

Sex and Life in Christ  
Peter M. Danilchick  
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“Love the Lord your God with all your soul, all your heart, and all your mind and your neighbor as yourself.” This standard of Christ must be our criterion for right thought and right conduct. All questions must be referred to our love for God and God’s Love for us.

All things in this world are gifts of God and are to be used by us for His glory. This right use of the world is our job as the ministers of God. As we know, all physical and emotional things have no real inherent good in themselves. Only if they are put to the right purposes are they seen to be good. When God created the world He saw that “it was good.” But man, in deciding that he really did not need God, the Source of all good, separated himself from God and initiated the possibility that the world can be evil –not good. The reason why sex is such a real confusion for us is that we consider it apart from God and His Love.

What does this mean practically in relation to dating, sex, and marriage? It means that first of all we must prepare our foundation in God. “Do not be conformed to this world, but be transformed by the renewal of your mind.” It is worthless to talk about rules and regulations if you do not really desire to be one with God and to live a life in Christ. For, “The law was given by Moses, but grace and truth came by Jesus Christ.”

Initial physical and emotional attraction is a means of encouraging friendship and ending individual isolation. But God must be present in the relationship so that we may see each other as true icons of Christ. Once we reject God and think that we can live and love separate from Him, then our physical and emotional love becomes self-seeking and without meaning. If we accept Him and open our hearts to Him, then He gives light, joy and fulfillment to our love.

When viewed in the light of God, dating does not become “getting out” and “having a ball” but becomes a time to really strive to make friends and to know people and to grow in knowledge, understanding and love for others. A person of the opposite sex is to be seen as an icon of Christ and not a physical plaything or “ego-booster.” Similarly, any physical affection must not be “experimental” or arrogantly demanding, but innocent and pure. Passionate desire has no place here because it does not see the total person but only the physical. This is why Jesus said: “Anyone who looks at a woman with lust is guilty of committing adultery with her in his heart.” Human love is fragile and must be sanctified by the grace of God and made divine.

Sexual relations must then clearly be an expression of the real unique spiritual union of a man and a woman in Christ in the Sacrament of Marriage, and not some fraudulent substitute. This real lasting union in Christ is a result of the grace of God – not of human effort, for Jesus said very clearly: “You can do nothing good without Me.” This grace is offered that we be no longer separate from God but in communion with Him.