

“I Didn’t Know!”

Over years, Pam Stenzel has spoken to countless young people about sexual health, relationships, and the choices they are making when it comes to sex. She has also worked in pregnancy centers in Minnesota and Florida. For years, girls would come into her clinics for a pregnancy test and say, “Pam, I didn’t know.” What didn’t they know? That their sexual choices could lead to:

- Heartache
- Pain
- Disease
- Potential poverty
- Struggle
- Unintended pregnancy, and
- Other consequences

Over the years she realized there are a lot of young women out there making decisions about sex with absolutely no idea of the consequences their choices would bring. *The decision that you make about what you’re going to do when it comes to your sexual health and your relationships is completely up to you!*

God Created Sex with a Boundary

God created sex, and it is awesome! It was His idea, and God wants you to have GREAT sex. *This is not about wrecking your fun and ruining your weekends.*

God loves you and me, and God’s boundary is not about wrecking our fun and ruining our weekend!

It’s about giving us the best. Jesus said He came to bring us life. *What He wants is life in abundance,*¹ and when we honor His boundary, we get life; when we don’t, there are some pretty painful consequences.

God’s Boundary for Sex

What do you think is the boundary God created for sex? The right answer is *marriage*, not love. Does that surprise you? *God created sex for sacrament, for covenant.*

Sacrament: A gift given to us from God to remember Him and the love He has for us.

Covenant: A serious agreement made between God and us for our good.

What does this mean? From the very beginning, God designed that man and woman should each leave their families and sacramentally, through a covenant, commit to love each other in this amazing union—fruitfully, faithfully, totally, and freely. Through marriage, the two become one flesh.²

It is a beautiful picture of our relationship with God Himself.

Sex was never meant to develop intimacy, it was meant to be an *expression* of intimacy and covenant already given in marriage. And that removes ALL of the consequences of sex. *So, if you are not married, don’t do it.* It’s as simple as that. God’s laws are simple and always keeps us emotionally, spiritually, and physically healthy.

Sources:

1. John 10:10 “The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.” Bible, King James Version

2. Genesis 2:24 “Therefore shall a man leave his father and his mother, and shall cleave unto his wife; and they shall be one flesh.” Bible, King James Version