

LESSON 18

EMOTIONAL CONSEQUENCES TO PREMARITAL SEX

TEACHER PREPARATION

KEY CONCEPTS

There are:

1. Potentially serious emotional consequences to engaging in premarital sex.
2. Good emotional reasons for waiting until marriage to begin sexual intimacy.

OBJECTIVES

By the end of this lesson, students should be able to:

1. Evaluate the emotional risks of premarital sex.
2. Explain some more reasons for waiting until marriage for sex.

BACKGROUND INFORMATION

We all long for intimacy. We all need love and affection. We find happiness in being with others. But many people make the mistake of equating physical sexual activity with love and intimacy. The pleasure of sexual experience is mistaken for love and genuine emotional intimacy.

Happiness is not found in using others for our selfish pleasure. Other people do not exist to gratify our drives and desires. People are to be treasured, not used. People are to be loved and respected, rather than exploited as sex objects. Love and sexual intimacy can be expressed with the least risk of serious emotional consequences within the stability of a marriage relationship.

BEGINNING THE LESSON



Experience Comparison

About 3 minutes

In our last lesson, we learned there can be serious physical consequences to sexual intimacy before marriage. But there is also a risk of emotional consequences for men and women.

Movies, television, romance novels, and advertising often present a picture of unmarried sex as exciting, fun, beautiful, and enticing.

What you probably will not learn from the media is that a first sexual experience outside of marriage can be quite disappointing, embarrassing, frustrating, or even emotionally painful, especially for women. It is an experience that, in the right circumstances, should and could be wonderful, but too often leaves the man and the woman feeling guilt, shame, loneliness, and even betrayal.

However, if the first experience of sexual intimacy is within the security of marriage, the husband and the wife have the luxury of time together to develop an intimate relationship until it can become mutually satisfying and thrilling.

Have you ever wondered why there are so many divorces and so much emotional hurt between men and women?

One of the primary reasons marriages fail is that couples begin to focus on their physical relationship too early. When physical sexual attraction is the primary basis for marriage, it establishes a weak foundation on which to build a healthy lifetime relationship.

 = 3 minutes



Story

About 5 minutes

(Read the following story.)

The Naviga shipping label left no doubt as to who had sent the package. Derrick pulled off the tape, tore into the paper, and found himself looking at a small cardboard box.

Do I wait until Sam and Natalie can come over, or do I just go ahead and open it? It was

sent to me! I hate waiting!

Derrick opened the cardboard box only to discover another box inside, a wooden one made with different types of wood. He picked up the sturdy little box and shook it.

Nothing!

Derrick turned the wooden box over in his hand looking for the lid. Ten minutes later, Derrick was still looking.

This is a puzzle box! I read about one in a story. Breaking the box apart destroys whatever treasure is inside, so the only solution is to figure out the right combination of moves to open it.

Derrick eventually discovered one of the small end pieces of wood could slide ever so slightly to the left but no more. After another five minutes he realized another section of wood he had tried to move earlier could now be moved upward. Round and round he went pushing different sections of wood. Nothing else moved.

Aaarrg! thought Derrick. Why waste all this misery on myself?

He called his cousins. "Hey, a package just arrived from Tony. It looks really interesting! Come on over and we will all have a look."

His cousins arrived an hour later, and Derrick set the puzzle box on the table in front of them.

"What is it?" asked Natalie.

"I'm pretty sure it is a puzzle box. You have to slide sections of wood different ways to get it opened," answered Derrick.

"Have you tried to open it?" asked Sam.

"Nah, not really," said Derrick. "I thought I would wait for you guys before really giving it a try."

"So, you did not wait for us?" added Natalie.

"Well, I was not sure what it was," said Derrick. "So I fiddled with it for a bit, just to see."

"And did you get anywhere with it?" said Sam.

"Not really," frowned Derrick. "I got a couple of pieces to move but that was it."

"I'm so glad you waited for us," laughed Natalie.

“Go ahead and try,” urged Derrick.

They each pushed and pulled, prodded and poked at the stubborn little box without getting any closer to the solution. They tried texting Tony without success. And after another hour of shared failure, they gave up.

Three days passed and each day Derrick picked up the wooden box, rotated it around in his hands, shook it, tapped it against the table, and set it down again in disgust. On the fourth day a letter arrived.

Dear Derrick,

I trust you have had a frustrating time with the little puzzle box! Uncle Marvin made this challenging conundrum in his workshop; it took him the better part of a week just to design it. I often dropped by to watch him as he selected different kinds of wood, cut the pieces, added precise grooving in the edges, stained and sanded every inch, and then glued parts of it together. It was a long process. Even though I watched him make it, I was still unable to open it once he had put it all together (I hope that makes you feel better).

Uncle Marvin watched me struggle with his little box for days. He would smile and say, “Life is a puzzle and puzzling out the solutions is the road to wisdom.”

After a while, I realized Uncle Marvin’s puzzle box was solving a different sort of mystery—me! That ornery little box surfaced my frustrations, spotlighted my unproductive and repetitive stubbornness, bruised my pride, and pointed out my reluctance to ask for help.

Eventually I did ask Uncle Marvin to show me how it worked. He slid one section to the left, turned the box over and slid another piece up, then he did something that had not occurred to me—he squeezed the sides of the box while twisting the opposite end. After that, the combination of pieces slid easily, one after another, and a small drawer revealed itself, just waiting to be pulled out.

“Most puzzle boxes have only one workable solution,” instructed Uncle Marvin. “Either you slide various sections until the compartment is revealed, or the box’s release mechanism is held in tension and a counter-tension must be applied. This box requires both solutions.”

I would love to tell you what is waiting for you inside the puzzle box, but that would not only ruin the surprise, it would also ruin a special part of you, too! You now have enough information to solve the puzzle. Let me know when you have found the treasure.

Hugs and love, Tony

After rereading Tony's letter a few times, the three cousins set to work on the box. A half hour later they found the pressure points that released one end of the box; after that, the rest of the combination quickly revealed itself. All that was left was to slide out the tiny drawer and see what was inside.

"It is a coin!" exclaimed Sam. "There is something engraved on it."

"Force open the box and ruin the treasure inside," read Natalie.

"That does not make a whole lot of sense," frowned Sam.

"See if there is anything on the other side," suggested Derrick.

Sam turned over the coin and read, "Your sexuality is a great treasure locked inside for safe keeping."

"Hey, guys!" exclaimed Natalie. "There was a slip of paper in the drawer."

"Is there anything on it?" asked Derrick.

"Yes, it says to show the coin to your mother."

 = 8 minutes

EXPLORING THE LESSON



The Agony and the Ecstasy

About 5 minutes

Can any of you tell us in a few sentences about the experience of eating a fruit like an apple or an orange that was not ripe?

[If none can, share your own story about eating a fruit before it was ripe.]

How about finding a Christmas or birthday present already wrapped that you secretly opened before Christmas or your birthday and then wrapped it up again, or maybe breaking a piggy bank and finding only a few coins in it?

Puzzles are designed to be challenging, so what have you felt when you as a teenager took on a puzzle designed for 3-year-olds?

[No challenge, no agony.]

What about taking on a puzzle designed for college students?

[Maybe too much challenge, so the student gave it up to avoid further agony or maybe the student persevered and experienced satisfaction.]

We all drink water regularly, but can anyone tell us in a few sentences about getting so thirsty your tongue was so dry you began to choke?

[If none can, share your own story or a scene of extreme thirst in a movie, and the ecstasy of a few sips of cool water.]

Puzzles are designed to challenge us to think until we win. But most people see them as pastimes—something to do when we are bored. But great puzzles do more than entertain. Like great stories, they take us into multidimensional mystery where winning is only one dimension.

Have you ever thought of yourself as a multidimensional mystery? In your personal journal please enter your name and a dash, then the words *Multidimensional Mystery*. Then, take the next three minutes to write some of the things about yourself that are a mystery to you.

 = 13 minutes



The Mystery Is You

About 5 minutes

In Lesson 16 we asked, “What do you want in a mate?”

Today let us think about what a mate would want in you. You are the puzzle box! So, what treasures might a future mate discover in you that would make the agony of waiting for you to mature worthwhile, even exciting?

Maybe you do not know now how to answer this question. But you are the mystery!

Maybe the first things about you that come to mind are echoes of what people who were upset or angry with you have said about you like, “You are lazy” or “You are stupid” or “You should be ashamed of yourself.”

Maybe they are right, maybe not. But you are much more than the echoes of other people. You are unique!

You are at the age now to start becoming the kind of mystery a mate will want to take 50 years to discover and enjoy. So, again, what treasures might a future mate discover in you, making the agony of waiting for you to mature worthwhile, even

exciting?

Please take the next three minutes to write in your Personal Journal some ideals, the dreams you think might be worth developing.

 = 18 minutes



Dream-Breakers

About 20 minutes


To be the mystery your mate has the joy of discovering over 50+ years is a great and achievable dream. But it can be sabotaged before you can even start it by a very powerful and common dream-breaker.

This dream-breaker has the strong likelihood of producing shattering frustration, loneliness, and emotional hurt. This dream-breaker is giving into the strong temptations to have sexual intercourse before being in a committed relationship of marriage.

Here is why premarital sex can be so emotionally destructive. In the last lesson, we looked at some of the physical consequences of premarital sex. Now we are ready to list some of the emotional consequences. Based on the person you hope to become and the mystery you are, what might be some of the emotional consequences, either to men or to women, if you do not wait until marriage to give yourself to someone you want to love and trust to develop multidimensional intimacy with you?

- Difficulty bonding emotionally—because you have bonded with other partners.
- Great difficulty trusting anyone who has had previous partners because he or she has practiced “loving and leaving” multiple times.
- Comparing a future wife or husband with previous partners because a sexual relationship is developed emotionally, not just physically.
- Giving in to sex because you think that if you do not, your mate will leave you like other sexual partners did.
- Increased lust and mental fantasy, especially for men. When sexual problems happen, and they will, it is easy to blame one’s mate and fantasize previous encounters or sex as seen on pornography. (It is a scripted performance!)

- Missing out on the development over years of multidimensional intimacy including the wonder of deepening satisfaction, of sexual bonding over the years. What else never gets boring?

 = 38 minutes



Foundations for a Lifetime of Multidimensional Intimacy

About 5 minutes

Sexual intimacy is healthiest and most fulfilling when a strong foundation is already present in the relationship.

When a couple commits themselves to a lifetime relationship (becomes engaged), then spends significant time getting to know each other better as a committed couple (the engagement period), and finally, before family and friends as witnesses, vows a lifelong, exclusive commitment, those actions lay down a number of strong emotional foundations for multidimensional intimacy.

[Write the key, underlined words on the board as you explain them to the class.]

These foundations include learning to:

- Talk and listen to each other
- Consider each other
- Support each other
- Defend each other
- Gently confront each other
- Gently help each other
- Submit to each other
- Build up each other
- Respect each other
- Cherish each other. And, most importantly,
- Love each other.

Couples with successful marriages continue to strengthen these foundations throughout their life together. If these critical foundations are present and growing, the negative emotional consequences we have listed are greatly reduced—or even eliminated.

However, when people get physically involved before marriage, the physical contact becomes the focus of the relationship, especially for men. That means the foundation blocks for a healthy marriage, like those we listed, are not developed. It has been said “men give love to get sex and women give sex to get love.”

Though it is more complex than that, there is a lot of truth in the saying. In too many relationships, the man and the woman are trying to manipulate the partner to

get what they want for themselves. This is not the way to build a solid foundation for a healthy, intimate, joyful, lasting marriage.

 = 48 minutes

ENDING THE LESSON

Personal Journal Writing

About 5 minutes

In your Personal Journal, please write down one to three of the 11 foundations listed on the board that would be especially important to you in marriage.

As you write them down, ask yourself this question: “Are these foundations important enough for my future marriage for me to wait until they are in place before I begin sexual intimacy?”

[Before dismissing your students, remember to dictate to them the Parent-Teacher discussion topics.]

 = 52 minutes

RESOURCES

GOING DEEPER

Even a pet cat knows how to communicate “leave me alone” when it does not want to be petted, but many adolescents cannot seem to say “no” to premarital sex.

One ancient proverb (Proverbs 25:28, NLT) puts it this way: “A person without self-control is like a city with broken-down walls.” Anybody can just walk in!

One of the ways we can put healthy walls of protection around ourselves is to learn ways to say “no” when we need to protect ourselves. Saying “no” gets easier with practice.

Now we will create a list of 100 ways to say “no” to sexual pressure.

“100 Ways to Say No” List

[Using the concepts covered in the last two lessons about the physical and emotional consequences of premarital sex, brainstorm with the class to create a list of 100 ways to say “no” to sexual pressure. Responses will range from the crude and obvious (“Get lost, loser.”) to the delicate and sensitive (“No, thank you, that is not for me.”) You could even use the image from Proverbs 6:27- 29: “Sure, I would love to sleep with you, right after I pour fire into my lap and walk barefoot on hot coals.”

If time allows, when you have compiled your list of “100 Ways to Say No,” choose several of your favorites and perform a fast-paced skit with performers acting out their favorite turn-down lines, in a rapid-paced sequence, parading before the class.

If you think you are ready for the “Big Time,” take your show on the road and perform your skit for another class: “These are our favorite turn-down lines from our list of 100 Ways to Say No.”]

FOCUS POINTS

- 1. Sex outside marriage is self-destructive.**
- 2. The best way to avoid STDs is to avoid sex until marriage and marry someone who has likewise avoided sex.**
- 3. Saying “no” is an appropriate protection when faced with sexual temptation.**

[Be sure to leave time for discussion at the end of the learning activity so your students can discuss the connection between the learning activity and the lesson. Listen to see whether they seemed to understand the key points listed. If you sense one or more of these points may have been lost, be sure to guide the discussion to make sure they get these main ideas.]

PARENT-TEACHER CONNECTION

For Family Discussion

1. Please share with your adolescent some of the things you have learned to do to make your mate happy and your marriage stronger.
2. What is one thing you hope your adolescent will do as he or she develops friendships with people of the opposite sex?

