it's become a sin. But we don't have to STOP wanting the money in order to avoid the sin. We can keep it in our sights and work honestly for it, no matter how long it takes. Same with sex, I think. We can keep it in our sights, acknowledge that we want it (as you have done) but accept that it's not ours to have right away, unless we do it by inappropriate means. Like the one who stole money, we who steal sexual experiences will pay consequences. But I see nothing wrong with keeping it in our sights as something we'd enjoy, and working and SAVING. If I work hard to earn a million dollars, that is definitely going to include a LOT of saving. I like to think that the longer we wait for sex, the better it will be, just like the longer we save our money, the more we'll have.

I hope you'll forgive my verbosity and I hope I've helped if only just a little.

Reply

8 replies · active 17 weeks ago

+35 Vote up Vote down



Anon · 179 weeks ago

As a single Christian woman I can tell you that I did it the wrong way. I became addicted to masturbation and pornography, both of which my church teaches are sins. After many years of darkness and trying to quit on my own I finally reached out for help. Utilizing every tool available I am happy to say I am now 8 months sober and counting.

For me I was using these addictions to try and fill a void in my life. A void I thought could only be truly filled by a man. If I were married I would happy and whole. I now know that God is the only way to fill that void.

Sure I still have a sex drive and I am still tempted, but having those temptations isn't a sin. It's giving into the temptations that is a sin. Someday I hope to share a very healthy, sacred, sex life with my husband. I know that may never happen, but I am committed to waiting. God's commandments are clear and I choose Him over any other thing in my life. As long as I do that He will bless me and fill my life to the brim with happiness, joy and hope.

Reply

2 replies · active 124 weeks ago

+3 Vote up Vote down



hayley d · 179 weeks ago

such great timing!! and, thanks for sharing kristin!

i wrote a blog entry of my thoughts on this very topic last week! here's the link: <http://haylestales.blogspot.com/2011/09/i-will-ca...>

i'm still trying to figure this sex drive stuff out...but, what i do know is that all things belong to God, including my sex drive. i explain more in the blog entry.

take care!

Reply

1 reply · active 177 weeks ago

+7 Vote up Vote down



MCH · 179 weeks ago

Kristin, I wish you would have opened up a little about how you are dealing with it now. What does sex drive mean to you. Cause it's just not that easy to talk about, at least not for me.

I like what Erin has to say about letting the thoughts about the desire in, instead of "trying not to have them". I think that is a good way to go. The acceptance of being human and thus to have this sexual desire.

I have denied my sexuality for years due to sexual abuse as a child. I have denied my body really. I had no body, I didn't feel anything. At age 30 something I started exercising and it caused me to land in my body, it was a sweet thing. Finally feeling the water on my back when I am in the shower. Or finally being able to go to a spa. See my body, feel my body, it was new to me. And with landing in my body, the sexual desire came too. And especially in my case that is a good thing. After all, I am so sure about the fact that I want a healthy sex life when I get married, though that sounds easier that it probably will be for me. So to me, having the desire is something to be celebrated, something to really acknowledge, within limits. I celebrate it by continuing to feel I have a body. By putting my favorite lotions on every day, by taking long baths, by going to a spa, by eating well, by going out for a run. All ways I have started to acknowledge my body. Now, what does this have to do with sexual desire... nothing and a lot. When I acknowledge my body like this, when I take care of my body like this, it's an invitation that my body can feel and I will take care of it. I am not sure if it's making sense. But I think it all works slightly different when you have been severely abused as a child. These are all good steps to be taking towards that future of having sex with my husband.

So now... as a 38 year old single the sex drive is certainly there. Just the other night, I was sitting on the couch and all of a sudden the desire to be with my husband was strong. It was a feeling deep inside my body too. I was able to rejoice over the feeling, it is beautiful. But I couldn't help the fact that it was quickly followed by this question: What do I do with this? I have no husband, I am still longing for him in great ways. I still have no answer to this question. Would it be wrong to masturbate? Neither church or the Bible talks specifically about this topic. I struggle with it. I do masturbate, some times. And I go without for months. It's a bodily release. One I don't know is right or not.

So all I can do in regards to your question is tell you my story, but I have no answers.

Reply

5 replies · active 7 weeks ago

+12 Vote up Vote down



Shannon Schoenberger · 179 weeks ago

Kristen,

if only you had written this before I had even met you! Let's just say I had felt this exact same way when I was single. I didn't know what to do with it, and all anyone ever said, like you wrote, was that I should just put it behind me and forget that I feel that way. I'm a very physical person in general. I mean, I will give anyone hugs. That's how I show friendship. So for me stepping up to kissing, touching, and more, was just a natural progression. For a while, when I was under a good leadership and relationship with my mother and my mentor at church, I would write about it. For me, I write everything, so those feelings ended up in poems, and a journal. I actually have a separate journal simply called my Purity Journal. It is where I used to scream about the boys who messed with my sex drive. About the nights I wanted everything and anything. For more, what really helped was accountability, with my friends, my mom, and my journal. Acknowledging that you do want it and realizing that you're not alone in wanting it and surrounding yourself with those people who have made the same commitment as you, really helps. I'm not saying it goes away, NOT BY ANY MEANS! And that's not the way we were designed. Take that passion you feel in the moment and remind yourself that THAT is the passion your God has for you. I know that maybe weird to think about, but really HE IS PASSIONATE FOR YOU. It helped me realize that being passionate and feeling that sex drive was not a bad thing, but just another way that we are created in His image.

I will be completely honest with you though, I failed. I failed miserably. I lost my accountability and my support system, and I gave in. I gave in not only to my husband now, but also to a few guys before him. Know (even though I'm sure you've heard it a million times) it is PAINFUL to give in. Only your husband will truly love you the way you need and give you the sex that is truly enjoyable in every way because you are an emotional, physical, spiritual and sexual being. He will satisfy that because God has created him simply to satisfy you. When you give your emotions and physical out to other guys first, you lose that ability to be 100% fully completely your husband's.

Again, another honest moment. Once you give yourself away to someone else, it doesn't get easier once you're married. Though I love my husband beyond anyone I've ever loved in my life and I will always keep my commitment to him, I still find myself attracted to other guys at times. I find myself wanting to be other guys because I was so used to just well sleeping around. Now I have to find a way to control that flirtatious attitude. I have not given into that temptation, and one look at my wedding pictures will remind me any day how much I love and want to be with my husband, but I've also gotten back to writing in my Purity Journal.

My advice: keep your promise to yourself and to God for your future. When you finally get to have sex with your husband, it will be the most wonderful sex you've ever had in your life. The best sex you could ever have! And because you have nothing to compare it to (other than chick flicks and what the world tells us are "perfect" men -- which you shouldn't even bother comparing any part of real life to anyway) you will be satisfied and happy. You will also be willing to be more vulnerable with your husband, trying new and exciting things because you trust and love him completely and have given yourself to him wholly and completely. I have a hard time having sex with my husband sometimes because in the back of my mind I have other guys telling me what I was doing wrong, what I should fix. If you and your future husband keep pure and whole for each other, nothing will be wrong to either of you because you will have nothing to compare it to.

So, after this very long winded response, take it from someone who failed to keep her promise. I have no idea what to do with your sex drive now, but please don't follow in my footsteps. Accountability was key for me in my good moments, and I hope you have someone in your life that you can be open and honest with to keep you accountable as well.

I say all this because I love you Kristen and I know you are a strong woman of God!

Reply

+3 Vote up Vote down



Lore Ferguson · 179 weeks ago

Fabienne Harford wrote a STELLAR article on this recently in Relevant Magazine (<http://www.relevantmagazine.com/life/relationship/blog/26598-fasting-from-intimacy>). I highly recommend it, as well as Fabs' blog (<http://www.fabsharford.com/>).

Reply

1 reply · active 177 weeks ago

+7 Vote up Vote down



Kait · 179 weeks ago

Reading these comments has been so encouraging! I have been wanting someone to talk about this for a long time! When I was in high school, I remember going to prom with a guy I had feelings for (denied that I had feelings because since I had committed not to date, I "couldn't" have those kind of emotions) and when we came back home, we stood in my hallway and hugged for TEN MINUTES. The whole time, I kept thinking, "Why do I feel this way, I feel like I should be kissing him, etc." but didn't understand that my hormones (what are those?) were telling me, "You have chemistry with this guy." Needless to say, my cluelessness did not assist me when I went to college and met my now husband.

Let's just say that in spite of a wonderful four years of dating and so much love from him, we both flubbed it up pretty badly when it came to the sex drive. I was completely naive about my own body and how it would respond to a man's body (as you saw from my high school story)- I literally had no idea what hormones did or that the "funny feeling below my stomach" was a desire to have sex. So, we kissed and we touched, all the while I kept thinking, "Why is this snowballing, I don't understand, all I 'wanted' was a kiss." Before long, when we would try to go without these things, I gave into the temptation to masturbate to fulfill the desires I had already given into.

By the end of four years of dating, I was a muddled, muddled mess- yes, I desperately loved my boyfriend/fiancé & knew I was going to marry him, but the lack of knowledge that I had about sexual desire (for instance, I never knew that I would not only enjoy being kissed and touched but that I would also love the feeling of 'power' I obtained by turning on the man I loved) and about my body truly hurt our courtship in ways I wish I could take back.

So, I share my story in this forum to state that I totally get where everyone is coming from- the Church NEEDS to DESPERATELY talk about this in honest ways. Sex is beautiful and should be treated as such rather than a dirty, rebellious thing that "guys always want" and "only bad girls do." My biggest piece of advice? Seek out a good friend who is willing to talk with you and hold you accountable- when I finally talked to someone about my masturbating, it was like a HUGE burden had been lifted from my shoulders. I had carried it alone for so long that I didn't know what it would be like to live without that secret- yes, the Church doesn't acknowledge it but you can find someone who will be sympathetic and "stern."

Also, reading some good books (not the Ludy's or Harris's stuff!!!) helped me- I recommend "Every Woman's Battle" (which devotes quite a bit of space to masturbation), "Real Sex: The Naked Truth About Chastity" (it's refreshingly realistic and beautiful), and "Confessions of a Good Christian

Girl" (most vulnerable book that deals with all the "secret sins" and other deadly things that the Church won't honestly talk about).

I sincerely hope this is helpful to someone- I wished I had a place to talk about this when I was struggling with it. But I'm glad that there is one now.

Reply

3 replies · active 86 weeks ago

+2 Vote up Vote down



Mary · 179 weeks ago

Every time I read an article about sex I am immediately intrigued. I am a 22 year old woman of God who is seeking sexual purity. However, I've made mistakes in the past with my decision to have sex before marriage.

It saddens me to read these empowering articles after the deed has been done. I don't know for sure that I would have been stopped from sleeping with a man who was not my husband if I had read these 3/4 years ago, but they would have made me a lot more informed. However I am grateful that younger women have the opportunity to make better informed decisions based on such words of wisdom.

As my relationship with God has grown, I see more clearly and am more sensitive to words of wisdom concerning sexuality, be it in articles I read on the internet by like minded Christian women or passages from the Bible.

I guess my question is not so much how to deal with my sex drive but more how to deal with the pain I feel for having misused something so sacred.

I thank God for blessing me with a healthy sexual being. I have abstained for 11 months now and I look forward to sex with the man God has chosen for me.

Reply

-1 Vote up Vote down



@lydd · 179 weeks ago

I applaud all of you for asking these difficult questions. Having grown up in Christian churches with very clear opinions about sexuality and the expression of it, I now find that the clear-cut, right vs. wrong approach to sexuality just doesn't satisfy. Not that there isn't, perhaps, a clear yes/no answer to some issues in this topic-- but I have found that easy, black and white answers (ie don't have sex, no oral, no masturbating) do not entirely fit such questions that are inherently personal, complex, emotional, and at times anything but black and white...but are more gray than most people I know dare to admit. Do's and don'ts aren't enough for me as I explore my thoughts and desires, and as I dialogue with others, especially those who aren't Christians. I want more.

Reply

+3 Vote up Vote down



@lydd · 179 weeks ago

(this is the rest of my post, it didn't post for some reason)

From my vantage point, sexuality (and dare I say it, abortion) are two issues which the modern Church has largely elevated above most other areas. Not to say this is without some reason, but I think it's had an unintended side effect: many of us lack the skills, vocabulary, and creativity to navigate these life issues with wisdom and grace. And those of us who have, for a wide variety of reasons, had sex before marriage, we are left with little guidance as to what to do next...besides feel guilty. And if sex is so good (which it is!!) can't we do better than that?

If God is worth loving and living for (and I have found this to be true)- then I choose to believe that He is big enough to handle these tough questions, as well as our fumbling around for answers. Christians, in general, are a lot more rule-oriented than I find God to be. Not that there aren't do's and don'ts....but by focusing on them, and fearfully avoiding "sin"- we often sacrifice using our brains and hearts to discern, think, and search together for the best expression of love.

Sexuality and our expression of it is an incredibly exciting, complex, beautiful thing. It seems to me that our approach to living this part of our humanness out should also, then, be exciting, complex, and beautiful. Don't try to squash it into easy rules and do's/don'ts- it just won't fit.

Reply

+11 Vote up Vote down



kim · 179 weeks ago

Sorry to be all "worldly" about this, but why not masturbate? I agree that viewing pornography is damaging, but it is possible to get that release without going that route.

No where in the Bible does it condemn masturbation, and if it keeps you from acting out sexually with men, I say do it.

What is the harm in that? Should an orgasm be only with a husband? Do you expect your husband not to masturbate? Or is it the "slippery slope" argument that leads us to cut out all sexual acts.

I am just curious. I know lots of Christian girls (myself included) who use masturbation as a way to deal with the sexual desires without throwing ourselves at men (boyfriends or not).

Why is this verboten?

Reply

13 replies · active 68 weeks ago

+4 Vote up Vote down



Broken · 179 weeks ago

This hit home. Today. And because of that, I would really like to share my story. I'm in desperate need of a soundboard.

I have struggled with masturbation since I was about 12. (I happen to be quickly approaching the age of 24). So many times in my life I have wondered what started it all. It is as if, one night, I discovered the pleasure. Like Satan dangling the juicy apple in front of Eve. Sure, I figured out it wasn't right.

Sure, I tried to stop. Multiple times. But it took me until I was about to leave for college to actually stop. Only out of sheer necessity. I was going to be living with a roommate, for goodness sake. I had to stop. No other option.

One could say I was able to snuff this sinful habit. God used me and my story to directly effect 70 some females at college. Praise the Lord, right? Right. I thought, "man, so this is why it all happened." Why I had to face so many years of thinking I was the only Christian in the entire world (and probably universe) who had this struggle. (Because I, like most of you, have grown up in a conservative church and/or christian home that habitually avoided the topic of sexuality like the plague. Awesome.) It all made since though. I knew there was a purpose.

Fast forward through my 4.5 years in college. (Closer to the present than I care to admit). Some of you have been through this stage, some might be looking forward to it... But alas, here I am. In the transition stage of life. No one ever prepares you for such a stage. No class at college. No book you might read. Nothin'. The transition out of college and into the "real world."

My "real world" looks something like this: Living with my rents. Feeling alone. Working a part-time job at my home church. Feeling alone. Lacking motivation. Searching for what's next. Feeling alone. Trying to find people my age to hang out with. Not truly connecting. Feeling alone. Etc. Etc. Seeing a pattern?

Needless to say, my "habit" came back. In full force. But this time. Much worse. My sexual drive found another sexual being to masturbate with. Not male, but female. I have felt even more like the worst human being alive than I ever before. Not only was I taking myself down a path, but I was dragging someone down with me.

Satan has used my sexuality in direct connection with my selfish nature. With my loneliness. With my desire to have purpose again.

It is time to regain control of who God created me to be.

I must understand my identity.

Reply

9 replies · active 7 weeks ago

+7 Vote up Vote down



carole · 179 weeks ago

I think the question of masturbation is one that needs to be brought up more often. and I'm so pleased it is being brought up in a very specific way. while masturbation is not address directly in the Word I do believe God addresses the principles behind it. Masturbation is about me. I am taking my physical body and it's desires into my own hands and choosing to fulfill a desire on my terms. It's about me. Now is it many times in an effort to avoid acting out sexually with a man—sure. But just because it's in the name of preventing a sin or relieving feelings does that make it right?

We are indeed sexual beings. And it is a beautiful thing. And I pray that one day God will bless me with a husband that I can experience sex with BUT until then I have been called to complete reliability in the Lord for all things and I believe that includes my sexual desires. I lay those down at his feet just like I lay down my desires for a husband and a family.

.....and on a side note...Jesus was not married. (I know I had to bring it up ;) ) He was fully human and fully God. I guess we will never REALLY know but I believe that means he had sexual feelings. And I also believe that means he did not act out because he was never married. Just something to think about ;)

Read the article Lore posted (above) and also check out this sermon by John Piper. He has some awesome things to say about sex and our sexuality as an offering to the Lord.

<http://www.desiringgod.org/resource-library/confe...>

as a fellow sister and a fellow struggler of masturbation I say that through Christ we can do all things. and one of those things I believe is remain pure in all forms by not masturbating.

much love

Reply

1 reply · active 178 weeks ago

+4 Vote up Vote down



Kim · 179 weeks ago

My heart breaks for you. That you have such guilt and shame over this issue. I think sometimes our shame about ourselves is what creates the isolation and loneliness. We can't tell people about our big shame sins because they will judge us or perhaps not love us. No one would love us if they really knew about it. \_\_\_You are not alone, dear Broken. I feel similar shame about ANY alcohol consumption I partake in. Others don't understand my shame. They think it's not that bad, or that I am not doing anything wrong. But they don't know my heart. And the shame I feel in my heart is the desire for escape, the desire to be alone and act selfishly. My actions might not be out of control, but my heart is. \_\_\_I think sometimes the worst part of these shaming sins isn't the act itself, but rather the result of it - the isolation and guilt. That is where the devil sneaks in and takes control. \_\_\_I don't want to make assumptions about this being how you feel. I shouldn't do that. But your admission struck something in me. And I want you to know that you naming your shame has allowed me to name mine. \_\_\_Thank you for your truth, and God is working in both of us, even now.

Reply

1 reply · active 179 weeks ago



+13 Vote up Vote down



allietrustworthy 43p · 179 weeks ago

I dance.

Mostly lindy hop, but I also balboa, shag, and occasionally blues dance.

Partnered, free form social dances will teach you a lot (and I mean A LOT) about your body, and, more to the point of this discussion, about how to connect your body with someone else's, and in what to me has been the safest, least threatening way imaginable. Dancing has made me feel more like a woman. Moreover, it made me feel more like embracing my identity as a woman.

I'm twenty five, single, and about as virginal as they come. I wasn't exactly a tomboy growing up, but my mother died when I was eleven, so I entered my most awkward and transformative years without much in the way of womanly guidance. I feel now that, for a long time, I didn't really know how to be feminine, especially in the context of a relationship. And I really feel like dance changed all of that. I found myself surrounded by women who were embracing at least the aesthetics of bygone feminine ideals, and who were wholly physically engaged with their dance partners, at least for the four minute duration of the song. It was almost magical to me, to watch the best of them move so perfectly in congruence with each other, knowing that absolutely none of it is choreographed beforehand. I came to learn it was all about paying attention to the subtle cues, about being flexible, relaxed, and accommodating, about learning to trust your partner, and above all, about having fun. I plan to carry these lessons into my marriage bed someday.

It's not exactly as though I'm using dance as a substitute for sex, but it is something I look at as valuable for developing that part of myself while still managing to have a great deal of fun. While it can be intimate (depending on the dance, your frame, and how comfortable you are with your partner; it's all up to you), it's not dirty. It is exuberant, expressive, and exhilarating. It's the most fun I can imagine having with any man I'm not married to while feeling completely irreproachable about it.

If you live anywhere near a relatively big city, odds are good there's an active swing dance scene there. Latin dance, I'm sure, could serve a similar purpose. I will say, though, you need to have balance. You should be developing yourself emotionally, spiritually, and so on, or the relationships you develop in a dance scene could become unhealthy.

Anyway, I hope this helps. Happy twirling, girls!

Reply

7 replies · active 97 weeks ago

+15 Vote up Vote down



Erica · 178 weeks ago

I was single and following Jesus until I finally got married at 35 (God's timing was Not mine, but He sure picked me a good guy!) so I was single with my sex drive for a long time.

One thought that helped (and still helps) me is to talk about your sex drive, about sex, about your hopes and dreams and expectations a LOT ... Especially with God. Thank Him for a healthy sex drive, even if you have to carry it around and keep it to yourself for a time. Journal it out, pray it out, cry it out, argue it out. God created you with this, He knows what you're going through, He's got big shoulders, He can take whatever burdens and grief and frustration and rage you need to dish. Our God has this trait where He seems to like us engaging in whatever communication with Him we can muster. A quick trip through Psalms is quite convincing about the range of emotions God is interested in hearing from us about. It won't always feel like a perfect fix necessarily, but over time it can develop pretty powerful habits of turning to God in all situations. Those habits will pay off for you when marriage comes. Being married doesn't solve everything when it comes to sex, it just gives one freedom to start expressing that sex drive on a new level.

Imitate God's faithfulness: be faithful to your spouse now. My policy was and continues to be that I don't have sex with people I'm not married to. Since I'm married, that sounds like good policy, but the truth is that I made this decision as a pre teen when my DAD gave me HIS version of THE TALK, sharing that sex with one's spouse was the greatest thing ever and worth anticipating and protecting (awkward! And awesome!). My particular payoff? My husband was married once before, and that marriage ended when his ex left after 4 known affairs. It turned out to be super important to our relationship that I had started being faithful to him decades before we met and chose to bear out my habits of faithfulness by persisting in not having sex with him until he was, in fact, my husband. Now, I never knew until I finally got to know "the one" the exact way that God would use any obedience I offered Him. The point is, faithfulness is God's quality first, and the Bible says His faithfulness reaches to the skies. So choose faithfulness to God and to your unknown, un-named husband with faith in God that He sees you and will honor your sacrifices. By the way, although my husband couldn't offer me the same kind of sexual history i brought to him, the fact that he had been faithful to his first wife and pursued a chaste lifestyle after his divorce were very meaningful to me. So, even if someone's thinking "I'm not a virgin, so why bother?" I say, "bother.". Every and all efforts to establish habits and patterns of self control and faithfulness will bear fruit in your life. Shake off the shame. Go for it!

Reply

5 replies · active 52 weeks ago

+13 Vote up Vote down



Erica · 178 weeks ago

Realize that your sex drive is a gift from God, and celebrate it. Avoid shame, steer clear of condemnation, for Paul clearly preaches against these in Romans. If you make a mistake or fall down in some way, then confess your sin to God, receive His forgiveness, get back on the path with your good shepherd, and get moving again. (by the way, getting really good at taking your sin to God, confessing it, and really accepting His forgiveness and grace will totally pay off when your married. And you do something totally stupid. And you have to ask your husband's forgiveness. I'm just sayin' ... Maybe I know someone that's happened to or something. Ahem.) I meet so many Christian women who stuff their sex drive down out of fear or disgust or shame or condemnation or misunderstanding. God created sex! He created it to be good! Learn about it a bit. Check out some websites like themarriagebed.com where they recommend some good resources. You don't have to agree with everything everyone says, read and discuss and learn intelligently, think about what you read, stay away from topics that seem like too much for you, apply prayer and cautious discernment, but also get out there and learn a little bit. You don't have to go overboard. Once you do get married, you'll be glad you did. Being a virgin doesn't mean you have to be clueless and immature. Please, my sister, you're making a powerful and very healthy choice about your sexual activity. At the same time, you should be intimately familiar with how your body works just as an act of personal responsibility. There are a lot of different opinions on masturbation among Christians, but you don't have to go that far to treat your body well, indulge in warm baths or pedicures, keep yourself healthy and fit, learn how to dress modestly yet attractively. Let this sex drive of yours be good, even as it frustrates you at times. Let it be a source of hope and anticipation.

Finally, realize that by doing all this you are walking in very counter-cultural ways. They will tell you that you are crazy, silly, and unhealthy to make such choices. They will make jokes about thirty year old virgins and laugh and laugh never guessing that one is in the room with them laughing along because that is just not something I shared with certain crowds. They will mock you for rejecting all their "freedom.". But the truths that by restraining your sex drive now, you are putting sexual freedom where it belongs: back in the marriage covenant where God intended it to be. Take heart.

Persevere. I'm rooting for you, and so is Jesus.

Love,

Erica

Reply

2 replies · active 177 weeks ago

+5 Vote up Vote down



simplysweet · 178 weeks ago

As others have said, I love that you asked this question! I'm in the same boat as you girl! SOMething that helps me, this will sound silly, but get active go for a run, take up cleaning as a hobby, take up a new sport. Continue conversations such as this with people you are close with that are dealing with the same temptations in a healthy way like you are now. And when your in a relationship before marriage recognize that God's strength is what helps to sustain you. He's called us to wait, therefore he'll give us the power to wait and recongize that a true man of God will work just as hard as you will to maintain your pureness b/c he recognizes that you are first and foremost God's treasure. I know that last one sounds simple enough but I quickly came to realize that with my last boyfriend. He led a church small group with me and I've known him and his family for years, but he quickly wanted to push kissing and even made attempts at moving his hands to inappropriate places and throw me in inappropriate positions even after I told him that I simply wasn't ready to kiss him. God placed something in my heart that told me that I wasn't ready to kiss him. And in a moment of romance, God showed up and I was able to stand my ground, this quickly led to a conversation that day with me walking out and the break up. God was showing me that at this point and time, he's not mature enough in his relationship with God for a relationship with me. Because the man that God wants for you, will respect you as God's gift to him.

Reply

2 replies · active 144 weeks ago

Friday Five: Wise Counselors, Sex Drive & Getting Busy I Ally Spotts

[...] This post is from the Good Woman Project and speaks to a question that I'm sure many young singles are asking: What do I do with this sex drive?

[...]



+5 Vote up Vote down



Ruthie D. 26p · 178 weeks ago

I did this all wrong in my singleness. I avoided anything that might "turn me on" or lead to lustful thoughts. I thought of sex as "bad, bad, bad"--- something to run away from or to use a biblical term "flee". Sex=bad.

Now I'm married and sex=good. I've struggled b/c my mind still hasn't caught up. For years and years and years, I programmed my mind to think of sex as dirty and wrong. BAD. And then after putting on a white dress and saying "I do"---sex became GOOD.

I wrote about "Am I crazy for waiting until marriage?" on my blog <http://ruthiedean.com/2011/06/16/love-sex-dating/>

The truth is sex within marriage is God's design. Sex outside of marriage destroys. However, I'd wish I thought of "sex is good--with my husband--later". Sex isn't bad. It's glorifying to God in the right context.

Reply

+4 Vote up Vote down



itsasecret · 177 weeks ago

I am so happy that someone else is willing to talk about this very subject. For the longest time I thought I must be a bad Christian because I struggled with sexual thoughts. I have managed to stay a virgin, but not always with the best of motives. I was involved in a complicated and destructive relationship. While we never slept together, we did fool around a bit. It was fun. I would often leave his house feeling empty and hurt but that would not stop me from trying to see how close I could go without crossing the line. When the relationship fell apart, I thought the urges and curiosity would stop. I have prayed and confessed. I have aggressively and proactively sought to avoid the kinds of things that I know bring up those kinds of thoughts. God has done and is doing an incredible work in my life steering me away from sexual temptation. The best advice I have found is to consider it a journey of many small steps. Don't try to do this alone. Involve God and involve friends. Fight to stay pure today, in this hour, in this very moment. Eventually these moments will add up to a lot.

Reply

+8 Vote up Vote down



Becky · 177 weeks ago

Something that really, truly helps me is to turn to Scripture. Just knowing that God knows. He KNOWS. He understands. The Bible doesn't go into detail about Jesus' personal thoughts, but he was single until he died as a fully grown man, so He TOTALLY understands what it's like to have these desires. Hebrews 4:15 - we do not have a High Priest who is unable to sympathize, because he was tempted in EVERY WAY, JUST as we are. How reassuring that is! And he was fully man as well as fully God, but you know what? The same power that lived in Him lives in us! What a wonderful promise!

Not that it's easy, but just going to Jesus and asking for his power helps a lot. Asking him for the same power that enabled him to be faithful to his mission on earth, and for the same INTIMACY with the Father that he had.

Also, allowing myself to receive the intimacy of God in Scripture. Claiming these truths:

"he satisfies the longing soul, and the hungry soul he fills with good things." Psalm 107:9

"Praise the Lord, my soul, and forget not his benefits...who satisfies your desires with good things so that your youth is renewed like the eagle's."

Psalm 103:2-5

"My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night." Psalm 63:5

That last one especially gets me, because of where David's thoughts are "in the watches of the night." When no one is watching, when he could be thinking about anything (and when most men would think about a woman), he meditates on Yahweh! Something else about that verse - it shows the connection between body and soul. "My SOUL will be satisfied as with FOOD" - it appeals to a physical sense to show how our soul is satisfied. I think part of the problem is that we tend to separate the physical and the spiritual in the West, so it's hard to think of anything physical as being spiritually related. Therefore, it's hard to imagine how God could COMPLETELY satisfy us. But, as impossible as it may seem, this is what God promises. In the difficult, dark moments, when we feel alone and deprived of good things, that is when I have to cling to him and ask him to fill me completely and satisfy my entire soul.

Reply

2 replies · active 80 weeks ago

+1 Vote up Vote down





@kristen\_rea · 177 weeks ago

I want to thank all the women that commented and shared their stories. I have been so encouraged! There is so much wisdom and much practical advise, I feel that I have a lot more ideas how to be single and handle having a sex drive.

When I wrote this, I was afraid of posting this to my blog because I was afraid what would be thought of me. But I decided that it didn't matter, what other people thought because this was something that needed to be shared. I'm so glad I did because I discovered I wasn't alone.

Reply

2 replies · active 79 weeks ago

+2 Vote up Vote down



Markus · 176 weeks ago

When I was still healthy, I deal with this with regular exercise and keeping myself busy with work.

This may not be the answer you want, but it works for me.

Reply

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