



CARIBBEAN BRETHREN ASSEMBLIES CONFERENCE 2017
Cascadia Hotel, # 67, Ariapita Road, St. Ann's, Port of Spain, Trinidad.

Workshop Title: 'Biblical Foundations of Human Sexuality I'

Facilitator: Dr. Brendan and Mrs. Pauline Bain

Date: 19/07/17

Theme

"It is important to have **a strong foundation** for our beliefs and practices in this and every other area of our lives."

Rationale

Few among us were taught a balanced approach to sexuality by our parents, our schoolteachers or teachers in the church. The adults in our lives have often been silent on this subject. Silence tends to result in awkwardness, feelings of embarrassment and vulnerability to mistakes and exploitation. Against this background, these two workshops, presented from a Biblical base, aim to improve knowledge and insight into this important subject and to equip participants to apply the teaching and examples in the Scripture to their lives. The content that will be covered should also prove useful to persons who teach children and adults about human sexuality.

Scope

In this workshop, the facilitators will establish a Biblical perspective on the subject of human sexuality using stories, poetry and teachings from the Bible. Participants will have the opportunity to think, discuss and present their conclusions about the benefits of adhering to Scriptural guidelines in this area of our lives.

Desired Learning Outcomes

The facilitators desire that, by the end of this workshop, participants will be able to

- Use references from the Bible that will undergird their definition and practice of healthy sexuality.
- Express willingness to apply relevant Scriptures to their lives and in teaching and guiding others.
- Define healthy sexuality from a Biblical perspective in contrast to some current definitions of sexuality proposed by persons who disregard the Bible.
- Explain the role of the human brain in initiating, guiding and controlling human sexual desires and actions.

- Describe the effect of particular hormones on the sexual awakening of pre-teens and teens.
- Explain to younger and older persons the challenges of practising sexual abstinence in real life situations.



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Issues to be discussed include:

- Healthy sexuality.
- Sex as a precious gift of God that can be used well or badly.
- The role of the brain in human sexuality.
- What is sexual abstinence and how to practise it in the real world.
- Fidelity as part of the approach to sexuality according to God's design.
- God's interest in men and women before we were born, from the point of conception and beyond.
- We interact with many persons who do not approach human sexuality from a Biblical viewpoint. When sexuality is approached from a non-Biblical basis, what are the consequences?
- In some countries, Christians are suffering for sticking to the Bible's guidelines and standards. But Christians cannot support and obey laws and policies that contradict God's standards.

Guidance from the Scriptures

- a) The beginning of sexuality, based on a command from God
Genesis 1: 26-28
- b) The place, beauty and significance of marriage
Genesis 2:18-25; Matthew 19:3-9; Deuteronomy 24:5; Song of Solomon 4: 1-7, 16
- c) Conception, birth and the wonder of life
Genesis 4: 1-2; Psalm 139:13-16; Jeremiah 1:4-5
- d) Fidelity
Proverbs 5:15-21; Job 31:1; Exodus 20:14; Proverbs 6:32; Matthew 5:27-28;
1 Corinthians 6:9-11; 15-20

Topics for small group discussions

1. Sex is a good gift of God to be used well.
2. What is sexual abstinence?
3. How can we use the Biblical teaching about human sexuality to talk to our children and teenagers about sex?
4. What stories from the Bible can we use to talk to young children about human sexuality?

Note: Depending on the number of persons attending this workshop, the facilitators will decide whether the group will be divided into **three** or **four** small groups.