

SEXY
christians

THE PURPOSE, POWER, *and* PASSION
of BIBLICAL INTIMACY

DR. TED ROBERTS &
DIANE ROBERTS



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Foreword

The rumor started as a whispered story. I almost disregarded it as an urban legend, except I hoped it was true. It spoke of a church of a conservative, evangelical persuasion in which the pastor challenged people to look at sex addiction. The story suggested this pastor asked the entire church to have an ongoing discussion about sex and life as a committed Christian.

Next I met a few members of the church at various conferences who moved the story from whispered rumor to witnessed reality. They reported hundreds of church members attending groups for both men and women. Best of all, they said the participation profoundly enriched the entire congregational experience.

I hoped it was true because I knew the first person people will talk to about sex is their pastor. Many people are in recovery today because a pastor knew enough to get them help. Through the years, though, the church has had a hard time talking about human sexuality in terms of faith and love. Legalism and unfounded prejudice have generally won out. Still, it is in the faith context that many are likely to begin a journey toward healing.

Across denominations, the sexual scandals of pastors have reinforced shame and sexual negativity. Somehow, the lesson of the gospel about Christ coming for the wounded and struggling has been missed. Pastors are supposed to be perfect, with no struggles or defects. Yet Christ aimed all his parables at the Pharisees—the numb religious leaders who followed the law without the love. Their effort was to control God by perfect adherence to the rules, losing sight of his reaching out to them in relationship. In the midst of this negative arena, the idea of an innovative church and pastor on the horizon was heartening.

And then I met the pastor everyone was telling me about: Ted Roberts. In his own modest way, he told me of his efforts to reach out to people whose sexual wounds were seldom addressed in a faith context. I thought, *What a model for others!* So many churches and denominations could use this level of forthrightness.

No one who knows Ted will miss his Marine background and decisive style. His is the type of passion that can transform. But Ted is not without doubts or struggles, so he talks about them. No model existed for what he sought to do. The model he knew well was the Son of God, who was willing to persevere in love when all betrayed him, and the Son of Man, who was willing to break with codes and attitudes built on self-righteousness.

There's more. I have known many clergy who joined a sex addiction bandwagon without the study and diligence necessary to understand this complex problem. It takes investment and effort to understand how neuroscience is transforming our understanding of this illness and addiction in general. After that, further effort is required to know what really works. In clinical language we call this an *evidence-based approach*. If you immerse yourself in this effort, you have to confront much in yourself. Many want to skip that hard work. There are also those who fear religious leaders will focus on the sinful aspects of sexual addiction as opposed to

the gigantic health problem it represents. And unfortunately, that has happened in some cases.

Ted has taken the time to learn what he needs to know in order to translate the depth of the challenge for his church, his denomination, and other believers. He has had the humility and the willingness to learn. I have witnessed over the last decade his effort to be prepared to do his work well and his recognition of a crucial truth: *when it comes to human sexuality, we must all continue learning.*

With all the various denominations and faith-based traditions, it is difficult to get a consensus on human sexuality. Similar barriers exist in the areas of clinical and academic science. Put another way, the spirit of the Pharisees can be found in any arena. Every major scientific breakthrough requires challenging dogmas. The church does not have a monopoly on self-righteousness. Whether everyone agrees does not matter. Having the conversation is vital. We know from studies of mental health, violence, culture, and government that the way men and women treat each other sexually and the way we raise our children shapes the future of society. On a planet that desperately needs openness and collaboration, the sexual conversation is clearly the most important one to have.

Recall the story of the Prodigal Son. This parable from the Gospel of Luke was told as instruction to those caught up in the law. The eldest brother's self-righteousness was a profound woundedness that prevented him from accessing the great love of God. Tim Keller, with succinct insight, points to the role of the father in the story. The father joyfully embraces his prodigal son and initiates the feast. The son is so filled with shame he feels unworthy, but the father welcomes him and helps him take a rightful place of grace. He also invites the eldest brother to the feast, but his self-righteousness prevents him from accepting his own rightful place. But the father keeps inviting them both.¹

FOREWORD

I see Ted Roberts as one of those people who invites us into the feast—the feast that celebrates human sexuality. Consider this book your invitation.

Patrick Carnes, PhD
Founder, International Institute for
Trauma and Addiction Professionals

Introduction

Good Morning America!

T E D

*S*i, Dr. Roberts, I'm Monica." Her incredibly perky voice greeted me as though she knew me well. I held my cell phone slightly away from my ear as she continued. "I'm from *Good Morning America!*"

I hadn't grasped what was going on. *Why is she wishing me good morning in the middle of the afternoon?*

Her next words jolted me into reality. "We want you and your wife to appear on *Good Morning America* tomorrow morning. Can you be on a plane for New York in two hours?"

All at once the lights came on. I turned to my wife and asked, "Honey, can you be packed and ready to leave for New York in half an hour? They want us to appear on *Good Morning America.*" Diane looked at me as though I had lost my

mind—again. But thirty-two minutes later we were roaring down the freeway to the Portland airport. Unbelievable!

A sense of the miraculous hung in the air as we boarded the plane. We had watched the hand of God take one simple midweek service and broadcast it around the nation. It began when Diane and I decided to address an issue the church wasn't really talking about—at least not in a healthy way. We decided to take on the subject of the fun, joy, delight, and deep intimacy Christian couples can uniquely experience in their sexual relationship.

A local television station learned of our plans. I remember the female reporter who showed up before the Wednesday service. She asked me where she could find the Sexy Christians class. I'm sure she expected to locate the group lurking in a dark room where we could conceal everyone's identity. She was going to get the scoop on this nefarious activity.

I smiled and told her, "It's not a class. It's the subject of our midweek services for the entire month."

Her eyes dilated; her brows raised. She blurted out, "So what are you going to talk about?"

"Oh, lots of things. For example, tonight we'll put up pictures of the male and female sexual response cycles on our giant video screens."

Now her expression displayed even greater shock. She almost shouted her next question: "You're going to show pornography in the church?"

"No. No!" I hadn't meant to confuse her. "But it's definitely going to be a PG-13 service."

"What do you mean? What are you going to talk about?"

I smiled once again. I had to tease her a bit more. "Well, you'll just have to stick around and enjoy what happens."

A preservice meeting interrupted our discussion. I thanked my new friend for coming and asking such great questions. I assumed she and her team—like most news crews that visit one of our services—would disappear and I would never

see them again. But they stayed for the entire service. The reporter busily took notes, and her crew filmed almost everything that happened.

This is unusual, I thought to myself. That was an understatement. The report appeared on the local evening news at ten o'clock and again at eleven. It aired again on the early morning news the following day. Next, CNN picked up the story and broadcast it around the nation and to several foreign countries. They posted it on their website, where it became one of the top video clips of the week.

If ever I have seen the hand of God take something and use it in a surprising way, it was that Wednesday night service. Since that first evening, Diane and I have led numerous Sexy Christians Seminars throughout our nation and around the world. The response has never changed. Our listeners display deep interest and profound longing for the things only God can give. And this is especially true for folks who don't normally go to church.

We arrived in New York around midnight, got a few hours of sleep, and appeared on the show the next morning. We received a welcome that would characterize our experience anytime we shared about Sexy Christians. The secular world was fascinated with what we had to say. First of all, these people found the term *Sexy Christians* an oxymoron. Their perception of Christians with respect to sexuality was extremely negative. They saw church folks as falling into one of two categories:

1. I call the first category "uptight and out of sight." These believers never talk about sex because they consider it dirty. They might not come right out and use the word, but you'd have to be blind, deaf, and dumb to not draw that conclusion. The tightly pursed lips say it all.
2. The secular world sees the other type of believer in an even more negative light. This is someone who preaches against sexual sin but has a secret life riddled with im-

morality. You can fill in the name of the latest fallen spiritual leader.

And yet as Diane and I shared our ideas with the television audience, you could sense the profound interest. The magnificent, elegant Robin Roberts interviewed us. With each of her questions, the people around the set leaned forward, intrigued by the dialogue. We walked away more convinced than ever that our world desperately needs to hear this message: Christ died for our sins and hang-ups so we might experience everything our Father God has for us. And that definitely includes being Sexy Christians!

After the interview, we walked out onto Times Square and suddenly I got it. I began to grasp what God was up to and why he had suddenly catapulted us into such visibility. As we stood there, the wind swirling around us, we found ourselves surrounded by an incredible surge of frenetic activity. Taxi horns blared incessantly. The thundering cacophony of construction sites assaulted our ears. The sheer volume of life in the Big Apple seemed overwhelming.

I looked up. In nearly every direction was a two- or three-story idol. These were not bronze or golden images of local gods but high-tech, huge plasma screens or otherwise exquisitely vivid pictures of seminude women. You couldn't escape them.

Tears came to my eyes. As we walked out of the studio, the crowd on the street corner had spontaneously applauded us. The crew of *Good Morning America* asked if they thought talking about sex in church was a good idea. "Yes!" came their overwhelming response.

I could now see why they responded so positively. The idols they saw all around them were promising fulfillment but leaving them empty. In the deepest part of their souls, they longed for the kind of intimacy Diane and I described. They longed to be Sexy Christians.



The Purpose

*God's Design for Sexual and Spiritual
Fulfillment Encompasses His Basic
Purposes for Us as His Creation*

1

Sexy Christians: An Oxymoron?

Can Christians Really Be Sexy?

T E D

The brilliant, streaming rush of surface-to-air missiles. The ominous barrage of antiaircraft fire. As a Marine fighter pilot, I spent nearly a year flying over war-torn Vietnam, dodging flak and insanity. I had become used to sights and sounds like these, that is, until God abruptly pulled me into a conflict that I realized was even more vicious.

I had always pictured myself flying for the rest of my life. But God had another idea. As I like to put it, “I got drafted into the pastorate.” After a brief stint in theological graduate school, I became immersed in an entirely new level of warfare. Now, instead of twisting and turning through a flak-filled

sky, I found myself wrestling in prayer over the lives of the couples and singles who poured into my office.

Their stories all sounded the same. They were in trouble—deep trouble—in their relationships and their sexual lives. These were decent folks. They went to church, prayed, and read the latest books on marriage and relationships. But nothing seemed to work. That’s why they kept showing up at my door.

Without exception their understanding of real intimacy and of their own sexuality was either nonexistent or deeply flawed. Somewhere in the counseling process I noticed that even the couples who were active in church and not at odds with one another had sex lives that were, at best, unfulfilling.

Somewhere in the counseling process I noticed that even the couples who were active in church and not at odds with one another had sex lives that were, at best, unfulfilling.

That’s where this book began—deep in the battle of prayer and counseling these people who seemed so normal but had such deep-seated problems. One day as I looked at my counseling calendar, it all came into focus. An older couple was scheduled to meet with me. I had encountered them only briefly before, but they seemed like wonderful, outgoing, and gracious people. When I saw my secretary’s note that they were

coming in to discuss a marital issue, my first thought was one of disbelief: *What can I say to that kind of couple? They’re twice my age with twice my experience level.*

At that point I made a wise choice. I acknowledged my limitations to God (I’m quite sure he already knew all about them) and asked for his assistance: *Lord, what would you have me say to these folks that would really help them?* Quietly and gently the Holy Spirit whispered one small sentence directly into my soul: *Ask the husband what he is holding against his wife.*

The couple arrived on time and greeted me cordially. I welcomed them, and we spent the first five minutes in small talk. We gravitated immediately to a safe topic for the Pacific Northwest: the weather (it seemed as though it had been raining for a month). We ventured on into another safe topic: the trials and tribulations of the University of Oregon football team.

As the surface discussion continued, I began to notice a weighty sense of sadness reflected in the wife's eyes. I knew the time had come for me to take the risk, to deliver the question the Holy Spirit had entrusted to me. I leaned toward the husband and asked abruptly, "Sir, do you have something you are holding against your wife?"

It was as though a jolt of electricity hit him smack in the center of his chest. "How did you know that?" he almost shouted back. Then, "You're darn right I do!" he continued sharply. "Ten years ago she had an affair with another man!" Tears welled up in his eyes. "And we have been fighting with each other ever since," he choked through the tears now streaming down his face.

Our conversation had taken an abrupt turn. As both husband and wife poured out their deep hurts and pain, my office began to fill with a sense of hopelessness. They had visited numerous counselors. Their sex life was nonexistent. Despite the fact that they were deeply committed to God and to their marriage, they were growing to dislike each other more each day.

At this point God moved me to be vulnerable and tell them simply, "I don't know how to mend your relationship. Sure, I've taken plenty of counseling classes and I have the academic degrees. But you've already heard most of what I intended to tell you. And sir, I sense you are struggling with sexual issues of your own. As a couple, you have literally wasted ten years of your marriage—ten years of sexual fulfillment and intimacy God had planned for you. Why don't we just get down on our knees together and sincerely ask him for help?"

"But she committed adultery!" the husband blurted.

I was already flying full throttle, so I continued on course. “Let me get this straight. The two of you have been living in hell for ten years because of something your wife did in the past—something you refuse to let go of? Is this true?”

“I guess so, now that you put it that way,” he replied reluctantly.

I repeated my challenge: “Why don’t we get down on our knees together and ask God for help?”

Some counseling scenes stick with you forever. Those soul-burning moments occur when the crushing defeat Satan has planned for a couple or an individual is completely blown away—the times when God’s presence and glory explode through the problem. Slowly, the husband knelt beside his wife and began to pray, warring through his broken heart to the freedom God had offered all along. He grappled tremendously against his pain. At one point his face changed and I could almost see the spiritual version of a ceramic mask enfolding his features. As he wept and prayed, that mask seemed to crack and fall away. Suddenly he broke, collapsing into the arms of his weeping wife.

That’s when things really began to get interesting. He looked up at me through a flood of tears, stammering, “I have wasted so many years!” By this time I was crying like a baby myself. I choked out, “Yes, that’s true. But God can restore all the years the locust have eaten” (see Joel 1:4).

Almost immediately the couple began making up for lost time and seriously kissing. I backed up and headed for the door, mumbling awkwardly, “Hey, I’m leaving now, heading home to see my wife. After you guys are through, lock the door, would you?”

Can We Talk?

This couple was a classic picture of the fact that intimacy is not *being close and comfortable*. This is one of the great

myths being taught in the world (even the Christian world) today. Intimacy is not *learning the latest sexual technique or fad* either. According to what we see in Scripture, true biblical intimacy is *developing the ability to be uncomfortably close and vulnerable with another imperfect human*. This may seem like an extreme statement until we realize the difficulty of true intimacy with Christ. His words point to the challenges of an intimate relationship with him:

If anyone would come after me, he must deny himself and take up his cross daily and follow me.


Luke 9:23

Whoever finds his life will lose it, and whoever loses his life for my sake will find it.


Matthew 10:39

Here's the critical point: *ultimately, the way we relate to Christ mirrors the way we relate to our spouse*. Paul made this clear when he instructed husbands to “love your wives, just as Christ loved the church and gave himself up for her” (Eph. 5:25). For some reason we have a hard time connecting the dots. We tend to see intimacy through the distorted lens of romantic fantasy rather than as one of the greatest spiritual growth tools God ever designed.

Only the grace of God can pull off something this impossible. That's why I tell people that Christians have a unique advantage when it comes to having a great sex life. *Sexy Christians* is not an oxymoron but an accurate description of the unique potential that followers of Christ have in their marital relationships. The tragedy is that so few couples understand



***True biblical intimacy is
developing the ability to
be uncomfortably close
and vulnerable with
another imperfect human.***



this fact, and even fewer understand how to put biblical intimacy into practice.

In this book, my wife and I hope to lead you on a great adventure—one we’ve been pursuing for more than forty years. We will help you discover your incredible sexual potential as a person who loves God. If you are still investigating the claims of Christ, this book is for you as well. In the depths of your sexuality, you will discern the hand of God in your life in ways you’ve probably never imagined.

Perhaps you’ve never read anything like that before this moment. It is the gospel truth. You see, God invented sex, and he knows it’s one of his greatest gifts. This is why Satan finds such demented glee in twisting and distorting this area of our lives.

When Diane and I travel by plane to lead a seminar, a fascinating event occurs nearly every time. I strike up a conversation with the person seated next to me, and he or she asks me what I do. I reply that my wife and I will be presenting a Sexy Christians Seminar.

Not once have I ever received a negative response from someone who doesn’t attend church. In fact, these people frequently make comments like, “You know, I might even go to church to hear a seminar like that.”

Conversely, I find it absolutely amazing that the few negative responses we have received tend to come from Christians. At one church where we were scheduled to speak, the pastor received an irate phone call prior to our arrival. “Pastor, we shouldn’t talk about things like this in the church!” the woman on the other end of the line declared emphatically.

“You mean sex?” he asked.

“Yes,” she replied. “It just isn’t appropriate.”

“Well, are you saying sex is dirty, ma’am?”

“Well, no, Pastor, . . . but we shouldn’t talk about it,” she stammered.

How sad, I thought when the pastor relayed this conversation. Still, I understand the woman’s hesitancy. Through

our Sexy Christians Seminars, Diane and I have had the opportunity to ask thousands of believers, “How many of you had a mom or dad who talked to you in depth about sex as you grew up?”

The affirmative response rate is only 1 to 2 percent. Instead, most of us grew up hearing strange messages with dual implications like, “Sex is dirty; save it for someone you love.”

This explains why we usually start a seminar by asking, “How about allowing us to take the role of your surrogate mom and dad in the faith? Over the next two days we will share with you the lessons God has taught us about having a dynamite marriage—sexually and spiritually.”

The Missing Piece

As believers, we absolutely must have a framework to help us examine our marriage and our world. I say that so firmly because merely telling followers of Christ that sexual immorality is wrong doesn’t work. It sure hasn’t worked so far. Instead, we must give believers a clear vision of the God-given gift of their sexuality as followers of Christ.

Again, Christians have a distinctive advantage over non-Christians when it comes to sexual fulfillment. We’ll prove this to you in the pages that follow. As believers, we need a clear vision of God’s best for us if we intend to walk in purity. I define *vision* as “a vivid picture of what can be, motivated by a driving passion that it should be.” The underlying problem: most Christians don’t even remotely understand the truth of their potential as sexual beings.

Let’s stop right here for a moment. I’ve worked with people long enough to know that some of you are thinking right now, *Wait just a minute, Ted. How can you say that it doesn’t work to simply tell followers of Christ that sexual immorality is wrong and then turn around and declare that most Christians don’t remotely understand the truth of their potential*

as sexual beings? Talk about sweeping generalizations. Come on, Ted. You can do better than that!

Like all generalizations, these statements don't apply in every situation. In the majority of cases, however, I've found them to be sadly and precisely true. A recent study by comScore that measures internet traffic revealed that 66 percent of internet-using men in America between the ages of eighteen and thirty-four look at online porn at least once a month.¹ This finding has rather sobering implications with respect to the guy in the pew. Since the average amount of time spent cruising pornographic sites is two to four hours per visit, our guy in the pew is probably getting more porn per month than he is the Word of God.

In speaking at various men's conferences over the last decade, I have discovered the vast majority of men in the church are losing the battle for sexual purity. In two large men's conferences where I spoke recently, I asked the pastors if I could ask their men some honest questions. They granted permission, and over 90 percent of the attendees admitted they were struggling—and falling. In other words, the enemy has made dangerous inroads into the lives of many, including a number of our trusted leaders. Even more shocking is the fact that these were strong, healthy churches. At first the pastors were stunned, but now we are helping them get ministries in place to help these men experience real healing.

And men are not the only ones who have this problem. Online porn use is a systems problem that reaches every corner of the family. A recent study showed 40 percent of female internet users now engage in problematic cybersex behavior.² An even more troubling statistic reveals that twelve- to seventeen-year-olds have now become the largest consumers of internet pornography.³

Pastors are not immune to this struggle; in fact I believe they are particularly vulnerable. In the final chapter of this book I will share the shocking results of a recent clinical evaluation I did on evangelical pastors. My findings have shown such a dramatic problem that I have limited the clinical side

of my ministry to pastors and other Christian leaders who are struggling sexually or who have experienced moral failure.

These troubling statistics help us understand that being a Sexy Christian is not the latest fad in self-fulfillment. It's not a catchy phrase to advertise a sermon series. And the book you're reading right now is not simply another entry in a long line of self-help books designed to spruce up your sex life.

Diane and I are writing this book because we believe something is missing. No matter how much we pray, develop tremendous worship experiences, or design new evangelism and church growth programs, the issue of deep hurt in the sexual arena continues to eat at the heart of the church. Something's missing, and we want to help individuals, families, and churches find and fill the gap.

The problems run rampant not only in America but around the world. As we work on this manuscript, Diane and I have just returned from a ministry trip to the Netherlands and Central America. Throughout Central America we had the joy of sharing Sexy Christians Seminars. Sex is a universal language, and sexual struggles are a universal problem. The picture of couples coming forward at the end of the seminar with tears streaming down their faces will remain with me until I see the Lord. It is a picture of men and women, including church staff members with whom I met one-on-one, all weeping because they had thought there was no hope, no way out of the sexual bondage they had battled for years.

Of course there is hope. Jesus Christ has conquered the grave and hell. The devil is a liar.

The denomination we met with in the Netherlands—a country known around the world for its sexual immorality—has decided to take on the monster of sexual bondage. These churches refuse to lose the next generation to this horrific battle. Instead, they intend to begin dealing with sexual addiction in an open and gracious manner. They will start by providing small groups in which people can find real help with their struggles without being shamed or told, “Just stop it. Pray. You have a willpower

problem.” They have come to realize this is one of the key battles for the church in the twenty-first century.

I am sure you can think of numerous other issues today’s church needs to address, but none is more critical. Why? In the Old Testament, before God led Israel into the Promised Land, he made a striking declaration: “So do not act like the people in Egypt, where you used to live, or like the people of Canaan, where I am taking you. You must not imitate their way of life” (Lev. 18:3 NLT).

As the passage continues, God identifies the types of behavior he finds particularly offensive. This section of Scripture reads like the front page of your local newspaper, listing one sexual sin after another in graphic detail. Finally, he records the ultimate cost of engaging in such behavior: “For all these things were done by the people who lived in the land before you, and the land became defiled. And if you defile the land, it will vomit you out as it vomited out the nations that were before you” (Lev. 18:27–28).

I bet you know the story. In many ways, the Old Testament reminds me of a slow-motion video replay of an aircraft accident (something I had to watch often as a military safety officer). The prophets cried out for the nation of Israel to pull up from her impending crash. From Amos to Hosea, from Isaiah to Jeremiah, they warned of the folly of worshipping the gods of the surrounding nations. The Israelites’ syncretistic brand of worship in these lands included enough sexual perversion to fill a XXX porn site.

And what happened after the prophets’ dire warnings? Israel ignored God again and again. The consequences were devastating, the crash catastrophic.

The Rest of the Story

The same thing could happen to our nation and our world. But what if we write a different ending for the story—an un-

expected ending like the one God wrote for the older couple who came into my office that memorable day? They had wasted ten years in strife, guilt, and misery when God used the tool of biblical intimacy to begin releasing them into the wholeness and healing he had planned all along. As they spent time working through the Scriptures and participated in our marriage ministry, God did amazing things to restore their relationship.

Rather than hiding their pain from the world around them and wearing masks to cover the brokenness inside, they allowed God to reveal his glory in their lives through the *missing piece* of biblical intimacy. He used their weakness as a tool for his strength. As they came to know him more deeply, they grew even more in love with each other. As he often does, God chose to use their years of struggle to encourage others, and they became vibrant marriage mentors within our church body.

Thank God this couple had the courage to experience the truth of Paul's magnificent declaration: "Whoever is a believer in Christ is a new creation. The old way of living has disappeared. A new way of living has come into existence" (2 Cor. 5:17 GW). This allowed them to stop the chronic pain of identifying themselves only according to their past wounds. Instead, as they held on to Jesus and one another, they came to a glorious realization of Christ's present-tense love for them. They caught his vision for the fulfilling future he intended for their lives and their marriage. They became Sexy Christians.

When Christian couples begin to move from their brokenness into discovering and experiencing the full beauty of what God has for them sexually, it will truly change our world. Those couples will shine like beacons in a world of spiritual darkness. Their purpose, power, and passion will be contagious. As Diane and I keep saying, "We want to start a sexual revolution of the heavenly kind."

Below are some comments from those who are seeing this in their own lives and homes through the truths of our Sexy Christians Seminars. They have joined the revolution.

“It helped me learn more about my wife in one night than I normally would have over several months, through inspiring conversation with her.”

“This is the most important seminar for your marriage ever.”

“It’s the answer to the best sex you’ll ever have—throw away the *Cosmopolitan* magazines!”

“It helped me understand my wife in a healthy way and treat her with respect.”

“It’s very enlightening; it will help you deal with any issue you might have regarding intimacy. It is the best seminar on sex I’ve attended.”

“Every marriage needs to experience this seminar. It is real, refreshing, and restorative. I have never seen anything like it. I believe this will save many marriages from disaster. It is the only seminar of its kind—extremely healing and effective.”

“Do you want to light the flame in your marriage? This seminar will strengthen a strong marriage and bring healing to a struggling one.”


Don’t settle for a *good* relationship and sex life when God intends his incredible gift of biblical intimacy to be nothing less than *great*!

In the pages ahead you will discover that your sexuality and spirituality are profoundly intertwined. That’s why we want to challenge you to rev up your sex life and your spiritual life. After every chapter, we will present “Love Lessons” that summarize our teaching and help you tie these two areas together. Instead of homework, we will give you some very personal, practical, and fun “Home Play” exercises to assist you in growing together with your spouse both sexually and spiritually.

You see, this isn't the kind of book that allows you merely to read the concepts and walk away changed. If you genuinely want to experience all God intends for your relationship, you must put the truths into practice. When you do, I guarantee you: this book will change your life.

Finally, you may be reading *Sexy Christians* as a person who doesn't attend church. Maybe someone gave it to you as a gift. Please don't let the references I make to spirituality scare you away. Your marriage deserves the very best. You obviously care about it or you wouldn't be reading this book. I want to make the same promise to you as well: this book will change your life. God cares for you deeply. If you follow his pathway for relationships, he will graciously touch your life. He will faithfully pour out his richest blessings upon you and your mate.

Get ready for an entirely new relationship. Get ready to become a Sexy Christian.



Don't settle for a good relationship and sex life when God intends his incredible gift of biblical intimacy to be nothing less than great!



Love Lessons

God wants you to have an incredible sex life.

God created the sexual relationship as an expression of his love—a beautiful, intimate picture of all he intends us to be. Satan has entered the picture to twist what God pronounced good, leaving people trapped in sexual bondage and addiction. In *Sexy Christians*, we hope to begin a sexual revolution of the very best kind, moving people to the healing and health that will cause them to shine as lights in a world of darkness. As you work through each chapter and put its principles into practice, God will use this book to change your life.

Home Play

Every game has its ground rules, and Home Play is no different. Use these to keep the playing field level when you respond to your spouse: (1) Avoid “you” statements. Instead, talk about your own actions, thoughts, and feelings. (2) Listen. Don’t give advice or attempt to psychoanalyze your spouse. (3) If tempers flare, disengage and pray.

1. Take time to reflect on the title of this book. Circle the answer that best describes the first thing that came to mind when you saw it.
 - a. What on earth is a “Sexy Christian”?
 - b. Oh no, another book about wrapping yourself in plastic wrap or painting each other’s toenails.
 - c. What a great idea!
 - d. I don’t know what that is, but it definitely sounds interesting.
2. The authors define biblical intimacy as “being uncomfortably close and vulnerable with another imperfect human.” Can you name a couple who you believe practices biblical intimacy? If so, discuss the things you admire about their relationship.
3. Do you agree that “Christians have a unique advantage when it comes to having a great sex life” (page 21)? Why or why not?
4. In the story that opens this chapter, Ted describes the way God used a pointed question and a time of prayer to help restore a broken marriage. Take this opportunity to pray with your spouse, if possible, about your study of this material. The prayer can be as simple and short as you like. Just take turns speaking to God from your heart. Then watch to see what he does.