

THE BARE FACTS:

THE TRUTH ABOUT SEX, LOVE & RELATIONSHIPS

WITH JOSH MCDOWELL



Bare Facts – Disc 1 - Questions 1-21

- 1. Introduction**
 - 2. Isn't abstinence a religious term?**
 - 3. Why is God and the Bible so negative about sex?**
 - 4. Why did God even create sex?**
 - 5. What does "purity" mean?**
 - 6. How do you define "love"?**
 - 7. What does it mean when you say, "God is Love"?**
 - 8. What is a person's most powerful sex organ?**
 - 9. Can sex affect or change your brain?**
 - 10. Can sex keep a bad relationship going?**
 - 11. Can memory affect your sex life? Can your sex life affect your memory?**
 - 12. Is there a "Good Feeling" hormone?**
 - 13. Does our mind have a "central control" center?**
 - 14. Hasn't modern medicine pretty much eliminated STD's and infections?**
 - 15. What is the most common STD?**
 - 16. How prevalent is HPV among university women?**
 - 17. Do women get more STD's than men?**
 - 18. Is it true that young people get more STD's than any other group?**
 - 19. Won't condoms reduce the risk of getting an STD?**
 - 20. Even though neither of us have symptoms, can we still have an STD?**
 - 21. Can't you get a shot or take an antibiotic if you get an STD?**
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1. Introduction

What a privilege, I mean a privilege, to meet with each one of you and I wish every person in every country that's watching this could sit around this table with us and I can interact with you.

I'm not giving a talk this time; I'm going to share my heart as a daddy. And I really wish that you were my son, my son, my daughter and we can just sit down like I always did with my kids - have a coffee or Coke or something - and just interact on these subjects. But because of the size and everything else, we can't do that (with all the equipment), so just picture it as a dad (and my wife says "You'd better say grandfather" - I'm probably old enough to be your grandfather) but I'm just going to share my heart as a dad.

Now, I don't quite dare to share with you all the way I would my own kids, because I am so frank with my children. I have three daughters and a son and I believe, I disagree with most parents, but I believe the key to sexual purity and waiting is knowledge, not ignorance. Not: "We don't talk about." It's talking about everything, and letting your kids know there's absolutely no question off base. "You can ask me anything you want and as honestly as I can I will answer it straightforward."

But with my kids I'm always straightforward. For example, my daughter, my one daughter Katie, who was thirteen, we were driving up - we lived up in the mountains out of San Diego - and we had a van. They were sitting in the center seat - her with a friend, Karen - and they were sitting there chatting and I was driving and I knew something was coming up because they would go "[whisper]", and then they would look at me and go "[whisper]" - you know something's coming, as a dad. And pretty soon we were going through a curve and suddenly my daughter jumps up into the front seat and then her friend sticks her head up in between.

And she says, "Dad, I gotta a question for - it's no big deal" - that's when you know it's a big deal - she said, "Daddy, what's oral sex?" I almost went [screech tires]... I mean, this was thirteen years ago - in the eighth grade - and I have to admit, it caught me off guard. So I asked her, right straightforward, and my daughter goes [stomach punch] and got back in the back.

I got home that night and I told my wife what happened, and everything else, and then I broke out into a sweat said, "I could really be in trouble." And Dottie said, "What do you mean?" And I said, "What if Karen goes home and her mom's a single mom and said 'How'd the day go?' 'Oh really good - Mr. McDowell talked about oral sex.'" I'd have the officials at my door. So I called up her mom and I said, "Steph, you know the way we raise our kids - very straightforward," and I said, "This is a question that came up and this is how I answered it." Then there was this long pause and I thought, "Oh-oh, I went too far!" And then there was this, "Oh, thank God they asked you!"

Well the next day when my daughter came home from school, I was in the kitchen and she came in and said, "Dad, do you know why I asked you that question?" I have to admit that I really wanted to know but I didn't want to seem too anxious, so I said, "Why?" And she said, "Well, all the kids at school" - now this was, oh, I don't know, about seventeen years ago, eighth grade - she said, "Everyone at school is talking about it and Karen and I didn't know what it meant. So I said, 'I'll ask my dad.'" She said, "You can't ask your dad that!" She said, "Yes, I can!" "No you

can't!" "I can ask my dad!" "No, you can't!" "I'll prove it to you!" And that's when she jumped up and said...

Can you imagine if I hadn't answered her straightforward? She never again would have trusted me and brought up some of these issues. And my philosophy is that I'd rather have them hear it from me first – I don't care if they hear it from others – but I want, as their daddy, I want them to hear it from me first. So, some of the things we look at, I'm going to be straightforward. And, I ask all those that are listening on audio or video, or whatever, if I say something that seems to be really poor taste – give me the benefit of the doubt – I do it once in a while and I put my foot in my mouth – but not too often. But give me the benefit of the doubt. Because I want to be very straightforward on this subject and I just wish we could have everybody who's in China, Ivory Coast, Germany, France, Afghanistan, Tajikistan, Colombia, and Argentina just sitting and interacting with us.

2. Isn't abstinence a religious term?

I want to start out with a diagram. Now, this diagram has helped me more as the father in just raising my own kids. It's helped me in preparing talks for young people, movies, television, and counseling. It's a pyramid - and as you see - on top of the pyramid is a small pyramid and it is broken into three parts. The top part of the pyramid - which is kind of like that part of an iceberg you see above the water line - where the massive part is underneath - the top part is one's behavior. Now, our behavior is driven by the center part - which are your values. Your values drive your behavior. Now, the base of the pyramid that forms our values is our belief - or our worldview - how we perceive the world. So our beliefs form our values that drives our behavior.

I want to take that chart for our time together and break it down this way. Under behavior, we'll put abstinence. You say, "Isn't abstinence a religious term?"

People say, "You know, shouldn't use it in schools and teach abstinence because it's a religious term. Young people, if abstinence is a religious term, then so is: love, integrity, trust, marriage, truth - and all those are religious terms and so you should never discuss them in school."

3. Why is God and the Bible so negative about sex?

You say, “But ..yeah... why is God and the Bible so negative about sex? Abstinence ... You know Josh, you’re no different than anyone else - don't do this, don't do it.” Wait a minute – that’s not negative! Abstinence is positive – you say “What?!” Yes! Abstinence doesn't mean don't do it because it's sinful or wrong. Rather, it means wait, because it's so beautiful! It's so wonderful - it's worth protecting.

You say, “Yeah, but look at all – how the Bible talks against it.” Wait a minute. You know what I learned? There’s not one single verse in the Bible from Genesis through the maps – I used to think they were inspired - but from Genesis through Revelation, there’s not one single verse in the Bible that calls sex sinful or wrong or dirty. Not one. You say ... no there isn't ... In all the years that I've been speaking I've never had one person – and I'll say, “Here, take my Bible and show me one verse that says sex is sinful.”

I was sharing this at a parents’ seminar – about five hundred parents – it was three hours on how to talk to your kids about sex. You know how you do it when you get older? Be Biblical, be frank and tell it the way it is and you will win – start young. You’ve gotta start young.

So I was explaining this and in the first session I made the comment that there's not one single verse in the Bible that says sex is sinful. Well, just at the break this woman jumps up the back and she storms to the front- she didn't say a word but her body language was screaming. And she came up and got about three rows from the front and she yelled out at me and said, “You are disgusting!” And she walked up and slammed down a sheet of paper on the music stand and stormed out of the building. Everyone went [gasp], except for me. Everybody started to get up for the break, and I said, “Wait a minute. Before the break, let me read to you what’s on the paper. Look, I know exactly what is on that paper.” And it was – almost verbatim. I took the sheet and across the top it said, “You ought to be should be ashamed of yourself!” Then in big bold letters it said, “This is what God says about sex...” And she wrote out ten verses from the Bible. You know what was the amazing thing? Not one of them had anything to do with sex.

You say, “What?” No. For example, one of the first ones was 1 Corinthians 6:18 in the New Testament. Where Paul wrote, “Flee sexual immorality for it’s the one sin you commit against your body.” Well, that’s not about sex. That’s about the misuse of sex. Are you with me? Every single verse she wrote out had nothing to do with sex the way God created it. Every single verse had to do with the misuse of sex from the way God created it.

You know what's happened over the years? In almost every country, every culture, from our parents to our grandparents on, and preachers often in the church, we take what the Bible says about the misuse of sex and we attribute it to sex. And as a result, young people grow up saying, “Well, sex is dirty, sex is sinful.” Then there’s no way you’re going to get married and realize that sex is beautiful, sex is beautiful.

And I would say that the teaching that sex is sinful, sex is dirty has probably destroyed more marriages than Playboy or anything has ever done it.

4. Why did God even create sex?

The question then is: “Why did God create sex?” Did you ever wonder about that? I bet every one of you have.

On the pyramid, we have the behavior then we have the value - the value is purity and we'll come back to that later. Purity is what drives our behavior but here's a problem. I've never found anyone yet that can define purity. Not one person – pastors or anyone. It's one of the most beautiful concepts in the Bible and you can't find anyone that can define it. I'll come back to it later.

But purity is formed by our beliefs, so in beliefs at the bottom we'll put “purpose of sex.”

Now, there's three basic purposes or reasons why God created sex. Most people think there's one, some would touch on two, but the third one, the third is the one I usually get in trouble with, but it's straight out of the word of God.

But there are three basic reasons why God created sex because until you know that you don't understand purity. If you don't understand purity you will never live a pure life or wait, ever, until marriage. So what are the three reasons why God created sex?

The first one that all of you know about, everybody writes about it and talks about it, it's called **procreation** or for having children. In the scriptures - in the Old Testament – in Genesis 1:28 it says, “God blessed them and told them multiply and fill the earth.” [Laugh] That was the [most fun] commandment to fulfill. But nobody ever gripes with “Be fruitful and multiply and fill the earth.”

Look, just in case don't know it, just in case, if your parents hadn't “played around,” you wouldn't be here. C'mon the stork did not bring you no matter what anyone says, but that's the first reason and without it we [could] never continue the human race that was in God's plan.

The second reason why God created sex, few people talk about, but to me it is so significant. It's for a unity factor. You say, “What?” “Yes.” For two people to become one flesh. Again, in Genesis 2:24 it says, “For this reason a man shall leave his mother and father.” Did you notice the progression “leave and then cleave” - today people like to cleave and then leave. But anyway, it says, “A man shall leave his mother and father and cleave unto his wife and the two shall become one flesh.” And you know Paul repeats that and Jesus does in the New Testament – that the two should become one flesh. Now what does that mean?

Well God knew, when he created us, he created us more than just physical beings. Or, the race would never be perpetuated and children would never be cared for. So he created us not just as physical beings but as spiritual, emotional beings. And the way he designed it, is that the closer two individuals that draw together spiritually, or emotionally, or I put it this way. The closer I draw to Christ, the closer my wife draws to Christ, the closer we draw to each other. And I'll tell you, young people, there's a direct manifestation in the physical enjoyment of sex. “The two shall become one” and later we're going to talk about a chemical that's released in the body and actually God created that chemical within us that literally causes physical unity. You say,

“What?” Yeah! We’re going to look at that. In your own body, your brain releases a chemical that helps that unity factor to take place.

And this is why when you look at Hollywood -- I can't believe so many young ladies all over the world, and men, admire Hollywood starlets and actors and actresses. Look, why would you ever admire them? Most of them can't hold a relationship or a marriage together five years, let alone a lifetime. They're like alley cats, going from one cat in heat to another one. Why? Because it's a mere physical act -- there's not that spiritual oneness and unity that takes place over a period of time. And after a while folks, believe it or not, the physical will run its course. I mean, c'mon, if the physical was the number one thing to sex, the happiest person on earth would be a prostitute. C'mon, 10, 15, 20 hits a day -- I mean, how could you be more happy then? If it's physical, it's not. It's more in the spiritual area. And this is why - in my book *The Secret of Loving* -- I documented this (from secular sources) and since then some more research has just come out that shows that Christian women - Christian church women - enjoy sex more than the average non-believer out there. Now isn't that the opposite of what you normally think? So, if you're a Christian, you're going to rob you of a good sex life...all the research shows the opposite. That if you're a Christian woman, you actually enjoy sex far more -- why? Because you have the spiritual unity that so many people don't have. And that's where the ultimate joy of sex comes.

Then, the reason why God created sex, is one I often get in trouble for. But I want you to know that I'm quoting right out of the Scripture, so if anyone doesn't like what I'm saying, don't take it up with me - I didn't write it, God did. But the third reason why God created sex, is what I call “recreational sex” - just for having a good time. Do I hear an “Amen”? “Amen.” “Amen! That's right, young lady! I was expecting some man to yell it right out!” [laughter]

But recreational sex - you say “No way,” “Yes.” One reason God created sex -- that a man and woman -- a husband and wife -- could have a phenomenal physical enjoyment together. You say, “That's in the Bible?” It's all over the Bible. Let me show you what I mean. In the book of Proverbs, chapter five, now, here's the context for this: “with the wife of your youth.” Not your boyfriend, not your girlfriend, not your neighbor's wife, not the worship leader (you wouldn't be worshipping, trust me) but it says, “With the wife of your youth.” Now this is what it says -- I'm quoting straight out of the Scriptures.

And it says, “Now let her breasts...” Ah! The “B” word! “Let her breasts satisfy you at all times.” [chuckles] I'm not chuckling why you are. The reason I'm laughing is that people say to me, “Josh, do you take the Bible literally?” I say, “I sure like to here! I'll take it literally any day!” But it says, “Let her breasts satisfy you at all times.” And then it says this: “And be exhilarated...” - now, the word exhilarated in the Hebrew means to be inebriated or to be drunk. And it says, “be exhilarated (or drunk) always with her love.” And love in the context here, can only mean sex. That's what I call “recreational sex.” Now, be careful -- it's with the wife of your youth over a period of time.

5. What does “purity” mean?

Now, what does purity mean? You know, as I said before, I’ve never had anyone answer it. Now you have to think it through with me because it’s not what you think, but once you grasp what it means, oh, I’ll tell you all, it’s a different ballgame.

Purity means – are you ready? To live according to original design. You say, “What?” Yeah. Now follow through with me. This doesn’t just apply to sex – in any area of your life – if you are living the way God designed you to live, you’re pure. If you’re not living the way God designed you to live, you’re impure. Whether in your sexual relationship or not. That’s what purity means.

6. How do you define “love”?

Now, I've gotta step out of the pyramid and take a little rabbit trail here – a pretty big rabbit trail here, probably - because there's a concept that few people understand that this entire pyramid must be engulfed in, and it's love. It's love. Love is probably one the most intricate concepts in the world and hardly anybody seems to understand it. I would say ninety-eight percent of people in the world can't define love. I'd say most of you could. It's been five years since I've found someone in a random interview who could define love. A lot of people when I say, “Define love,” will say, “Well, it's a feeling.” No...you know why love can't be a feeling? You can't command an emotion. You can't command someone to feel good or feel a certain way about someone. So, if love were an emotion, God couldn't command “love one another.” “Husbands love your wives. Wives love and respect your husbands.” God couldn't command that if it were a feeling. Like your mother can say, “You go to school today. You're going to enjoy it!” She can make you go to school but she can't make you enjoy it. That's an emotion.

So love can result in an emotion, but basically it is not an emotion. Here is why it's so critical. Almost every one of you here - all of you watching by video all over the world - will probably say that love is one of your biggest motivations. It's one of your greatest drives and yet you can't define it. Do you know how crazy that is? Simply ask this and answer to yourself: if you can't define love, how do you know you're in love? If you can't define love, how do you know you're being loved? If you can't define love, how do you know if you have a loving, intimate relationship? You can't.

And that's one of the biggest problems. I want to define love for you. Now, I didn't come up with it – I'm not that smart. The apostle Paul did. And of all places, as far as I know, there's only one place in the word of God - the Bible -that defines love. It's not 1 Corinthians 13, what? No. 1 Corinthians 13 shows what love does, not what love is. “Love is patient, love is kind, love is not jealous, etc.” It shows what love does not what love is.

So how do you define love? Well, of all places, it's in the book of Ephesians - chapter five verse twenty eight and twenty nine. Verse twenty eight says this: “So husbands ought to love their own wives as their own bodies, he who loves...” – now listen to this – “he loves his own wife loves himself.” Wait a minute! You're not supposed to love yourself, are you? Isn't that narcissistic? Most can't spell that, but isn't that narcissistic – self-love? Why, you're not supposed to love yourself! And right here it says, “Husbands love your own wife as you love yourself.”

Remember in Matthew? In Matthew, they were trying to back Jesus into a corner and asked him the question, “Master, what is the greatest commandment of all?” Trying to trick him. He said, “To love the Lord thy God with all your heart, mind, and soul.” And then, remember? He said, “To love your neighbor” – how? – “as yourself.” But I thought you weren't supposed to love yourself?

Let me ask you a question here. I want you to be honest now. How many of you – right here – all around here – have ever had your parents (not talk about love or sex), no, how many of you - if you raise your hand I might ask you what the definition is - how many of you here have ever had your parents define “love” for you?

Normally out of a crowd of a thousand, one person will raise their hand. Let me go a step further. In the churches you go to, how many of you have had your pastor – right from the pulpit (not talk about love) – now, be careful – literally define love? No one. That's a crime.

Let me go a step further. How many of you here have had your parents – not only tell you, you need to - but how to love yourself? Oh my! That's awful! The whole basis of relationships -- are you with me from Haiti [points to student in audience]? The whole basis of relationships and marriage and everything is, "love your wife as you love yourself." Let me go a step further.

How many of you have had your pastor – right from the pulpit – not just tell you, you need to love yourself, but to teach you how? [Sigh] This is true all over the world. You know the evil in that is this: parents and pastors say, "You should love one another, love one another, love one another," never ever define love. You know what we do? Even Christian parents do this – they tell their kids they should love one another, preachers will preach "We should love one another" - they never define it, we let the world define love. And the world defines love as sex. Sex is love, love is sex.

Look, when you look at the movie and someone is having sex, you say, "They're making love." Probably has nothing to do with it – they're just getting it off. But we'll say, "They're making love." No wonder there are so many divorces. and "Hard Rock" marriages and everything. When the whole foundation of "Love your wife as you love your own body... love your neighbor as you love yourself."

One of my daughters, Katie, when she was six years old, heard me speak on this (on Matthew 22 – love your neighbor as you love yourself) and going home she was a little quiet and I said, "What's wrong, Honey?" She said, "Daddy," - now this is profound – "if you don't love yourself, your neighbor really has problems." Think of that. If you don't love yourself ... it does.

I'm convinced the number one reason for divorce in the body of Christ all over the world - not the only reason – but number one is, that the man does not know how to love himself. Never been taught it, therefore, he doesn't know how to love his wife nor love his children. And he burns his relationships and he wounds his children and his spouse. Because his parents, his pastor, etc. was never honest in teaching about what the Bible teaches about love and sex. So, I want to define love for you.

Let me put it this way. Some of the young ladies right here – you young ladies listen to me now – I'm talking to you as a daddy. If you are my daughters I would look you right in the eye, now hear this, "Don't ever, ever, ever, ever, marry a man who does not love himself. Your marriage will be a disaster. Don't ever even think about it! He's not worth it." "You say, now what do you mean by that?"

Let me define love for you. It says here [Ephesians 5:29], "So, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. No one ever hated..." Now the next verse defines love. "No one ever hated his own flesh," in other words, they're presenting now the opposite of hatred (love). "For no one ever hated his own flesh but..." The 'but' now

introduces the opposite of love. "...but nourishes and cherishes it." The 'it' does not refer back to his wife, the 'it' refers back to his own body.

And when my son was like twelve or thirteen years old, my daughters too, I would say, "I want to define love for you." And, I would go to Ephesians 5 and I would say, "To love is to nourish and to cherish." And, I remember my son saying, "Dad, what does that mean?" That's why I like teenagers! Full of questions.

And I said, "Love, son, to nourish – to love means to nourish and to cherish – so, to nourish means 'to bring forth to maturity'. To bring forth to maturity." "In what areas, Dad?" I said, "Well, in Luke 2:52, it says that Jesus was brought to maturity in four areas. It says he grew in wisdom (mentally), he grew in stature (physically), he grew in favor with God (spiritually), and he grew in favor with men (relationally)." So I said, "Son, if you love yourself the way you're supposed to, then by an act of your will..." - remember, to love, has to be an act of the will (you can't command it) – you can only command an act of the will (an action), so love has to be an act of the will or you couldn't command someone to do it.

So I said, "Son, by an act of the will, you choose to nurture yourself to maturity: physically, mentally, spiritually, and relationally. But that's only half of love – it says 'to nurture and to cherish'."

Oooh, you ought to see the nasty emails I that get: "Oh, you're teaching young people to love themselves, adore..." That has nothing to do with it! Do you know what cherish means? Oh, I wish people would do their homework. Cherish means – literally means – "to care for". To care for. If you cherish someone, you care for them. To cherish something, you care for it. In the context here, it means to care for, in the sense of protection.

I said, "Now son, you put the two together and this is how am to love myself. If I truly love myself in a Biblical way, then by an act of my will I will nurture myself to maturity physically (by what I eat and everything else), spiritually (by what I take in and my relationship with God), mentally, and relationally. Then if I truly love myself..." – and this is the key – "...I will cherish – or protect – myself from anything that would hinder that nurturing process. Now it says that I'm to love my wife the way I love my own body. So, son, this is how I am to love your mother." Are you all with me now? Isn't this something? "I am to love your mother as I am to love my own body. Which means, if I truly love your mother (as I love my own body), then by an act of my will I will nurture your mother to maturity – physically, mentally, spiritually, and relationally. And, if I truly love your mother, then in all my power I will cherish or protect her from anything that would hinder that nurturing process. By where we go, what videos we watch, what movies we watch, what friends we have, what kind of music, what kind of parties we go to, what we drink, whatever. Anything that would hinder the nurturing process. If I truly love your mother I would cherish her or protect her from it."

Now I said, "Son, I know that's a little hard to remember. You don't go out and say, 'You know what, Dad? Last night we nurtured and cherished each other.' C'mon, you know we don't talk that way. So I changed it to this: I always say that you can't define a major concept in less than seven or eight words. I'm going to define the most difficult concept in all history – love – in three words. Now write this down, write this down.

First write down: provide. This is what nourish means. To nourish means to provide. A word picture. Let's say in a couple weeks you go home from school and your mom says, "I want you to go out and fertilize the flower garden." Now why? She's saying, "I want you to take nutrients, put into the ground.." – why? "...so the flowers will come to maturity." This is what it means biblically. To put nutrients physically, mentally, spiritually, relationally into your life that you might come to maturity. So, provide.

Then, to cherish means, to protect. To protect. Now, switch those words around and put one little word in between: and. Here is the simplest definition of love. Protect and Provide.

INTERVIEW: Christine Currie, Youth for Christ, Omaha, NE

You're able to fully enjoy all aspects of it for the rest of your life with one person, and that is a very, very good and healthy thing. ... When you love somebody, you look at who they are and you want to serve them, and you want to put their needs above your own. And if you think about this person, their goals and their dreams in life, would you, if you really love them, would you do something that would cause harm? Would you do something that would take away from those goals and dreams that would hinder it - with a pregnancy, through an STD, things that could totally erase their hopes and dreams in life? Or throwing them into depression: "Hey, Happy Valentine's Day! I love you and I want to have sex with you and you might be depressed and you might try to commit suicide because you are having a really hard time handling the emotional consequences of being sexually active with me."

7. What does it mean when you say “God is love”?

Now you say, “Wait a minute, Josh. What do you mean when you say ‘God is love?’” See, often when I ask people to define love, they say, “God.” I think that's ridiculous because if you can't define love that's a meaningless statement. It's like filling in factor “x”. I mean, like here, there's probably 15, 18, different definitions of love right here. So we'd have 15, 18 different definitions of God and probably 99 percent are all wrong.

What do we mean when we say that “God is love.” How do you define love? Protect and provide. So, therefore, God in his very nature, protects and provides. He is Love. You say, “What?” Let me follow through on that.

Every commandment in the Scriptures that appears to be negative, you know, “Thou shall not, etc...” is positive. You say, “Come on...” That's right. Every single commandment in the Bible that appears to be negative, is positive. You say, “How?” Because it's an expression of love. Every time God says, “Thou shall not...” it's an act of love, to what? To protect you and to provide for you. Oh, let me tell you all. When I realized that, my whole concept of God changed. The way I related to him, the way I looked at the commandments, everything...

In Deuteronomy 10:13, God was trying to get his people to obey his commandments. Today, they say, “If you don't obey his commandments it's going to send you to Hell or God will punish you.” You know what God said? Listen. “And keep the Lord's commandments as a statute which I am commanding you today” – get this – “for your good.” Why? Because they protect and provide. Every commandment – do you understand that? Every commandment is an expression of love – to protect and provide.

This is why in Jeremiah 29:11 He says, “For I know the plans that I have for you, declares the Lord. Plans for welfare, not for calamity. To give you a future and a hope.”

And, every commandment of God, “Thou shall not,” is to protect and provide for a future of hope. Whoa! That should change people's opinions of God.

Ok, if we say “God is love,” then how does that apply? Protect and provide. With my son, I took him to 1 Corinthians 6:18 where it says this – it's a different translation, I have it like: “Flee sexual immorality or abstain from sexual immorality, for it's the one sin you commit against your body.” You say, “See, that's negative.” No, that's positive. He said, “Wait” – why? – “Because I want to protect and provide for you physically.” Whoa, how does that work? How does that work – protect and provide? Ok. Notice He said, “Flee sexual immorality (sex before marriage).” Why? Not because it's evil because it's out of God's will and it will literally affect your very body, it says. “For it's the one sin you commit against your body.”

INTERVIEW: Christine Currie, Youth for Christ, Omaha, NE

...one of the reasons that I knew how much he loved me was that he was not going to have sex with me before we got married.

And I thought, “Now, how awesome is that?” Because here I am, this person that he’s in love with, that he’s waited his whole life for, and he knew that God gave me to him as a gift, as a partner in marriage, his attraction to me, his dedication to me, his love for me – if there’s anybody in this world that he would want to be with, it would be me, yet he chose to say “No” because he loved me and he wanted to wait until we were married, until it was the right place and the right time. And to me, that was such an expression of love that has carried into our marriage so much.

And here we’ve been married seven years already and I know there’s such a sense of trust and love and respect because of the way he treated me before we were married, and he honored me, the way he respected me and valued who I was as a person and who I was before God. He valued that to the point where he wanted to protect me from anything that would cause harm, anything that would cause guilt, anything that would cause negative consequences. He protected me from that so that when we got married, we weren’t carrying this into our marriage and I know that I can trust him now, because I could trust him then, and it’s a very beautiful thing and love, like I said, is such an expression of selflessness and not selfishness. Meeting your immediate needs now is not an expression of love. True love will wait until you are married before God when you can enjoy it to the absolute fullest, where it will be at its absolute best.

8. What is a person's most powerful sex organ?

What is a person's most powerful sex organ? Most powerful sex organ. I want to do something here. I want to put something up here. Right here – whoa – I could get X-rated for this; I could be turned off all TVs in the world – this is your most powerful sex organ. His and hers. You ready? [Reveals models of two human brains.] It's not covered by a swimming suit; it's not between your legs. It's between your ears. The most powerful sex organ that you have. His and hers. Right here is where sex is determined. You say, "Yeah, ok." In a few minutes you're really going really see what I mean by that. The most powerful sex organ you have is your mind.

Do you realize that your [brain] weighs about 3lbs and is the most intricate, complicated 3lb of mass in the entire universe? You say, "Aw, yeah, that's nice." No, it's true. Let me show you what I mean.

In this 3lb of mass - in your brain - there's ten billion neurons. Whoa! There's one hundred billion support cells. Get this - there's one hundred trillion - you couldn't count to a trillion in probably three months - there's one hundred trillion connectors that connects all the neurons, and the cells together, for you to operate. Now here's, to me, is what's really amazing. Every second, one million new connectors are created in your brain. We just went through two and a half million. [chuckles] No, I'm serious. Think of that! That's why it's the most intricate mass – 3lb mass – in the universe! The human brain. And, this is what's amazing.

Remember the connectors? These connect the cells together, and I want to show you this. The connectors are like this. [White tube with blue sheath] They connect the cells and through this, passes and electrical shock – like a cord that you plug in – and the electricity goes through the cord. And it goes from one cell to another cell to help you make decisions and all, in rapid succession. But here's a problem. If you take an electrical cord and you strip all the coating off of it, then it will water down how fast and how much of the current goes to the end of the cord.

It's the same way here. When you are born, you are born with just a bare connector – and they're created with bare connectors - but as you grow older there's a white – what would you call it? An insulation called myelin that forms around your cell starting the end of your teenage years, going into your twenties. And it starts to insulate it like this – and it forms (it's often called the "myelin shaft") [zips blue cover over white tube] – it forms a white matter around it so your electrical signals from one cell to another, decision making, and everything, will pass through it without being watered down and fast. But, this doesn't happen in your [brain] until your teenage years and into the beginning twenty to twenty-five years of age.

Now, this is key to understand. The key to sex is not between your legs. It's between your ears. You probably all know what orgasm is or you've heard about it and everything, well that's quite an exciting feeling, orgasm happens right here. It does not happen between your legs. And it's now proven scientifically, it happens in your mind. If you guys don't believe me – you don't think that's true in Haiti [referring to student at table]. Let me tell you, disconnect your mind, guys, and try to get aroused. You can't. It's right up here. Now, remember this, they have never created a condom for the mind. You with me? They've never created a condom for the mind.

Now, the Bible says, “Flee sexual immorality for it’s the one sin that affects your body.” Starting with your mind.

9. Can sex affect or change your brain?

Yeah. Is that ever been proven scientifically now... Twenty five years ago they wouldn't have known. Today, yes. With the new CAT scans, PETs, MRIs, fMRIs they can watch your brain operate - and it can, actually the choices you make, and you'll see this as we go along, the choices you make, literally physically affect your brain.

Now, remember this, God says, "Avoid sexual immorality" – this was back when nobody knew any of this (two thousand years ago) – "for it's the one sin that you commit against your body." Starting with your brain. Alright.

Is there a love hormone?

What? Yeah, there is. It's called Oxytocin. You ever heard of it? You probably haven't. You ought to; it's a major part of who you are, especially sexually. Oxytocin is often known as the "cuddle hormone." That's kind of a pretty saying. Now, it's a bonding hormone and it's a chemical that your brain releases during sex and activity leading up to it. And what it does, this chemical, when it's released, produces [feelings of] caring, trust and deep affection, especially on the part the woman for the man, no matter who the man is. When oxytocin is released, which starts with, uh, people used to call it petting, but that's what you do at a petting zoo, but when you start physically caressing someone, this oxytocin will start to be released.

And what it does, that chemical starts to create a bond and an attachment to that other person, physically starting in the brain. That's why it's often called the "bonding chemical" and recently on the TV movie, "House" - it's about the medical doctor - and he wanted to continue this sexual relationship with this woman, so he took in a cup of coffee and knew she had a cup there, he set down his and when he left he picked up hers and walked out. One of the other doctors saw, walked down and said, "House, what are you trying to do? What do you put in there?" And, he said this (it was just the other night), "Oxytocin." [chuckles] No, see? Why? Because it's the love hormone, the cuddle, and the more he had a relationship with her, the more she would be attached to him physically, chemically, in the brain.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

Oxytocin is released in the female brain whenever there is touching and hugging, bonding you to the person you are touching and hugging with, making you trust them more and giving a deeper level of bonding to that person.

Vasopressin does the same thing in the male brain, which leads to a progression of the touching and hugging, and intercourse ensues.

With intercourse, there is reproduction, which then bonds you to the children that are produced as a result.

Is there a problem if I only have sex with my boyfriend? If you only have sex with your boyfriend, you must understand sex doesn't make a relationship and you don't have to have sex to be in a relationship.

You also need to understand that the younger you are when you have sex, the less likely that relationship is to be permanent, and therefore, you will change boyfriends more than once, and the more people you have relationships with, the more you are exposing yourself to the possibility of sexually transmitted diseases, to pregnancy, and even to difficulty forming healthy relationships in the future.

It's what produces a close, loving relationship. As the relationship progresses, there is more oxytocin released and it literally strengthens the relationship. And what they have found, is that a couple who has been married a good number of years, the oxytocin is released, is so much more than any kind of relationship a single person has. Because it takes a while to build that up into that really binding, connecting relationship physically, chemically.

Remember when I said that one of the reasons God created sex was a unity factor? Part of that is built right into our minds. To take that spiritual emotion and make it into one – an attachment and bonding to another person.

10. Can sex keep a bad relationship going?

I've taught this for years, and I've always said "Yes" but I could never prove it scientifically, but now you can. Sex can – especially on the part of you girls – can keep a bad relationship going. Why?

When oxytocin is released - no matter who the man is – you start to honestly evaluate in a person in a super-wonderful way. That why, often, oxytocin is referred to as producing - these are rose glasses – producing the pink-lens effect. Because when oxytocin is released in a young lady, she will start to fantasize about the person. And, it's almost like putting on pink lenses and everything looks rosy and pink. And it can even be a very harmful relationship – have you ever seen or heard or know of a woman in a relationship where they are physically abused and everything but they stay in there. Why? Because the chemical oxytocin that is released into their body and it causes them to distort – they call it (scientifically) "warped judgment."

This is why I say, young ladies – this is why I was so concerned about my relationship with my daughters. You must listen to your parents, listen to your friends, because often you will be in a relationship you will not see it physically. You won't see it, but your friends will, your parents will. I would only say this, if you're in a relationship and you want to go further with it, but your friends don't think it's good and your parents, I would say absolutely back off. You've got the pink lens effect. You're warping your judgment of who that person really is and this happens physically in our brain.

This comes back to, "If it feels good, do it." Oh, can that be dangerous because it can feel good with anyone.

11. Can memory affect your sex life? Can your sex life affect your memory?

In a big way, in a big way and it's starting right in your brain. Have you ever wondered, now think of this, why certain things you remember and certain things you don't? You probably never thought of this. For example, what's your first name? "Michelle." Michelle, let's say five years ago a guy stood up in your class and berated you and said a couple really nasty things – maybe sexually – about you. You could remember that to this day, couldn't you? But you know what, Michelle, you probably couldn't remember what you had for lunch or who you had lunch with. Do you ever think about that? Why are there certain things...it's right up here in your brain. God made you that way.

There is a chemical and it's called "Norepinephrine" and it's a memory chemical. And this is what happens, when you're in a very emotional situation where your five senses are involved, norepinephrine is released in your brain and it takes that emotion, it takes that experience, it takes that image and it paper clips it, or attaches it to your brain for recall. Now, in many ways, that's a defensive device. So that, say it's a very harmful situation so that the next time you're around that guy that said that to you, you'll back off and be careful, everything. Why? You remember. God gave you that memory for defense. Also gave you memory for a wonderful, wonderful experience of sex and love in marriage. And yet it can be very destructive.

And it starts right in your brain. You say, "What do you mean?" It's called the "Law of Strength." Wow! Maybe one of you better do it - probably stronger than I am. But the "Law of Strength" and this is what it means. That chemical, takes that emotion, that experience, that vision, what you look at, and it's called "paper-clipping it to your mind." And when it's paper-clipped to your mind, you don't forget. It can take all those experiences right into marriage with you.

In Hebrews 13:4, the word of God says this, you've probably read it once in a while, but not a whole lot because it's in Hebrews, you'd probably rather read the Gospel of John rather than the book of Hebrews, but it says, "Let the marriage be held in honor among all." Now what does that mean?

Every time when I was single I said "no" to sexual pressure I was holding my marriage in high esteem. I've been married thirty-nine years – yeah! – to the same woman, and in thirty-nine years every time I've said "no" to sex outside of marriage, to some affair, anything, do you see what I'm doing? I'm holding my marriage in high esteem. It says, "Let marriage be held in honor among all" – now get this – "and let the marriage bed be pure or undefiled."

Now what in the world does that mean? The words "marriage bed" – now I am quoting from the scripture – is literally the word for sexual coitus or intercourse. You say, "What? You shouldn't say that word? It's in the Bible – we just water it down." Marriage bed – what it says is this. "And let sexual intercourse be pure." Whoa, now what does that mean?

Remember we looked at purity, as: "living according to original design?" Now another implication of it is this – it's saying the same thing but it won't sound like it. To be pure means "no foreign element." In other words, if there's a foreign element in there, it's not the way it was originally created to be. And so purity can be no foreign element. Say you have two glasses of

water - one glass says "Simply H₂O" and its pure but the other has garbage, a little gunk added to it, becomes very colorful, it's impure, why? A foreign element entered a pure substance.

Now this is what the word of God says, "Don't let a foreign element enter sexual intercourse in your marriage bed." How does that happen? It happens through the memory chemical. You say, "What?" Yeah.

If anything triggers it, it's sex. Because now even science will say you cannot separate the physical aspect of sex from any other area of your life. You can't. When you become involved in sex it involves everything that you are as a person - you cannot separate it - physically, emotionally, spiritually, everything - and so it's imbedded into memory. And this is what often happens.

I had a pastor - I was lecturing at the University of Washington - and I hadn't seen him for a long time. He said, "Can I take you to the airport in the morning?" I said, "Sure!" We got in the car and he was a little quiet, and had spoken that night on sex.

He said, "Josh, I need your help." He said, "I've been married for seventeen years" - I think it was seventeen years - "I'm married to a beautiful woman but I've never, ever been in bed alone with my wife." I thought, "Whoa! That's quite a public confession." I knew what he was saying but I said, "What do you mean?"

He said, "This is where I'm at. When I was in high school I wasn't a believer and I played around a lot sexually - a lot. And it carried right over into the university. In university I trusted Christ as Savior and Lord, but you know, if any one area of my life that didn't affect, was my sex life. Then I met my wife my junior year. Josh, up until then, I never knew there was any woman as beautiful as she was. I never dreamed there was. And we came to love one another."

This is key - ladies you listen to this. He said, "This was the first woman" (he had sex with many) "I wanted to be the mother of my children." That's a good indicator for a man. No, it really is! Not only do I love her, but I want her to be the mother of my children. "And, we got married. Josh, starting my wedding night, all the flashbacks..." He called it this: "The reruns in the theatre of my mind, kept coming back from all those other girls." The ghosts of relationships past - and that's physical. It's released in your mind to do that, but in this situation, it can be very destructive.

I just got ahold of this note from a young lady and it's an [excerpt] out of her letter. And this is what she says (she's thirty-three years old), "The hardest break up I had was with the first person I had sex with." Do you know why that's true? You ever hear people say, "Boy, when we broke up and walked away, I felt like I left part of myself there?" You did. You did. Every relationship you had like that you leave part of yourself there. And you leave that brief bonding that you've had, and everything, with that person.

And she said, "The hardest break up I ever had was with the first person I had sex with. Fifteen years later, I still don't think I'm over him. I still dream about him, think about him," - and this is a key - "compare him with every guy since then to him. I'm married now, and I feel like it's a threesome in my heart. He is still here. It is like he's a part of me, and I still can't get over him."

That's because of the memory chemical. Those memories, experiences, emotions paper clipped to your brain. And folks, there's no condom for the mind. Most marriages are made or broken in the mind. Sexual relationships are made or broken, not between your legs, but between your ears, in your mind.

12. Is there a “Good Feeling” Hormone?

Wouldn't it be neat to have that? You do, do you realize that? It's called dopamine – you ever heard of it? Probably not.

Dopamine is that chemical that is released that gives you a feel-good, exciting, rewarding feeling. I'd put it this way. Dopamine is the chemical that says, “I've gotta have it! I've gotta do more of that! I've gotta have more of that!” It releases a tremendous joy in your life starting with your brain and it's called the “reward signal” when you enter into certain things. But here's the key, it's triggered by dope – I don't know if that's why it's called dopamine or dope came from that, could be - but dope, sex, fast driving, everything would trigger it - the feel good feeling. But here's the thing, the dopamine - the good feeling - is value neutral. It can't tell the difference between good behavior or poor behavior, constructive behavior or destructive behavior. When it's released in your body - say like to a guy - it can't tell the difference between rape and consensual sex. It's value neutral. It can't tell the difference between fast, reckless driving or regular driving.

Here's the problem. It starts, the dopamine, if that's all there is to it, and there's not the extension of the relationship where oxytocin or some of the other chemicals are released, you start to have to have more to get the same feeling. You've heard people talk about drugs – all of a sudden they gotta have more and more and more – well, it's the same thing whether it's sex, fast driving, or what. It is part of your brain, a chemical that is released in your body. So it starts to damage your ability to bond. And it's like that sexually – each time you have a relationship and you go to another one and another one, you always have to have a little bit more because it starts to break down the bonding effect.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

Dopamine is released when we do anything exciting, whether it's sex, or whether it's playing baseball or making good grades in school. Whenever you do something exciting, it's released. It is the same hormone that is released when you're involved in drugs and risky behavior. It makes you want to repeat that activity, whatever it is, because it's exciting. Dopamine is values-neutral, which means that it's released whenever you do anything exciting, good or bad, risky or not risky, consequences or not. ...

Why do I feel so bad after I've had sexual relations, if it's okay for me as a teen? The answer to that question is simple: sex changes the nature of the relationship and often causes emotions to run high.

You get the dopamine exhilaration and feeling, and you can sometimes substitute that feeling for the relationship with the person. Anytime you separate sex from the emotions, then it becomes a raw animal act and you're actually chasing the dopamine high rather than the relationship with the person.

So remember, you can no longer go back once you've begun to have sex in a relationship.

INTERVIEW: Pam Stenzel

Well if you start using pornography and you start using images for that and now you're looking at a picture of a girl in a magazine or you're watching a DVD and you begin to bond with that image even if it's not a real person, even if it's not actually having sex with multiple partners. Pornography causes a bond with the image and that use of pornography over time can damage your ability to bond to your spouse.

I think that was one of the big misnomers, I think we thought, "Well, we'll use pornography and masturbate until we get married and once we get married we can put all that away and it won't be necessary because we'll have the real thing and the spouse that we love." The problem is that it didn't work that way and the pornography and the masturbation continued to be consistent problem within the marriage and it ended up causing a lot of sexual dysfunction in marriage because it becomes addictive. This hormone, these neuro-chemicals in your brain become addictive the way heroin or cocaine or any other drug would do and so now, "I wish I could just be bonding with my wife or with my spouse but now I require the pornography and the masturbation even in a marriage in order for me to experience the brain chemical response and the bonding that I'm looking for."

Is there a relationship between duct tape and sex?

You say, "C'mon!" Yeah. There's a huge relationship. Let me show you what I mean. Roll up your sleeve, there, por favor. Roll your sleeve up, not your stomach. Oh my gosh, are you hairy! Ok. Now, this is like the first sexual relationship. [Pulls a piece of duct tape] You can put that back now. Stick your arm up here, c'mon, c'mon, put it up here! This is like your first sexual relationship. Now... [gasps] ... ahhh!!! Wait a minute, now, your second one, now your third one, and after a couple more it won't even stick and it all comes off on here and you'll walk away with part of that person. This is what happens with promiscuous sex. And it gets to the point – because it starts in your brain – you've gotta have more and more and more. And that's what's called the "joy hormone" or the "good feeling hormone" is that.

INTERVIEW: Pam Stenzel

When I used to speak in classrooms, I used to take duct tape with me or packing tape and I'd say, "Sex has the ability to bond two people together just like this tape" and I'd take a piece of that tape and I'd rip it off and roll up my sleeve and I would just wrap that duct tape right around my arm and it would stick really good the first time I did that. And I'd say, "Well I don't want the tape here anymore" and I'd rip it off and pieces of my arm would come off on the back of the tape. I would move it to the next person and stick it on their arm and it would stick a little (but never as good as the first time, but a little) and rip it off their arm, now we've got junk from their arm and my arm on the back of this tape. Moving on to the next person, rip it off theirs, and now there's junk from them and pretty soon this tape is going to stick to nothing at all. It's got so much junk from everywhere it's been.

Sex is like that – it was meant to be the glue - that took a man and woman and glued them – kind of bonded them – for life. And we've just recently found out through research that there is an actual chemical - neuro-chemical - in your brain (we call it the "Bonding Hormone") that is produced in males and females that assist with this bonding. Now it's different in females and males.

In women that bond - that glue - that neuro-chemical in your brain called oxytocin, and women release oxytocin in their brain four different times (on four different occasions). One is through touching or prolonged hugging, so any kind of physical contact that is intimate for a woman will release a certain amount of that oxytocin. A stronger release happens at orgasm from sex and then also right at the onset of labor, a woman will - or the brain - will produce oxytocin and then also while she nurses a baby.

So there's a purpose for that oxytocin release. It was meant to take to bond you in a very physiological way to either that partner or to your offspring and that's how oxytocin works. And what we've found is if we continually change partners that the oxytocin in the brain doesn't function the way it's supposed to. It affects the bonding.

13. Does our mind have a “central control” center?

Is there a system that controls everything we see, feel, hear, think, decisions we make and all?
Yeah but it's probably not what you think.

In the brain the control center for most people is in the front. It's called the pre-frontal cortex, or lobe. (The pre-frontal lobe or cortex.) Now, here's what happens when you're born. When you're born, you don't operate out of the pre-frontal cortex. You operate out of the “Limbic system,” which is in the back, in the inner part of your brain. And, it's basically raw emotion. It's raw emotion. That part of the brain you can't make decisions based on future consequences or anything. Everything is based on the immediate and it's usually just raw emotion.

As you grow older it starts to switch from the Limbic system around the front to the pre-frontal cortex. I call this the “Center of Civilization” because without this you could not have morality. Without this you couldn't have right from wrong. Not your Limbic system – that's raw emotion. Without your pre-frontal cortex. Here's what happens. When you're born, you operate out of the Limbic system, as you grow older it gradually switches around. But do you know what? It doesn't normally complete itself until the mid-twenties. You with me? Science wouldn't have said this twenty years ago, now they do – it's proven.

You're usually about 23, 24, 27 [of age] before you start fully operating out of here [points to forehead]. Even college students are basically operating out of their Limbic system – maybe half and half and it's like when you're operating out of here, you're asleep at the wheel – that's kind of what it's like when you make moral choices or out of here - the Limbic system - where you leap before you ever look. You jump off a cliff before you know if it's two feet or two hundred feet. When it comes around here [points to forehead], then you can make moral choices. And, one of the biggest things is this. When it comes up here to the forefront, but not until you're in your mid-twenties, can you basically make choices and decisions based on future consequences.

Whoa...you show me a university student that doesn't think he or she can't make moral choices based on future [consequences]? Everyone will say, “Yes” but in reality ... no. You say, “Whoa!”

Why do you think car rental [agreements] say you can't rent a car until you're twenty-five? Simple statistics show, it doesn't matter how many PhD's you have, how educated you are, how intelligent you are, or anything else, you're still operating out of the Limbic system. And now they can literally watch it operate. As you get older, and everything else, you can see on the graphic here, how the brain progresses into the dark blue areas we operate from the front. And this is where long term consequences can be evaluated. Phew!

This is why - I've said this for years – and I've felt like a lone voice in the wilderness, now science is saying it. Parents need to play a major role in their life up all the way through the university until about twenty-five years of age. To most university students that would be an insult. But that's because they haven't understood what's happening in their brain. Now, you have to understand, it doesn't matter how smart you are, it doesn't matter if you have ten PhD's, it doesn't affect it. That's why you can have twenty PhD's but you still can't rent a car until you're twenty-five.

Ok, we've talked a lot about women, but what about men?

“Do men have a ‘Sweetheart Valentine Hormone’?”

Yeah, even the worst of them, girls, ladies. Yeah, it's called “Vasopressin.” It's very similar to oxytocin but vasopressin works more in the male. It's the male sweetheart hormone. It creates a partial bond – the ultimate bond is done by oxytocin – but it creates a partial bond like through sexual activity. But here it is again; they've now shown that promiscuous sexual activity will damage the ability to form long-term relationships. And it's all right here in your brain. Wow! The way God made us is marvelous. And His word coincides right along with everything that I've said here about oxytocin, dopamine, vasopressin, everything...

What happens with vasopressin is that it starts to wear down and it desensitizes the risk of short-term relationships where you can't look at them realistically. And it's chemical – in your [brain]. This is why a man can have sex with a prostitute and totally enjoy it! Totally enjoy it.

INTERVIEW: Pam Stenzel

Now males have a neuro-chemical called vasopressin which has not been studied as much as oxytocin in females but they've begun to study that and they call that the “Monogamy Hormone” and it is the hormone that helps a male bond with his mate so that he doesn't search for sex in other places and that also happens at orgasms of males.

And so the reality is that when we tell you that sex will bond you together, it's not just an emotional bond there is actually a physiological component that's going on in your brain that was meant to be there to protect relationships, to protect spouses, and to protect family so that children would grow up with two parents who would raise them.

14. Hasn't modern medicine pretty much eliminated STD's and infections?

When I shared this with my son and my daughters, they were like ten, eleven, twelve years old, most of you haven't even heard what I'm going to be saying here now, "has modern medicine (and most of you probably think it has), has modern medicine pretty much eliminated STD's and infections?" Uh-uh. Almost just the opposite.

When I was your age – wow, that was a long time ago (that was a few decades ago) – when I was your age there were only two main sexually transmitted diseases – [in 1960] syphilis and gonorrhea. Both were cured with a shot. Do you know how many major sexually transmitted diseases there are now? Twenty-five – actually you could put it at about a hundred – but twenty-five major sexually transmitted diseases. With all the modern medicine and everything. And when I was your age there were two. Nineteen of these – out of twenty-five – there is no cure. Bet you didn't know that. You know why? They're viruses. They're viruses and there is no cure. No shot, no, nothing. There is no cure.

Look at it this way. In the 1960's, one out of every sixty teens – sexually involved – got an STD. In the 1970's, one out of every forty-seven. In 2010, one out of four. You see the difference with the culture you're living in and all over the world? China, Peru, France, Kazakhstan, Ghana, Nigeria, Jamaica, Texas ... all over the world. Twenty-five major sexually transmitted diseases.

Now, those of you that I'm sharing with from other countries, I don't know all the stats in your countries, it's almost impossible to get them, but those that I have been able to get and check out, there's very little difference between any culture in the world than from the American culture. Almost every culture is just a little bit ahead or a little bit behind. Now, in much of my conversation, I'll be using statistics about the United States. But in Argentina, trust me, not number-wise, but percentage-wise it's the same thing, in Argentina as here. Or in China – well, it could be a little worse in China than Argentina.

But let me show you, do you know there are 70 million Americans right now with a sexually transmitted disease? 40-some million incurable. No cure. Phew! 500 million people every year in the world – half a billion – get a sexually transmitted disease every year. Multiply that out! A half billion!

Just in the United States, every twelve months, 19 million Americans get a sexually transmitted disease. That's not through four years of high school or college. That's every year of high school and college. That's 52,055 Americans every single day gets a sexually transmitted disease. You think you can play around and beat the odds? Uh-uh. There's hardly anyone in the world that can play around sexually and beat the odds. The statistics show it! I documented it in my book *Why True Love Waits*. That's 2,169 Americans every single hour, 24/7, gets a sexually transmitted disease. In the United States, with teens – teenagers – one in four 14-19 year olds are infected with HPV, Chlamydia, Genital Herpes, Trichomoniasis. One out of every four, who has ever had sex. Right now, they're infected.

Let me ask you a question. What percentage of sexually active women can expect to get an HPV infection, if you're a woman...

Now, whenever you use the term “sexually active” that means just one time. That includes somebody who’s had sex just one time when they’re 14, they’re considered sexually active. That’s key to understand. And the reason is that these diseases stay in your life for years. So when I say “sexually active teen” or a scientist does, or whatever, that could mean that the person had sex just one time when they were fourteen years old.

What percentage of sexually active women can expect to get the #1 sexually transmitted virus, HPV?

What do you think? 20%, 60%, 80%, 120%? It’s 80%.

Of sexually active women, will get – and there’s no cure for it, there’s no cure for it, HPV – will get infected by HPV. Don’t tell me you’ll beat the odds.

The reason is, you’ll go all the way through high school and college thinking you’ve beat the odds and when you’re about twenty-eight, thirty, you’ll get some blood tests for something else, and have to go home and tell your spouse, “I’m infected. I’m infected.”

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

How do I know if I’m ready to have sex? Sex is one of the most intimate relationships you’ll have with another person. Are you ready for that?

Knowing that you will be a part of that person’s life forever, whether it’s imprinted physically, or whether there’s an imprint in your brain, you have to decide for yourself, but also for the other person.

Are you ready to take the risk for STDs? Condoms, we’ve decided, are not safe enough. Are you ready for pregnancy or any of the other consequences of sex? The songs and the movies don’t talk about consequences like that, but are you ready to change your future forever?

15. What is the most common STD?

And you know what? The top six, probably half of them you don't even know anything about, and possibly all of them.

Here are the top six:

- 1) **Chlamydia**: Just in the United States, this is just the United States, 2.8 million [people] every year get Chlamydia.
- 2) **Genital herpes**: One million [people] a year. It's called HSV, genital herpes, and there's no cure for it. No cure. 40-some million Americans have it and there's no cure.
- 3) **Crabs**: Oooh, doesn't that sound awful? Pelvic lice. I wanted to have a picture to put up, but it's so, oh, I mean, it's so ugly that I couldn't even put it up on the video! It's so bad. But think of this: Three million people a year get crabs or pelvic lice, just in the United States.
- 4) **Trichomoniasis**: I don't know exactly how you pronounce that one, I call it Tricho: Seven million [people] a year.
- 5) **Of HIV**: 46,000.
- 6) **HPV**: Human papillomavirus. Six million [people] a year. Now, the Centers for Disease Control [www.cdc.gov], which is probably the number one organization the world in infectious disease, says that HPV, human papilloma virus, is the number one sexually transmitted disease in the United States, in the world.

Even though trichomoniasis, there's seven million, but it will vacillate between five and seven million. But the reason they say the six million [people] with HPV is number one, because with trichomoniasis, it's quite easy to cure it.

There is no cure for HPV.

Most of you here probably doesn't know what it means or anything. Number one sexually transmitted disease: HPV.

At UCLA medical school, they said there is no cure for it. There's no cure. In fact, you know what? There is no test you can take. You only see it by the symptoms. You can't go get a wedding, a marriage thing [medical exam for a marriage certificate], to see if you have it or not, and it stays concealed about ten to twelve years in the human body.

There's this real popular TV show, and I think it's all over the world called *Law and Order*. Last night I was watching it, *Law and Order*, and there was an African-American lady who is the lieutenant, and you know, runs the office - kind of hardcore - and she got real soft and everything else, and it's been leading up for a few shows. And she finally went to the doctor and took tests, and they said, "You have cancer. Pelvic or cervix cancer. You're HPV infected. That's what caused it."

And she says, "Well, I can't be! I've only known this man, this wonderful man for one month. And they said, "I'm sorry. You could have had it for years."

"Well, I haven't been married for five years," and she stops and says, "That blankety-blank. He gave me HPV," and she just now found out.

Just in America, and I want you overseas to understand in every country, just in the United States, twenty million Americans have HPV. Now's here's what you have to understand. HPV, in the last five years, has killed more women than HIV and AIDS. You don't even know anything about it, do you? Isn't that amazing? Killing more women than HIV and AIDS, and women don't even know anything about it. The number one sexually transmitted disease and there is no cure. Twenty million Americans have it; 6.2 million Americans every year are infected. Multiply that out. 50% of all sexually active, who ever had sex one time, will be infected.

And nobody's talking about it.

Of US women infected with HPV, just women right now, is 26.8% of the entire women's population. And nobody's talking about it. And it's killing more women than HIV and AIDS, and it's passed on ten times faster. It's ten times more efficient than AIDS and HIV.

Everybody's talking about HIV, and it's HPV that's killing people. And nobody talks about it.

And it's passed on just like that, and you don't even know you have it for 10, 12, 14 years. 98-99%: no symptoms.

Now if you have a very strong health system, in your body, it will often fight it off. A good percentage of it will, without you even knowing it, your body will take care of it. But it's that large percentage that will never leave your body, that does the unbelievable damage.

But this is what's amazing. In Canada, this would probably be true in any country in the world, 90% of Canadian teenagers, probably just like China and America, Germany, France everywhere, said they're very knowledgeable about sex. Do you want to see how dumb they are?

Only 19% had even heard of HPV. Only 20% knew cancer was one of the consequences of HPV. And others say, "Well, we're very knowledgeable; we know this," 80% don't even know that the number one sexually transmitted disease is killing more women than HIV and AIDS.

Only 20 percent knew cancer was one of the consequences of HPV. Only 20 percent.

And that's the same thing with teenagers all over the world. They think they're so smart, know all this; in reality, young people, you don't know hardly anything when it comes to sexually transmitted diseases.

Most of you have never even known how your brain works, operates, what bonds you to somebody else, what gives you that thrill, that excitement, how to control it, which will look, it's just mind-boggling.

Now, HPV bar, it's a virus, that's why there's no cure.

INTERVIEW: Pam Stenzel

For about nine years I counseled in crisis pregnancy centers in Minneapolis and for nine years I would have girls in my office every day saying, "Pam, I didn't know. If someone would have told me that this is what was going to happen to me I would've made a different choice." And, I started to realize that there were a lot of students out there that were making the really tough choices about sex having absolutely no idea what the consequence of that choice would be.

The media always shows that you can just jump in and have sex with this person or that person and no one gets herpes. You might see a teen pregnancy but they kind of shove it to the side and the reality is that when you make a decision to have sex outside a monogamous relationship – outside of a marriage – there will always be a cost. And it was sad that so many of these students didn't fully understand the price that they were paying.

How many different HPV viruses would you say, different diseases, how many different HPV viruses are there? 40? 80? 100? 120? How many of think there's 40 different viruses? 80 different viruses? 100 different HPV viruses? You must think there's 120?

One hundred different HPV viruses. 40 of them cause genital, sexual infection. 40 of them. 18 are high risk for cancer. Under these 100, 30 are sexually transmitted.

You take the twenty-five, you add this, and this you could actually save there's 125 sexually transmitted diseases. That's staggering.

Another question: What percentage of women will have HPV but the age of fifty?

25%? 35%? 50%? 72%?

50%, of all women by the time they're fifty, will be HPV infected. And there's no cure, and it's killing more women than HIV and AIDS.

What percentage of sexually active men will get HPV?

50 percent? (whoa! That's starting off big!) 70%? 80% 90%

70 percent.

Imagine if someone you think a lot of is sexually involved. Every one of you here knows someone who is sexually involved.

What are the chances of them having an STD?

20% 30% 40% 50%

What do you think, Michelle? [Michelle replies, "40%."]

Almost, 50. Just look at your friends. Do you have five friends? 2½ of them are infected, and all of them are so smart and think they'll beat the odds. It's always somebody else. I can play around and beat the odds. No, in my book [*Why True Love Waits*] I pretty well prove that you can never play around and beat the odds, outside of a loving commitment in marriage. The statistics are totally against you.

But everyone thinks, I can go to Las Vegas and walk away more money, when 94 percent walk away with less money than they ever came [with].

How many will get an STD today?

52,000 – just Americans. Yesterday, 52,000. Tomorrow, 52,000. Day after tomorrow, 52,000. That's 208,000 in four days.

You won't beat the odds.

INTERVIEW: Pam Stenzel

I would have girls come in to my crisis pregnancy center for a pregnancy test and they're scared to death, and their biggest fear is that they might be pregnant, so one of the biggest myths that students believe is, is that the only thing that could happen if they have sex outside of marriage is that they could get pregnant. And I would come in and I would do a negative pregnancy test and look at this young girl and say, "Hey your test is negative" and she'd be like, "Thank goodness!" with this big look of relief and ready to leave my clinic, and I'd be like, "Wait a minute. Have you been tested for Syphilis, Gonorrhea, Herpes, Chlamydia, Trichomoniasis, Validarmia, Arthritis, Hepatitis B, Hepatitis C, HPV, HIV – have you been tested for these things?" And she's like, "Me? Well, I didn't think I would need to be tested for that." And the reality is that you're in here for a pregnancy test. If you're having sex – which is what you're telling me - you're at risk for all these other diseases, it's not just pregnancy.

And, I think the other big myth that they have, which I find fascinating, is even the college girls would come in and we'd go through the same thing, and I'd say, "Your test is negative but now you need an OBGYN, you need a pap smear, you need a blood test, you need to be tested for STD's" and these girls would be like, "Well, I was drunk." I'm like, "Ummm...did you think Herpes asks now, 'Excuse me, are you sober or drunk - because we only infect sober people?'"

I mean, just because you're drunk does not mean that the consequence of the decision – or lack of the decision – but the consequence of having sex is going to be any less or not there. So, I think there's just this biggest myth for kids, is that they think, "I can do these things – either I'm copying the behavior I'm seeing from the media or I'm doing what everybody else seems to be doing – and this disease won't happen to me or this consequence won't happen to me."

And part of the problem is that it's not tattooed to their forehead. I mean 1 in 4 students in the United States is infected with an STD. The problem is that you can't see it. So, if you can't see it, it doesn't exist. As long as when they get up the next morning if they don't feel like they have a symptom, then they're not infected. The reality is that it's very different. And a lot of these students are infected and they don't even know it.

Who has the highest HPV rate -- human papilloma virus rate?

15-20 year olds?

20-24 year olds?

25-27 year olds?

[Male replies, "25-27 year olds?"] Close. 20-24 year olds.

26.8 percent are infected. I tell you what, between 20-24, you don't have much of a chance. You really don't. Statistics show at. In a minute you'll find out why.

INTERVIEW: Pam Stenzel

Right now in the United States sexually transmitted disease is a huge epidemic. We have 14,000 teenagers infected every day. When we include the college population through about age 22, we have 38,000 newly infected students every day. If you would have graduated from high school in 1967, 1 in 32 of your classmates would've been infected with an STD. You would have had to have had a few partners before you came in contact with it. If you would have graduated with me in 1982, 1 in 18 of my classmates was infected. Today, it's 1 in 4. One fourth of our kids are infected, so it does not take that -- you know -- you have two partners and you've been exposed to STDs. That's all it takes and so that's really the problem.

How many people are infected with genital herpes?

There's no cure. It's called HSV. HPV – human papilloma; HSV – genital herpes.

45 million? 55 million? or 62 million Americans?

What do you think? [Girl replies "42."] 45 million. [45?] Not as bad as you thought. You're from Brazil, aren't you? [Yeah!] I love your accent, it's great! [Thank you.]

How many people are infected? And the Bible says, "avoid sexual immorality. It's the one sin you commit against your body."

Do you know why I like statistics? It lets me see people. I don't look at statistics. When I look at

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

What's the big deal about STDs? Aren't they curable?

STDs are a big deal. If you get one, it's a viral infection and you may have it for life. If you get one and it's a bacterial infection, we may treat the bacteria and cure it, but the effects may still be in your body, such as gonorrhea and Chlamydia can cause pelvic inflammatory disease, which would make it impossible for you to get pregnant in the future. Viral infections sometimes can be released by your body, but if they're not, then you have those infections for life.

statistics, I see young people. People I meet all the time.

How many people are infected with genital herpes over eleven years old?

One in five.

16. How prevalent is HPV among university women?

Most of you are university students here. How prevalent is HPV among university women?

You ready? A major study done, documented in my book, all women in universities right now, and most of you are in universities, all women in universities right now, who have ever had sex, maybe just one time – maybe when they were 14-, 15-years old, 63 percent are infected right now. And there's no cure. And it's killing more [shakes head] women than HIV and AIDS. And nobody talks about it.

At Rutgers, 60 percent of sexually active women -- means a woman just has had sex one time, maybe not in the university – maybe when she was fourteen years old – 60 percent are infected with HSV, genital herpes. That's true of almost every university. I was at one university where they have registered at the health department 7,800 students infected with HPV. One university.

17. Do more women get STDs than men?

Twice as likely. Twice as likely. One report showed that 21 percent of women were infected with genital herpes compared to 11.5 percent of men. 21 percent of women, 11 percent of men.

Why is that? Here's why. Please listen...you young ladies listen to it. You've got your whole life ahead of you.

Most of these STDs, which are viruses, they incubate, multiply and grow in an environment that is non-oxygen, warm, and moist. That's not a man's penis; that's a woman's vagina. When a man pulls out, the oxygen would destroy much of it. It stays within the woman – in a non-oxygen, warm, moist area -which is like a factory.

That's why women are so much more prevalent with STDs than men.

"Oh well, we'll beat the odds." Isn't that what they say, "We'll beat the odds?"

INTERVIEW: Pam Stenzel

I think one of the big things that teenagers don't fully understand is this, that out of the 30 (we have over 30 major STDs) and out of the 30 major sexually transmitted diseases that we have, 26 of them primarily damage women. Girls will always pay the higher price and girls are like, "Well, that's not fair! I make the same choice and I'm the one who has to pay!" And it's typically within their fertility -- chlamydia causes infertility in women through scarred fallopian tubes, through scarred uterine lining. We have, obviously, cervical cancer that doesn't happen to men (they don't have a cervix) so that cancer is the result of HPV that is primarily affecting women – not only death but also their ability to have children.

So, at the end of day, women, especially with fertility, is going to pay this huge price. They're going to find out that he went on -- graduated from high school and met another girl, married her and had a family. She is sterile and can now never have children. And girls are like, "Well, that's not fair."

Well, in case you missed this, in sixth grade human reproduction and anatomy – we're different! Boys and girls bodies are not the same. Girls, we have an open sexual system. The men, the boys, have closed sexual systems. We're easier to infect and we're easier to damage. It's the way we were made.

18. Is it true that young people get more STDs than any other group?

Young people, like almost every culture is up to twenty five years of age, and we're going to look at that in the United States.

I would go like from twelve years old to twenty five -- would be categorized as young. Of youth in the United States, and it's true of almost every culture -- in Brazil, and in Haiti, and in Argentina; gee, we have all South America here.

Where are you from? [Answer: United States.] Oh, you're right here at home. You're home grown, good.

But of twelve- to twenty-five-year-olds, 17 percent of the population -- 48 percent have STDs. I'll bet you didn't know that. Up to twenty five years of age.

Out of 19 million STDs every year that's contracted just in the United States. The same thing happens percentage-wise; boy that would be a huge amount in China; everywhere. The same percentage-wise, Brazil, whatever.

Of teens, 13- to 19-year-olds, almost three million a year, of 15- to 24-year-olds: 9.1 million. That's 50 percent of all STDs and only 17 percent of the population.

24,900 of 15- to 24-year-olds every day gets an STD. That's 1,039 an hour. I didn't break it down to the second a few just happened.

Within two years of having sex for the first time, how many teenagers will get infected?

Let me repeat that: Within two years of having sex for the first time, how many teens will get infected?

10%? 30%? 50%? 70%?

50 percent, in two years after first sexual experience.

What percentage of sexually active teens will get an STD every year?

25 percent. Every year. That's not four years of high school. That's every year of high school.

How many sexually active teenagers are infected right now?

Get 100 teenagers together, who have ever had sex, how many are infected?

15%? 23%? 28%? Or 40%?

What do you think? 40 percent. I'm a dad. I've got four grandkids. I'm a grandfather. I so wanted to raise my children where they didn't have to face any of these consequences. And thank God, none of them have. None of them have -- my three daughters and my son.

Why are teens more susceptible to STDs?

Why? I want to share with you and I'm going to try and do it in a very frank and straightforward way, what a lot of people wouldn't share, and I'll probably get criticized for it, but I shared it with my daughters and my son.

It's the way you were created. Your sexual areas. For young ladies, the cervical lining. In the cervical lining within a woman's private sexual areas, a young girl has a high amount of what's called columnar cells, exposed throughout the entire cervix lining. As you grow older, these cells are layered over with squamous epithelium cells. Squamous epithelium cells and they start to form layers. It's not completely done until you are 23-27 years of age.

Now get that? Remember with the mind [i.e. brain development]? Same thing here – until your mid-twenties, before the squamous epithelium cells totally encase and thicken in the cervix.

Also, what's the difference? The columnar cells are extremely receptive, over 80 percent more receptive to infections than squamous epithelium cells in an older person twenty-five years old.

And these cells, say when sexual intercourse takes place, and a virus is planted in there which happens a lot of time, these cells almost act like suction cups and in factories that multiply.

When you get about your mid-twenties, it starts to harden. The cervix does and it rejects the viruses then.

Let me show you an illustration of this. It will be quite a straightforward illustration. Here we go. Oh wow, just what I want! Some sand [and two large yellow sponges]. Yeah, look at that, man. A friend of mine collected it for me.

Let's say this [dry sponge] is the squamous epithelium at about twenty five years of age and up. The dirt is a virus. See that? Now this [new sponge wet with water], this is the columnar cells that a teenager has, and there's not completely changed until they're about twenty-five with a virus. [Dips into dirt and it sticks.] Ewww....that's what it does. That's why young people, especially young women, are way out of proportion for sexually transmitted disease. Of course you can't tell them anything; they know everything.

Like the Canadian teenagers, the Chinese teenagers, the Brazilian teenagers, the Haitian teenagers, the Argentine – are you from Texas? Texan teenagers! But folks, that's the difference. That is why there's such a prevalence of sexual transmitted disease among young people. A teenager is 80 percent more likely get an STD than somebody after twenty-five years of age.

Phew! Now, here's the key. Your mouth and your anus. Bet you never heard that on video. But your mouth and your anus never changes from columnar cells. You hear me? We see the tremendous devastation of that with oral sex, anal sex, whatever, it's devastating, because they're always columnar, they're always like this [dirty sponge].

19. Won't condoms reduce the chances of getting an STD?

Yes and no. Mainly no. It works fairly good on HIV. You could go from 40 to maybe 70 percent effectiveness. Folks, it's that 30 percent – who wants to take a chance with it? I mean, people do, but who wants to take a chance with that?

But for the most part, condoms do not reduce STDs and infection. Why? Most STDs -- nineteen of the twenty -- are viruses, and they're passed by areas of the body not even covered by a condom.

Like HPV, which is a virus, is passed by moisture around your private sexual areas, not even covered by a condom. You want to wear a condom and have safe sex, a condom would have to look like a frogman's wetsuit. I'm serious! And it's like a girl's going to have sex, the guy says, "I've got to put my condom on...[noises as a guy struggles into a wetsuit...zzzzzzzip]...okay." I'm serious. Either that or they look like pantyhose. Because it's passed by areas not even covered by, well say, "Well, what if you wear two or three condoms?" Wear a hundred – it still doesn't cover it. That makes no difference for nineteen of these twenty-five [viruses].

[Shakes head] At a major university, they did a study of all the men and women on campus infected with HPV. Of those who are had HPV and had sex without wearing a condom, in just three acts of sex, 44 percent of their partners got infected. If that had been AIDS, it would have been 4 percent. HPV is ten times more efficient. Now hear what I'm saying: Students that had HPV and didn't wear a condom – 44 percent of their partners were infected in three acts of sex.

Those who wore condoms, 42 percent were infected. Two percent efficiency. Why? It doesn't cover the area where it's affected.

Look. A woman on average, of course most women in the world are above average, but a woman on average could get pregnant let's say, eight days a month. Eight days a month. Multiply that out by twelve and it should be ninety-six. Ninety-six. So ninety-six days a year you can get pregnant.

Now, when it comes to condoms, they did a study with pregnancy. They caught those that kept the condom failure rates for years in the United States, probably the same is true in every country, they found them cheating. Do you know what they did? The U.S. government caught them. Those were woman, where 100% condoms were used and the woman got pregnant and had an abortion, they [condom companies] only counted half of them in the condom failure rate. Why? So it will keep the condom failure rate down. So if somebody at the university has "Safe Sex" week or whatever and gives you a box of condoms, it's like giving somebody a package of cigarettes saying "I love you."

They've got to get people using condoms, that's how they ultimately make their money, with blood tests and diseases, everything, and they found them cheating.

So do you know what the U.S. government did? I documented it in my book *Why True Love Waits*. They made them go all the way back to 1988 and recalculate the condom failure rate. Where normally most people will say, "Well, we teach 4 percent, 6 percent," but when they

recalculated it came out to an average woman - 20-24 years of age – condoms used 100% of the time. In the first twelve months, 31 percent failure rate. Thirty-one out of one hundred women will call themselves “Mommy” in one month – 20-24 year olds.

Now, 31 percent failure rate, but you can only get pregnant ninety-six days a year. And with ninety-six days, there is a 31 percent failure rate. Think what it could be if you could get pregnant 365 days a year? It would be a 90% failure rate.

But here is the point I’m driving home. You can only get pregnant eight days a month and ninety-six days a year. Only the women can get pregnant. With an STD, you can get an STD 365 days a year, and both the man and the woman can get it. So if a condom has a failure rate with pregnancy of 31 percent in 96 days, what is it for STDs in 365 days?

Think with your mind, not with your pelvis. Twenty of twenty-five, according to the state of Minnesota here in the United States, and is true of any study, but the state of Minnesota published twenty of twenty five of the major sexually transmitted diseases are not affected or stopped by condoms, including HPV, killing more women than HIV and AIDS, passed ten times faster and it has no effectiveness.

I bet you don't know this. For those of you, whether you’re from Saudi Arabia or Yemen or wherever, Egypt (one of my favorite countries the whole world), in the United States there’s a government agency called the Food and Drug Administration. They have to prove all medical devices, everything. I’ll bet you didn’t know the FDA (Food and Drug Administration) will not certify condoms.

I’ll bet you never knew that, did you? Never knew that! Nobody talks about it! Everybody thinks they’ll be...why? They don’t work! The failure rate for STDs is way off the chart! The U.S. government won’t even certify them.

Look, this is a box and you all know what they are – condoms called Trojans. Have you ever read, and you probably haven’t, this is so ironic and yet, “We’ll beat the odds.” Right here, this is what it says on this box of condoms.

“America’s #1 condom, trusted for over eighty years. If used properly (now probably no one at the emotion of the moment of sex has ever used it properly), latex condoms will help to reduce (help to reduce, now, not eliminate) help to reduce the risk of transmission of HIV infection, AIDS and many other sexually transmitted diseases.”

It never mentions – it can only mean six others. There’s twenty-five major diseases and twenty of them are not stopped by condoms so that can only be five. All the other major diseases could only be five. It doesn’t even mention HPV. It says “also highly effective against pregnancy.” Thirty-one percent failure rate for the average 20-24 year old. Wow!

You see how dumb some people are? Think with your mind, not your pelvis. God gave you a wonderful mind to evaluate, to know and to understand.

For example, you have boxes of condoms that come in. **Do you know how many batches of condoms, what percentage, are rejected by the U.S. government for what has happened to them in damage?**

10%? 20%? 30%? 40%?

20 percent. Think of the ones that get through! Think of the ones that get through. And then those that they let through, they won't even certify.

Do you want to see how many ways you've been lied to? And as a father, it just ticked me off. And I wasn't going to let my daughters and my son be fooled by it.

I want to show you something. I've got to use you – por favor, ayúdeme. Okay? Please help me. Stand up and scoot your chair back. This will be true even in Argentina. I want to show you what a medical person must wear when dealing with an infectious disease; whether a doctor, surgeon, whatever; like HPV human papilloma virus, a contagious disease.

You have to first, you must put on a special gown. You put that on and put it around it you. It goes in the front like that. You'll look good in that! Either way, just put your hands through there. Then, you must have a head covering, this is a little more like a hair net, must have a head covering. You must have boot coverings, but it would take too long to put them on your shoes. Then, you've got to have "condoms" for the hands [latex gloves], put those on, roll them up a little bit there, they're a little hard, aren't they? Just put them on halfway. Then you've got to have a face mask, then you must wear eye coverings (a goggle). Now that's what they wear to protect from HPV. Do you know what they want you to wear? A little condom.

I'm serious! And always, you're guaranteed with a condom to have fluid exchange. You're not always guaranteed as a doctor. You look good, we need to get a picture of that! They want you to protect yourself with this little tiny piece of rubber or big piece of rubber, or whatever; they want you to protect yourself with that.

Think with your mind, not with your pelvis. Thank you, you can take that off. They come off a lot easier, don't they?

You see young people – just think it through! This is what, as a daddy, I owed to my daughters – to think all of this through, to help them walk through it because you see, up into your mid-20's, it's hard for the average person to project consequences out in the future.

That's why God created moms and dads to help guide young people, even up through the university, for their own health, and yet my heart goes out to so many, when I think of so many in Haiti who lost their parents, everyone through the earthquake, my heart goes out. When I think of, and soon there'll be up to 25 million AIDS orphans in Africa, creating an angry continent. And the last thing the world ever wants is an angry twenty-year old.

20. **Even though neither of us have symptoms, can we still have an STD?**

You better believe it! Look, HPV, human papilloma, stays totally hidden for 10-12 years on an average. Chlamydia – 85 percent of women, 40 percent of men have no symptoms, but they pass it on. HSV II, genital herpes, 90 percent, but no symptoms. AIDS, 10-15 years – it can incubate, pass on, everything without symptoms.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

Is it possible to have an STD and not have any visible symptoms? If so, how will I know my partner is infected? Actually 75% of Chlamydia infections have no symptoms at all, 90% of herpes and HPV have no symptoms, and even 1 in 4 persons with HIV have no symptoms. The person with the infection may not know they have symptoms or infection at all.

It's important, if you've had sex, to go get tested. Or if you're thinking about having sex, go with your potential partner and be tested. Go back for results and if they do not want to do that, you have a decision to make. Run!

So many people have what I call the "credit card approach – play now, pay later." Folks, you will pay. "Avoid sexual immorality. It's the one sin you commit against your body." That is an act of love by God. That God is saying, "I love you so much, and I want to protect you and provide for you to have the most unbelievable experience in sex." Why jeopardize, in a few years of single time, for the years that can be so wonderful with your spouse. And so many jeopardize all that when they're young. And that's why we need parents. That's why we need loving, significant adults in our lives, but the other thing is, are you smart enough to listen to them?

INTERVIEW: Pam Stenzel

I think myths about sex and the consequences and for students not really fully understanding the price tag that they're going to pay if they get involved sexually, come primarily from the media because they are so bombarded with sex on such a regular basis.

I mean, students are watching, you know, everything from the MTV "Shot at Love" show to "The Bachelor" -- they're watching kids jump in and out of bed with each other and having sex and no one ever, ever gets a disease.

That's why I used to tease that if Herpes or HIV or human papilloma virus or chlamydia were tattooed to your forehead, if the minute that you were infected there was something in your face, we would not have an STD problem. Because all the kids would show up in school and then they would go, "Oh my goodness they have that disease!"

In fact, most STDs don't have any physical symptoms so teenagers believe that. "If I don't have a symptom then I'm not infected." And I tease them, students will come up to me after I speak in their school and they'll go, "Well, you need to come and speak to my school because we have eight girls pregnant, but I don't know anyone in my school who's got a disease." And I go, "Really? First of all, your friends aren't getting tested and even if they were they wouldn't tell you!" I mean, do you really think they're going to show up at the lunch room and go, "Hey, talked to the doctor yesterday, went to the doctor, and found out that I have Herpes. Tell everybody by lunch."

I tease kids and tell them that maybe we can do this on the announcements from now at your school every Monday morning. "The following students contracted an STD over the weekend. They are:...."

I mean, that's not going to happen, so pregnancy is the biggest fear because it's the most visible.

21. “Can’t I get a shot or take an antibiotic if I get an STD?”

Nineteen of the twenty-five STDs, there’s no cure, I’ve said that over and over again, so no, you can’t take an antibiotic or get a shot. You know these little things don’t work with STDs [holds up syringe]. Injections don’t work. Now there are for some of them, treatments, but many of them are long, painful treatments for one moment of an orgasm. Incredible -- what people do.

You say, “Well, there’s a vaccination for HPV.” Yes there is. There’s none for men, but yes there is for women, but it must pretty much be taken when you're young, and if you already have HPV, it will do you no good, and there's no test you can take to find out -- really -- if you have it, so you never really have peace of mind when you take it, and it’s about 30 percent ineffective. 70 percent effective – well, I sure wouldn’t want to take a chance on peace of mind because I’ve had the vaccination for that thirty percent.

There's no evidence whatsoever, that the vaccine, 1) will reduce the risk of cervical cancer caused by other HPVs. It only deals with several of the HPV viruses, not all of them, not all the ones that cause cancer, only several and most people don’t realize that, but the two major ones it does deal with. But there’s no evidence that it will reduce the risk for cervical cancer of the other HPV viruses.

2) There's no evidence that it will reduce the risk of sexually transmitted infections or diseases. It won’t, not the vaccine for HPV. And here is the key: the duration of immunity following immunization is unknown. It could take years before they find out, years. Was it one year? Was it ten years? Was it five months? It’ll take years before they can even determine how long the immunity will last for that 70 percent.

It’s very interesting, a mother came to me. It was in Poland. I was presenting a lot of this material to educators in the universities and high schools for their sex education program.

This one teacher came up to me and she said, “They sent around a thing to sign for the HPV vaccination.” She said, “I’m a nurse and I went to the head nurse and said, ‘Will it do this?’ ‘No,’ and this, this, this, and do you know how long it [the vaccination] will last?’ ‘No,’ ‘Do you know what percentage?’ ‘No,’” and she said, “I can’t sign this then,” and she went home and told her daughter, and do you know what her daughter said to her? I met her daughter. Whoa! What a woman!

This young lady said, “Mom, thank you for not signing it.” The mother said, “Why?” “Because Mom, if you would have signed it, it would have said that you didn’t trust me.” I never thought of that. Interesting. It would have shown you didn’t trust me.

Do you know 100,000 women just in the United States; oh, I wish I knew the stats for every country of the world, 100,000 women between 15-25, because of an STD every year will never be able to have children. “Oh well, I’ll beat the odds.”

BARE FACTS - Disc 2 - Questions 22-43

22. Is it difficult to get an STD?
23. Can STDs be linked to serious illnesses like cancer?
24. Can you get an STD if you are on the Pill?
25. How can I avoid getting an STD?
26. Is there any relationship b/t premarital sex and mental health?
27. Is it okay to have anal sex?
28. Is oral sex really sex?
29. Isn't oral sex safer?
30. Can I do oral sex and still keep my virginity?
31. Isn't it safe sex if we use condoms?
32. Isn't sex a "private act" between 2 individuals?
33. When do you stop enjoying sex?
34. Isn't it better to live together first?
35. Isn't premarital sex really great preparation for good sex in marriage?
36. Sex is so beautiful, so it must be right?
37. Aren't my hormones too strong? Isn't it unrealistic to wait?
38. I'm not a virgin...is it too late for me?
39. Is sexting wrong? You're not hurting anyone. It's innocent fun!
40. How can I be and feel forgiven?
41. How can I know the person loves me?
42. How do you know God's will?
43. How do I say "No"?
44. How far is "too far"? Come-Ons & Come Backs
45. Summary

22. Is it difficult to get an STD?

I mean, come on, it can't be too easy to get an STD. Is it difficult to get an STD? I wouldn't think so with all the statistics we've looked at; the people – come on!

50% of everyone who ever has sex outside of marriage will get an STD. That's minimum. That's minimum! Sounds pretty easy to me. I think you need to look at every single part. Realistically, no matter who they are, can be an STD infected. If you don't do that, you're not a very intelligent person.

Do you know what the government tells you, Planned Parenthood, and others? It's amazing. They started this with HIV. I remember a senator promoted this. He said, "Look, we need to train young people to ask questions. Ask the other person if they're infected." I thought, "Come on! No guy is gonna tell you!"

Young ladies, you girls remember something. An aroused hormone has no conscience. Do you understand that Michelle? Do you understand that? You got that? An aroused hormone has no conscience or morality or theology.

90% of men lie right through their teeth to you, especially if they get to that point where they're aroused and you say, "Well, just a minute, are you infected?" "Oh, no." Most women would rather die than tell somebody that. But that's what they say, "Ask someone." That's your protection. That's putting your whole life in the hands of someone else.

At the University of California Los Angeles, several years ago the director of the student medical center said [that] in one act of sex, many students are getting five different sexually transmitted diseases. In one act of sex.

In a period of one week, I had a woman from Atlanta, Georgia and a man from Cleveland, Ohio come to me in one week, because for years I've talked on "maximum sex". High schools, universities, in 118 countries, and so everybody knows me for that. This woman came to me and she said, "I run a suburban clinic for pregnant women, especially young pregnant women. And when they come in (I forget the percentage, it was a high percentage), they test them and find an STD." But this is what she told me. She said, "If they give us enough time and we spend enough money, we can almost always find at least three more STDs."

I flew to Ohio State University. A doctor comes up to me the night after I spoke on sex, introduced himself and said the exact same thing. He said, "If we have enough money and enough time," because you can't run just one test, you have to run a whole battery of tests, they say, "We usually find at least three, if not four more sexually transmitted diseases, if we find one."

No wonder God, in love, said, "Wait. Wait. Not because I want to take the fun out of your life. Wait because I love you and I want to protect you and I want to provide for you, to have a maximum love, sex, and marriage relationship with your spouse with no fear."

I've been married for thirty-nine years to the same woman. I married just about the greatest woman God ever created. I stand in awe of my wife. I'm serious! I thank God that her four children are raised up and call her blessed. They call her, their mother, their shining star, and for thirty-nine years!

Once live on television, my wife about died, they asked "What's your hobby?" and without thinking I said, "Sex," and I meant it! For thirty-nine years, and then the poor lady interviewing me didn't know what to do, but at least I was honest. My hobby is sex and I love it! But just to think – thirty-nine years! I've never had one ounce of fear or my wife in any way for any disease or anything from history past – 10,12, 14,15, 20 years ago. Folks that's called Maximum Sex. You never have to worry about antibiotics or condoms or salve or anything. Nothing. That is called sexual freedom. Do you get it?

But let me tell you, it doesn't cost you to wait. It usually costs you when you don't wait.

You say, "Well, it just happened." Oh come on! Get real! Sex doesn't just happen. That's the stupidest, most idiotic thing I've ever heard.

Sex is the result of a choice, unless it's date rape and boy, there's a lot of that. About 30 percent of all women are date-raped. Sex just doesn't happen. It's a choice. So don't ever forget that either.

Amy Grant. Some of you probably don't even remember Amy Grant. When I was a little older than you, she was big out there - a big name. She's still around and excellent, but she did a song, one of the best songs ever and, the theme song for this series is almost identical to it. The theme of Amy Grant's song was this: Let your mind guard your heart. Ooooh, most people are driven by their heart. They make choices based upon their heart. No, let your mind guard your heart, and I don't think you will ever regret it.

23. Can STDs be linked to serious illnesses like cancer?

Yes. In a big way. UCLA Medical Center, which is one of the top medical centers in the world that deals with STDs and everything; they made this observation. In cervical cancer, which young ladies, all of you around the world, listen! It's not an epidemic; cervical cancer is [pandemic], and every one of you young ladies, your mom should have talked to you about it; what is happening among young women with cervical cancer.

And what they found at UCLA Medical School: in all cases of cervical cancer, up to 99 percent of all of them, they find the presence of HPV, the sexually transmitted virus. It caused the Centers for Disease Control to make a statement several years ago. The Centers for Disease Control, again, is the organization in Atlanta, Georgia that helps nations all over the world with contagious viruses and diseases. They made this statement: that sex is a cancer-producing activity. HPV and cervical cancer. 30 percent of cervical cancers not stopped by the vaccine for HPV.

There are 100 strains, as we looked, of HPV. 40 causes genital infection (STDs). Fourteen are high risk for cervical cancer and the vaccine only deals with several of them, and there's none for men. Now think of this: an individual who has an HPV infection is 3200 times more likely to develop throat cancer. You say, 32? 3200 times more likely. And everybody thinks they'll beat the odds.

INTERVIEW: Pam Stenzel

Even when Hollywood does, even when one of the stars ends up -- there's a couple of them that have had HPV and cervical cancer -- and they'll talk about having cervical cancer (I think Brooke Shields came out and talked all about her cervical cancer) but she didn't explain that that cervical cancer that she had was a result of a sexually transmitted disease which was a result of choices she made going into it. So there's no connecting of the dots to the infertility or the cervical cancer or the STD infection.

So when you're seeing people do the behavior day after day without ever paying a price, you begin to believe that you're invincible and that won't happen to you. And students already have that problem, just because of their age.

Which are the greatest risks for cervical cancer?

Two choices: early sexual activity or multiple sexual partners?

What do you think? (Student responses: "Early." What do you think? "Early.") Yes and no. Both are true. Almost equal. Becoming involved about 14-, 15-, 16, or having more than two partners -- are the highest risk for cervical cancer.

24. Can you get an STD if you're on The Pill?

Well of course you can! It has nothing to do with covering your private sexual areas or anything; even a condom doesn't do that! You could take ten pills and you'd still get an STD, and just like the government says, condoms are not effective for 20-25 of them.

25. How can how can I avoid getting an STD?

You know, even science says this: in monogamous relationship (you only have sex with each other) you won't get an STD. It's when one of them, man or woman is not monogamous. That's when it all breaks down.

26. **“Is there any relationship between premarital sex and mental health?”**

I mean, scientifically? Is there any relationship to becoming to becoming involved sexually before marriage or waiting until after marriage?

Let me show you what the studies show. Now one of the best books – oh there’s a book out there – it’s written by two doctors called *Hooked* and the subtitle is: *New Science How Casual Sex is Affecting Our Children* and I believe a lot of what I’ve shared is in this book, but this book has everything – documented scientifically and I highly recommend it. It’s by Dr. Joe McIlhaney and Freda McKissic Bush, both MDs. In fact, Dr. McIlhaney is founder and head of the Medical Institute for Sexual Health out of Austin, Texas. But I recommend that, in a big way.

Now, let me show you what the studies show – oh when God said, “Oh, I love you. Wait. Why? Because I want to protect you and provide for you.” Is this true in mental health?

Sexually active teenagers: **If you’ve had sex once you’re considered sexually active – are what percentage more likely to attempt suicide?**

100%, 300%, 500%, or 700%?

What do you think Michelle? [“I’m going to say 500%.”] Close, 300%. Sexually active teenage boys – now I tell you – very seldom does research surprise me. Because most research depicts life, life depicts the research. Look at this one.

Sexually active teenage boys are what percentage more likely to attempt suicide?

100%, 300%, 500%, or 700%?

What do you think? 700%. Over twice as likely as young ladies.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

Actually, one of the greatest risk factors for STDs is multiple partners. One of the greatest risk factors for depression, loss of self-esteem, and a lot of emotional consequences has to do with the number of people you have relations with. And we do know that the more people you have relations with, the more likely you are to have difficulty forming healthy relationships in the future when you are ready to be with one person.

When it comes to depression, a sexually involved girl is 300% more likely to attempt suicide. A boy, 700%. Now, to me, this is tragic. And this would probably be very true in every country in

the world. Whether it's Brazil, Argentina, Haiti, China, Norway, Sweden, whatever... , gotta throw in Africa. Nigeria. Morocco. Whatever.

The American College of Health Association, in the spring of 2006, released a study – 43% of all university students in America, felt so depressed that it was hard to function. 61% - in the past year - felt that there were times everything was hopeless. I mean, these are young people. With everything to live for: the future! And you know what? As I trace it back to depression, I see two parallels. From starting in the 50's and 60's was sexual involvement and depression and everything like that going right up. I don't know if there's a causal factor – I'm not saying that – I'm not informed enough to say that – but it's very interesting to see the trends of the two together. And then to see what research shows if you are involved in premarital sex. And, just remember this, there's no condom for your heart, and there's no condom for your mind. Let your heart be guarded by your mind. Young ladies, do you hear me? Guys, do you hear me? Let your heart be guarded by your mind.

27. “Is it okay to have anal sex?”

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

Is it okay to have anal sex, is another question. Well, the anus is an organ of excretion, not entrance, and any time you put an erect penis or other object into the rectal area, it's possible to injure the opening to the rectum, as well as the thin blood vessels that are lining the internal organ. When this occurs, there can be tears or fissures, and if there is an infection, it easily enters into your body, such as HIV and AIDS.

The lining is made thin, on purpose, so that it will absorb the water from the waste products and make it easier for elimination. It also helps to control gas and bowel movement. So, is anal sex ok? I'll let you decide.

28. Is oral sex really sex?

I was in Ivory Coast, Africa several months ago and there were 1,800 students from 35 different countries, and it was one of the best teaching times that I've ever had, with about 18-25 year olds, mainly university students and young professionals. This young lady came up to me and she said (after the first day they called me "Papa Josh"), and she said, "Papa Josh, could I ask you a question that you could only ask your father but my father died of AIDS?" So many of them over there told me that. "I don't know who my father is." "My father left." "My father died." And she got real close and she said, "Is oral sex really sex?"

I said, "It seems to – why do you think they call it 'sex'?" What is sex? Let me give you four situations that I would qualify as sex:

Oral-genital
Manual-genital
Genital-genital
Penetration

INTERVIEW: Sean McDowell

Oral sex has become quite the rage recently. In fact, one study I saw in an international paper showed that between twelve- and seventeen-year-olds, 54% had had or performed oral sex.

So what's the big deal?

I think part of the rage is the fact that people think they're not going to get pregnant, which is true; or they think they're still a virgin or that they're not going to get a sexually transmitted disease, but people underestimate the power of this activity and how it affects you.

My wife and I, when we first got married, my wife came home because she was in a group with some women and they would just talk every week about their lives and the topic of sexuality came up, and she told me, she said, "You wouldn't believe that these women who are now married, happily married, had been involved in oral sex before their marriage and now some of them were actually in counseling because of it; because of the memory; because of the images locked within their minds are profoundly affecting them now."

Hand-genital, Oral-genital, Manual-genital, Genital-genital, and Penetration. All four can lead to HPV infection and condoms don't help.

29. Isn't oral sex safer?

I have to admit, it's probably a little hard to get pregnant. I don't think the sperm would travel that far. When it comes to pregnancy, yes, but everything else ... absolutely not!

Most people don't want to know the truth. They say, "Josh, you use a lot of stats." Yeah, I do. Because that's the only way you can really know what is true, so often what is reality. Just remember, all these diseases are passed through oral sex. In your mouth, in your anus – you still have columnar cells. You remember when I talked about that? Which act almost like factories to viruses.

One study showed, of all 15-19 year olds in the United States – and boy it's the same thing in Africa and everywhere – 50% of 15-19 year olds have been involved in oral sex. And one university study showed that one time, one period it showed, that 45% of students in the last 30 days had been involved in oral sex. I find that hard to believe – but other studies showed that. In just 30 days!

INTERVIEW: Christine Currie

And if sexual activity causes that, then the answer is to abstain from sexual activity, and it's not just intercourse when I'm talking sex. I'm talking oral sex that has the same consequences. There's a lot of people ask me, "Oral sex, that's kind of the...you get out of all the consequences of it, right, if you just have oral sex versus intercourse?"

The answer is "No." Oral sex has a huge direct relationship with all the parts of who you are – mentally, physically, spiritually, emotionally – it affects that, because your body reacts the same way during oral sex as it does during intercourse and so that's my answer to that.

Ok, having oral sex, you can't get pregnant – true. You can't get an STD – false. You can't get cancer – false. Having oral sex you can't get an STD? False. If you have oral sex with five people, what is your chance of getting an STD? Oral sex with just five people. Now if 45% of college students had oral sex in the last 30 days (and probably 40% of them had 10 partners), if you have oral sex with five people what is your chance of getting an STD? 50%, 70%, 100%, or 250%? What do you say, from Brazil? "50%." 250%.

Phew! Condoms don't help. Chance of oral throat cancer if 6+ partners – 10%, 30%, 50%, or 900%. What do you say, Argentina? "900%." Yes. Just six partners in oral sex and 900% more likely to have throat cancer. What's the greatest factor for throat cancer? HPV infection, chewing tobacco, smoking, or alcohol? Haiti? "Smoking?" That's what most people think, or chewing. [It's] HPV.

30. Can I do oral sex and still keep my virginity?

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

Can I do oral sex and still keep my virginity? Another way to ask that is, “Am I still a virgin if I only gave him head?” Technically, physically, your vagina may have not been penetrated, but let’s go back to the definition of sex: any activity that is for arousal, stimulation, and gratification of sex.

31. Well, isn't it "safe sex" if we use condoms?

You've all heard the term "safe sex," haven't you? You probably haven't. You probably haven't. Do you know what you've heard?

Your parents were raised on safe sex. Wear a condom, safe sex. Safe sex week at the universities, high schools, everything. Wear a condom – safe sex and then they switched.

Those who were propagating all that, overnight they changed, and I bet none of you ever caught it. Most people don't because most people think with their pelvis, not with their mind.

They switched from "Wear a condom" (safe sex) to "Wear a condom" (safer sex).

Do you know why? They were afraid of being sued and they were being sued, because it's not scientifically true – wear a condom, safe sex. In fact, one of the top medical experts, Dr. Redfield said, "Josh, even scientifically, it is not accurate – wear a condom, safer sex. What you can state medically is 'Wear a condom, less dangerous sex.'"

"But we'll beat the odds anyway. We're smarter than everyone else. I'll wear two condoms."

The studies show that even if their partners use condoms -- women -- 100 percent of the time; a woman has sex with a guy who's been infected with one or a number of them, condoms used 100 percent of the time, 37.8 percent of those women or young ladies will get infected. And they call that safer sex? Well, it's better than 39 percent, I guess.

INTERVIEW: Pam Stenzel

A piece a latex, a condom. And a condom, as long as you have a condom, you're safe. Kids will say, "Well, I've never had unprotected sex." Well, what does that mean? What you need to understand is that condoms aren't safe. You can use a condom and still get STDs. Now, condoms provide some protection for HIV, one of probably the scariest STDs because it does involve both males and females and they can both die.

But the problem is that there are over thirty STDs and condoms don't protect from all of them and for some of them, like HPV, which is a very serious sexually transmitted disease for women, condoms don't protect at all, because herpes and HPV both of these are skin contracted viruses. All it takes is skin contact anywhere in the genital area and you're infected for life!

Males will carry HPV and herpes, not just on the penis but on the scrotum, the condom doesn't cover that. And so when we've got 67 percent of sexually active teens infected with HPV and a condom does not protect, there is no way that you can say that having sex with a condom is protected. I mean, I can have sex a million times with my husband (who's only been with me) never use a condom, never get an STD. I could have sex once with some guy I meet at a hotel somewhere, use a condom and be infected for the rest of my life.

The National Institute of Health [NIH], for those that are not from the United States, from Egypt, wherever; the National Institute of Health is one of the top organizations in the United States on the health of individuals, and they said this, this is THE number one authority that said, "HPV transmission was not reduced by condoms." You never read that on the Trojan box.

And this is what the NIH said, "Non-penetrative sexual conduct," in other words, touching each other, rubbing each other, whatever, "is as plausible, is a plausible route of transmission in virgins," of HPV, and many of the other viruses.

Just touching. Why? Because it's passed by the moisture around the base of the penis and the vagina.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

How can I get pregnant if he pulls out before he comes? The answer to the question if you can get pregnant without penetration has to do with the fact that with arousal and excitement, the guy has liquid that is released, that's called pre-ejaculatory emission. It is teeming with sperm, and if it reaches the vagina where the women's liquids are there, it allows them to swim inside and make contact with the egg before intercourse has ever occurred.

That's one of the reasons why the first step of the thirteen steps on how to put on a condom includes putting the condom on before any penetration occurs at the vagina.

A father came to me in Indiana and said, "I want to show you a picture of condom failure." He kind of chuckled and showed me three beautiful daughters and said each one of them was a condom baby. He said, "I'm glad, but each one of them – I was wearing a condom."

That's called safer sex? Incredible.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

I use a condom with every act of intercourse. Am I not safe? That's a good question. Let's answer the question of whether condoms are safe from the Centers for Disease Control of the United States.

The CDC says that abstinence is the only sure-fire way to prevent sexually transmitted diseases. The second way is mutual monogamy with a known uninfected partner, and the third way is with the use of a condom. So even if you use a condom consistently and correctly with each act of intercourse, you only reduce your risk for sexually transmitted diseases.

The best reduction is with HIV, which is 85-87%, for Gonorrhea and Chlamydia, it's 50% and for all other diseases, it is less than that.

What causes condoms to fail, to break down?

Here's just several:

- Put in the back pocket where a lot of guys carry them, the moment you put them in the back pocket, because of the heat and the pressure starts to break down the latex;

- Put in the billfold, same thing, put into a billfold. The moment you put it into a billfold, it starts to break down.
- Kept in a glove compartment of a car or in the center thing: because of the heat that can develop there, it starts to break down;
- Kept in a refrigerator: starts to break down.
- Kept in a warm place; sunlight: starts to break down;
- Container on a ship which they all come in: starts to break down;

You better handle these very delicately; you'd better put them on a chain around your neck, and never stand in the sunlight or get cold. [Laughter] I'm serious! They start to break down!

32. Isn't Sex a "private act" between 2 individuals?

C'mon [it's] between two individuals. "The government and the church have no right to regulate it." "Look, it's my life!" "It's my body, it's my choice." No, it isn't; it's an absolute lie. Sex is not a private act like Planned Parenthood and everyone else would probably say it [is], sex is not a private act between two individuals. Look, these diseases pass from partner to partner to partner.

A number of years ago when Dr. C. Everett Koop was Surgeon General of the United States, for those of you in other cultures, it means that he was the number one health expert. He calls me on the phone – interesting, his secretary calls and said, "On Tuesday at 2:13 Dr. Koop would like to talk to you." Not 2:00 ... but at 2:13 the phone rings. I guess that's how they do it in government. I had launched a large sexual purity program called "Why Wait?"

He said, "Josh, thank you for what you're doing. It's one of the most positive things out there." And then he said this, "You've got to me more emphatic." I said, "Dr. Koop, I get so much criticism now for being so straightforward." He said, "I don't care. You've got to warn young people." Now, this was the number one health expert. He said, "Every time they have sex, they're not just having sex with that one person. They're having sex with everyone they've had sex with, they had sex with, and they had sex with, they had sex with, and they had sex with in their entire life." It's not a private act.

You think on your wedding night if either one of you have ever played around, you're not going to have a private act of sex between two people. Every person you've ever had sex with and their partner, partner, partner, partner, partner... will come right into that wedding bed. That's been proven now scientifically. Let me show you what I mean.

Oh, this graphic is the most sad one. They caught an epidemic of gonorrhea in Atlanta, Georgia. They traced it back to a 16-year old girl who had gonorrhea. She had sex with two guys – out of that came – and you can see the grid here, the grid going out – 685 men and women got infected. From a private act, between two individuals, that the government and the church has nothing to say about it?

The State of Colorado, came out with a pamphlet and the title was: *How Many of the 64 People You Had Sex With Last Night Did You Know Well?* And you'll see right here, from these two people, it went on and on and on all the way down, the scores of people. Some [lines] can be traced down to 10,000 people. One act of sex. If it's a private act of sex, between two individuals, then when you walk out from behind those closed doors, then why do they demand government money to fight STDs, for AIDS, for HIV, for HPV, for aid to dependent children – why?! Because it's not a private act between two individuals! They come out in the open and demand, this and this and this – "The government needs to do this! The government needs to pay for this! The government needs to do research in HPV and HIV! Why isn't the government doing more?!" Why? "It's a private act between two individuals! That the government and church has nothing to say about it." Oh Gosh.

Each pregnant teenager in my country costs taxpayers, a minimum, of \$100,000 and there's 800,000 – 1 million every year that become pregnant. Wow! No wonder we can't balance the budget in this country!

One lady came to me in San Diego, eight years before, she had one affair in her marriage, and after that, her marriage was ok and everything, she came to me broken, and said she had to go tell her husband that she was HIV positive. And she well could have given it to her husband. A private act between two individuals? No. Anyone you ever have sex with, you're having sex with everyone they've had sex with and their partner, partner, partner, partner... for just about your entire life. And that's what Dr. C. Everett Koop called me about.

If you become a teen father in the United States, I don't know if it's true in other countries, but if you become a teen father, what can it cost you? \$10,000-50,000, \$50,000-250,000, or \$250,000-350,000? An average of \$50,000-250,000. That's pretty expensive sex!

33. When do you stop enjoying sex?

There was a professor, I believe it was Westmont College in California – a Christian College – he was 84 years old and still teaching. You ought to be studying him! [chuckles] He was 84 years old and still teaching. He taught Sociology and one day a young lady in his class raised a hand. I don't know what the subject was that day but she raised her hand and she said, "Sir, when does one stop enjoying sex?" And the 84-year-old professor pondered that and very slowly said, "I don't know. But it's sometime after 84." [Laughter] Yes! There's still a lot of time left!!

In the Baltimore Sun newspaper a number of years ago – I think it was the front page, down on the bottom left – there was just a little column news story, it was a 102-year old man married a 99-year old woman and the caption was that the next day they were both found dead in bed. And I read that and said, "Oh Lord, if you take me, take me [???]. What a way to go!" All I know is that it's sure longer than I've been alive! And I've been around a long time. But that's the way God intended it to be.

34. Isn't it better to live together first?

Think with your mind, not with your pelvis, young people. Oh, there's a huge rate of divorce among people who co-habited and then got married. For a number of reasons.

When you cohabit you have a whole different level of commitment, totally different problems, than you ever face with a level of commitment in marriage. And you can't transfer from the cohabitation to marriage. You start all over again. And it's a far higher rate of divorce than for married couples. And you say, "Well, you've gotta do this to see if you can function." Look, the "plumbing" almost always works. Almost any penis will go in any vagina. That's not the problem. The problem is relationships. The problem is character, trust, respect – that's where the problems are. Not in the "plumbing."

Twenty-five percent of women get pregnant during cohabitation, no matter birth control pills or what. Children. Children. And often it is devastating.

INTERVIEW: Sean McDowell

I often ask my students, high school seniors – 17-18-years old, "Is it okay to live with somebody before you get married? And it's amazing how many people think it's okay. Do you know that studies show between forty and sixty percent – if you live with someone before you get married – you are between forty and sixty percent more likely to get a divorce than if you don't live with that person. In other words, choosing to live with somebody will put you at a disadvantage in your future marriage.

Now why is that the case? One reason is that men and women often go into a living-together relationship with different expectations. Men think it's a step to see if they want to commit. Women see it as a step closer to a commitment. The other thing is people think when you live with somebody, you're getting kind of a foretaste of what marriage to be like, but the very things that make marriage work are absent when you're simply living with somebody.

One of my friends put it to me this way. He said, "When you're living with someone, it's like you go into a room and you lock the door behind you and you take the key and kind of put it in your pocket. When you get married, you go in the room and you it and you take the key and you throw it out the window.

You see, when you get married, there's a level of commitment. We say, "I love you and I'll stand with you, and I'm committed to you." Period. And it's that level of commitment to one another that helps transcend difficult circumstances and makes a marriage really work.

INTERVIEW: Christine Currie

If you take a fish and you put it in a fishbowl with water, this fish will be fine. It will be able to survive and live because it's in the confines of this fishbowl and water and it has everything it needs.

But what if this fish is like, "Hey, I want to be free. I want to be able to do whatever I want. I don't want the boundary of this bowl; I want to live life to the fullest." So if you take a fish out of a fishbowl, you toss it out and let it be free and do whatever it wants, it's going to die, obviously, because it needs water and it needs the protection of the bowl to live.

And that's how marriage is. People often think, "Oh, it's a bad thing. Oh, like it's taking away from my freedom to wait until marriage to have sex." What it really is doing is it providing life, it's providing safety and protection and full enjoyment when you're able to wait until you're married to have sex and have sex only within the confines of marriage. It's such a sense of protection.

On your wedding night – you have to take this by faith – on your wedding night, experience is the last thing you need. It's far better to get the experience together. It really is. I think everyone that has premarital sex is robbing their future spouse of phenomenal area of growth together, of learning what arouses each other – everything - learning to be maximum when it comes to sex. And you can't transfer what you've done with somebody else to your marriage bed – you cannot. Here's the key. On your wedding night, be an amateur in sex and a professional at relationships.

This is why a book was written once: "*Sex Begins in the Kitchen [by Dr. Kevin Leman]*." Meaning, not that you're laying on the floor having sex, but it means, relationships. You know, a good meal, or whatever. Be an amateur in sex and a pro at relationships.

35. Isn't premarital sex really great preparation for good sex in marriage?

[Sigh] I feel like mentioning this man by name because he's so despicable! One time he was a very popular talk-radio, talk-show host on TV, and he was talking about Whitney Houston, the singer, and she had just shared publicly in an interview, that when she got married she was a virgin. And this guy made jokes about that and laughed on national television here in the United States and said, "Nobody wants to marry a virgin! A man wants an experienced woman!" If that guy has a brain, it's lost. It's a little size of a pea. About 10 oz., not 3 lbs. [Chuckles] I'll tell you this, there's truly a man, in his heart of hearts, and below his belt, that wants an experienced woman.

Why do you think in prostitution all these men want a young virgin? C'mon, they want an inexperienced woman. What a line! Why chance all the negative consequences – STDs, pregnancy, mental effects, bonding, the brain, everything?

If you are promiscuous before you get married, you will be promiscuous after you are married. Almost, that's almost certain. You don't change! And you've already programmed your mind, everything.

If you don't have sex before marriage, will your penis fall off? No! Will your breasts not grow? No! No one will want to marry you? No – they will want to marry you! You can't have children, no sperm? Now you have more than you [can] ever believe!

Oh, folks. God said to us, "I love you. Because I love you, I want to protect you and provide for you, so wait." Not because it's dirty, not because it's sinful, no. Because it's so beautiful.

36. Sex is so beautiful, so it must be right.

Look y'all, your body doesn't know if it's married or not. Dopamine, the chemical we talked about, doesn't know if you're married or not. Oxytocin doesn't know if you're married or not. Vasopressin doesn't know if you're married or not.

If sex wasn't beautiful before marriage, it wouldn't be beautiful after marriage. But here is the key. It is so beautiful before it's worth protecting. Trust me – thirty-nine years. It's worth protecting. You say, "Yeah, but you got married early." Yeah, thirty-one years of age. Man, I thought something was wrong with me. But let me tell you - I made up for it in the first week. Yeah, for thirty-nine years. Yes, it's beautiful. It's so beautiful it's worth waiting.

Let me illustrate this. I was in Venice, California. That's kind of the tourist area of Los Angeles. And they have sidewalks out in the sand so you can roller-skate – they have music going and walls with murals on it and everything. And, so we had three children then, and my oldest daughter must've been about twelve and my son ten. And we were roller-skating and we went by this wall and Dottie took our little Katie to go somewhere because she was a little too young to roller-skate and we went by this wall and it had sexual graphics on it. "F-this", "F-that", the finger and everything else. Of course my kids were [whisper...]. So, I thought, "What a great opportunity as a dad," so I said, "Let's go get a drink." So we went and got a soft drink and came back. Now hear, right in front of this wall is a grown man with a twelve year old daughter and a ten year old son, and they're roller-skating right behind us and they probably thought, "This guy's a warped, sex-maniac. What is he, abusing these children or what?" But I wanted my children to learn something.

So I went right down and said, "Kids do you know what this means?" I explained it to them. Ten, twelve years old. What this, this, what that word means, what that picture means, what giving the finger means. Everything. Then I got through and said, "Kids, do you know why this makes your father so disgusted and mad?" "Why Dad?" I said, "I'll tell you why!" Boy, this time they were listening to anything I had to say. [laughter] I said, "Kids, you know I lecture in universities - all over the world – I've lectured in 1,200 universities, I've lectured in hundreds of fraternities and sororities all over the world, pensiones in Argentina, everywhere, Brazil, Brasilia I was cordoned off in the campus for three days with the army surrounding it. I had three days to talk about Jesus in Brasilia – to three thousand students every day.

I said, "I'll go in to their fraternities and I'll be talking about sex and waiting." I said, "Kids do you know what these guys say to me? 'Aw, c'mon McDowell, there's nothing wrong with premarital sex – it's beautiful, it's love.'" I said, "Kids, do you know why I don't believe those guys?" "Why Dad?" "For this reason. Those same guys will walk out of there – when they want to degrade someone or something else, they use a four-letter word with a sexual connotation or give them the finger. Kids, if sex -- to them -- is something beautiful, 'It's love,' then why do they use words with sexual connotations and physical gestures to degrade someone? I'll tell you why, son. Because they're not making love. They're 'F-ing' someone." Do you get that folks?

I hear these people on movies and DVDs, television, kids in high schools, "F-this" "F-that." I never want my daughter to marry a guy like that. Because he'll never make love. They'll just be "F'd." That's all they'll be. They don't even know what love is.

We lived in a little town of Julian, California and we went into the little café there, and this was about two months after that time at the beach when I explained to my son, when he was ten, and here come these high school kids and they were like, “S-this” and “F-that” and everything else. My son turned to me and said, “Dad, that’s not good is it?” I said, “Why?” “Because when they get married, their wife will only get f’d.” I said, “Wow! It stuck!”

I think some people must have a very difficult time eating out of the same mouth they talk out of! And I would say, if you were my daughters, girls, don’t ever marry a man like that! You’ll never truly know what love is. You’ll just be f’d.

37. Aren't my hormones too strong? Isn't it unrealistic to wait?

"C'mon Josh, you've talked about ... aren't my hormones too strong to wait? Isn't it unrealistic?" Oh you hear that all the time.

INTERVIEW: Christine Currie

And the truth is: you can. Your hormones are very strong, but you can abstain from sexual immorality. I've done it; a lot of other people have done it, and I tell you, it was so worth it. So worth it. I didn't have to carry around, walk around dealing with a lot of those things that other people who were sexually active had to deal with.

There was a woman, you probably don't remember her, by the name of Dr. Ruth. Up to about eight years ago she was real popular in the United States and a lot of countries around the world – she was a little old woman who talked about sex in universities – and she was talking the night before at the University of Cincinnati before I was there (I didn't go because there would've been a commotion if I would have gone) so I had it recorded. She's talking to these university students – question and answer – and [someone] said, "Dr. Ruth, what if you can't wait?" Here is this woman, everybody fell at her feet as a messiah because she said everything they wanted to hear, she said, "Young man, it's unrealistic to expect you to wait. Your libido is too strong."

Now a lot of people in the universities say, "Yeah, sure." Do you know how stupid and idiotic that is? Then how can you ever judge somebody for rape? "Well, it's unrealistic for them to wait..." "Their libido is too strong..." Do you know what Dr. Ruth was saying? I mean, this is what she was saying then. If a young man comes to her and says, "Dr. Ruth, I really like my girl and I want to have sex with her but she doesn't want to have sex with me." I will guarantee that Dr. Ruth would say then, "You should wait until she's ready." But wait a minute. I thought it was unrealistic to expect that. So, if a young man comes up to Dr. Ruth and says, "Dr. Ruth, my hormones are really raging and I want to have sex with my girlfriend, and she wants to have sex with me, what should I do?" "Well, young man, it's unrealistic to expect you to wait. Your libido is too strong." So I simply ask, is it unrealistic or isn't it? Is your libido too strong or isn't it? Well, let me tell you, I wouldn't want my daughter to ever date a guy like that. Why, it's unrealistic to expect him to wait.

INTERVIEW: Christine Currie

When I was in high school, there were a lot of people around me that were very sexually active with each other. That was definitely the thing to do on the weekends, and I chose not to do that. I decided I was going to wait until I got married before I was going to be sexually active.

Now does that mean that just because I made that decision that I didn't have hormones or that my body suddenly didn't have that desire like everybody else? No. In fact, I went on to college and was able to be in a dating relationship, and then eventually I met my future husband. We were in a relationship and had an engagement that lasted for about a year and I was able to go through all of that without having sex, oral sex, or intercourse, because I chose not to.

You, young ladies, hear me. If it's unrealistic to expect a guy to wait before, then it's unrealistic to expect him to wait afterwards. Same way with a woman. Oh, people, think with your minds! Not with your pelvis.

INTERVIEW: Lakita Garth

I filmed a commercial a few years ago, it was a Fanta soft drink commercial with some unknown, no-name model that most of you may have heard of – her name was Tyra Banks. She had just gotten out of high school and I was a student as well and we were filming this commercial and it was a party scene so all the people in the commercial were dancing with their soft drink commercials and at one point the director said, "Cut! Everybody take a break on the set."

So we started sitting in groups on the floor and huddling up against the wall while they were changing the sets and the lights and these girls started talking about their sex lives.

Now I was sitting, literally, like two feet away and I was not trying to dig in their trail mix; I was not trying to dip in their Kool-Aid; I was minding my own business and this girl turns around and she says, "So Lakita, how's your sex life?" And I was so stunned that she would be so forward to ask me – like, "You don't know me to ask me a question like that!" and I said, "Excuse me, but I don't have a sex life."

So then she said, "So tell me about your last sexual experience," and I said, "Well, I don't have a last sexual experience." So you'd have thought I talked about her momma

because she gasped. Her jaw hit the ground and she turned around [whisper] and she was talking to all of her friends and I couldn't believe the response when she turned around and said, "Oh my God! I can't believe all the guys you haven't been with, all the things you haven't done! Don't you feel you've missed out on anything?" And my first thought was, "I can't believe she clowned me in front of all these people!" Because no one had really confronted me in that manner on a sound stage – which of course, the whole room turned around. It was the longest pause in the time/space continuum. No joke.

I sat there and she kept right on talking – didn't even break the pattern of her speech. "Oh my God." I mean, she kept going on – don't I feel I'm missing out on anything and you know, I sat there and I thought to myself, "I can't lie."

And I said, "You know what? You're right. I have missed out. I've missed out on the thrill of waking up the next morning wondering if my little early pregnancy test was going to turn blue. I'm more distraught that five years from now, no actually, three months from now, that I don't get to walk into a clinic with my best friend holding my hand because chances are, your boyfriend's not going to be there with you or he will at least drag you in or physically give you money to have an abortion, which is now the most surgically performed procedure in America today. And I get to be like one of my roommates, who every year around the same time, she celebrates a child that was never born and every time it's time to clean the house, we'd have to let her know so she could get her books or whatever or go out in the back yard or sit in her car because every time she heard the sound of a vacuum cleaner, she would break down in tears because the vacuum cleaner they use in a suction abortion is about 25 times more powerful than your mother's house vacuum cleaner.

I'm more distraught that 5 years from now I don't get to wake up in bed, staring at the ceiling of an AIDs hospice, like my cousin Ricky. Or like a good friend of mine, Rod. Rod thought he was The Man. You know, he was out there – he thought I was wasting my time. He bought into every lie in truth's clothing – they're going to do it anyway, peer pressure's too great, everybody's doing it, just practice safe sex – every lie in truth's clothing that I now undress he had bought into. And when Rod withered away to less than 100 pounds, it was not a pretty sight. And you could smell the stench of rotting flesh before you got to his door and he begged me on his death bed not to ever stop doing what I'm doing now. And I remember looking over and I thought to myself, 'You're right! I have missed out on all the "wonderful" opportunities you've missed out on'!"

An LA [Los Angeles, California] billboard – I’m driving down a main highway, a freeway in LA – and I look up and here’s a billboard that says: *“If you have to have sex, wear a condom.”* What do you mean? I haven’t met anyone in the world, read about anyone in the world, that HAS to have sex. No one has died from not having sex. You say there’s no difference to drinking a glass of water – well, if you don’t drink water you can die. But if you don’t have sex it won’t affect you at all. In fact, you might be better off in many situations. *“If you have to have sex, use a condom.”*

Y’all listen to me. I don’t know about you but my three daughters and my son – and each one of you here – you’re not animals. You’re human beings. You know the difference between an animal and a human being? The human being is created in the image of God. With the infinite ability to will, to love, to think, to create, and to make moral choices. The image of God is the ability to relate to a personal God in a personal way. When you give that up, then you are [no] different than an animal.

What do you mean, your ‘hormones?’ Look, sex is a decision. Boy, go into some of these place and I’ll even mention it – Planned Parenthood and others – going there to learn how to say “No” is like calling an arsonist to put out a fire. It’s dumb. But do you know what research shows? Scientific research shows a university student with hormones raging, peer pressure, you can’t wait, do you know one thing that science has shown? I document it in my book, that will outweigh all that? A loving, intimate relationship with your father. It will totally override your peers and your hormones.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

Don’t give your future away for a few moments of pleasure. Learn self-control and discipline and enjoy life.

INTERVIEW: Christine Currie

But in reality, having sex before marriage, premarital sex, takes away so much joy from sex in marriage. And I, personally, this means a lot to me, because I was able to walk into my marriage seven years ago as a virgin and I was able to give a gift to my husband saying, “I have waited for you. I have not had sex with anybody and I have waited for you to give you that gift in our marriage.”

And it’s, without question, one of the best decisions I’ve ever made. And because of that, my husband and I can have that relationship without the junk that comes from having experienced that before.

When you wait until marriage to be sexually active, you're able to enjoy the fullness of trust, of security, you don't have the burden of guilt, you don't have the comparison to other people.

INTERVIEW: Dr. Elaine Eng

You need to know that sex is like fire. Fire can be good for certain situations. After all, if you're cooking, fire is great to cook up your meats and your meals and your food. But fire, if it's out of control like in a big forest or in a house where it doesn't belong, can burn it down or destroy a whole field. And that's where fire is dangerous.

It's the same thing with sex. Sex is wonderful within marriage. It's the part that I showed you before that leads to the creation of a baby and a family. Sex outside of marriage or indiscriminate use of sex can be like a fire burning out of control, causing great damage.

So you need to know yourself and how to use your body properly - sex in the confines of marriage.

38. I'm not a virgin, is it too late for me?

No! Absolutely not too late. Physically you can never become a physical virgin again. That's water under the bridge. Spiritually – which, to me, is more important – you can become a spiritual virgin. God can wipe the slate clean – I'm going to talk about that.

You can make a choice (and another question and I'm going to deal with it) that this can be the first day of the rest of your life. But if you've been involved sexually, you'd better back off and wait a long time before you do what people call dating or spending much time with the opposite sex. Why? Because almost all studies show whenever you start another relationship, you almost instantly go to the level of sexual involvement from before.

39. Is “sexting” wrong?

You’re not hurting anyone; it’s innocent fun. Sexting is spreading all over the world. Sending nude or semi-nude photos of yourself – it’s innocent fun, doesn’t hurt anyone. Well, one, it will really hurt yourself – I don’t care who you are. It will eventually hurt you. Remember: “Play Now, Pay Later” – the credit card approach.

Twenty percent of all teens in the United States, probably holds true in other cultures, have sexted nude or semi-nude photos of themselves. Now remember, nothing is ever private on the Internet. Nothing. There is no privacy on the Internet. 90% of guys – research shows – will share it with others. Did you realize this – and this is something I found researching – there are professionals out there, who do nothing but scan the Web and private email accounts and everything looking for pictures to market and blackmail.

Nothing is private. What is done in private will be manifested publicly. You say, “Legally it’s ok.” No, it’s not. I bet most of you don’t know this. I bet those sexting don’t. They are starting to because of a couple big lawsuits that just came down where an 18-year old – the rest of his life will be declared a sex addict/abuser. Rest of his life. Because he sex messaged images of himself and his girlfriend. That just came down. When he gets married, he’ll never, ever, ever, be able to go to school with his child, go to a soccer game, have a party at home, his child will never be able to have friends over, because he’ll never be able to be near children, from sexting. And it’s just setting the trend.

Legal consequences – it’s a felony. For those of you in other countries – that’s jail time. That’s serious. Taking photos of yourself, legally, is creating child pornography. Sending photos is trafficking in child pornography. Possessing photos is possessing child pornography. Forwarding it is trafficking in child pornography. “Oh well, I’ll beat the odds.” Potentially, whatever you’ve done out there – if you ever run for public office, it will be public. If you go for a higher position, it will be public. Your employer, your wife, your husband, your parents – your parents will see it, I guarantee it, they will eventually see it. Your own child.

Psalms 101:3 in the Old Testament of the Bible says, “I will set nothing wicked before my eyes.” It’s not that a nude woman’s wicked, but there’s a time and place.

Sexting is not only illegal, it’s devastating – but see, most young people up until you’re about 20 years old or so (college students and everything), you can’t project out the consequences.

40. How can I be and feel forgiven?

This one lady from Ivory Coast – I didn't speak French but thank God she spoke English, a little after Christmas, she said, "Josh, can I be, can I feel forgiven?"

That's when my "Daddy-Heart" came out and I put my arm around her and I said, "Daughter, yes. In 1 John 2:1, it says, 'Sin not my little children but if you do, remember we have an advocate with the Father in Jesus Christ.'" We have someone before the throne of God, advocating, arguing, presenting, on our behalf.

In the book of Hebrews – I'm going to read this to you, listen to it carefully – "By this we will have been sanctified through the offering of the body of Jesus Christ once for all. Every priest stands daily ministering and offering time after time, the same sacrifice that which cannot take away sins." No priest can take away sins." But listen to what the word of God says, "But He [Jesus] having offered but one sacrifice for sins for all time sat down at the right hand of God. Waiting for that time onward until His enemies be made a footstool for His feet for by one offering He perfected for all times those who are sanctified."

The only basis for forgiveness is that Christ took our sins upon Himself and when he went to the cross and said, "It is finished" the holy, just and loving nature of God was poured out on to His Son when he said, "It is finished." On our behalf, the holy, just and righteous nature of God was what the Bible calls propitiated, but I would call "satisfied." That we can come to Christ.

In 1 John 1:9 it says that "if we confess our sins, He is faithful and righteous to forgive us" – now get this – "and will cleanse us from ALL" – not everything, but ..., not all but sexual sin, no, from ALL unrighteousness.

INTERVIEW: Sean McDowell

I'll never forget after speaking at a youth group on the topic of sexual purity, about a seventeen- or eighteen-year-old girl came up to me afterwards, and she said, "Sean, I would give anything; in fact, if I had any one wish in life, it would be to go back about five years and hear what I heard tonight. If so, I wouldn't have made the choices that have ruined my life."

Boy, I've heard that over and over again from young men and young women, who feel like they've made decisions in the area of sexuality and somehow God's forgiveness doesn't apply to them. The burden of sexuality can weight us down and make us want to give up, and say, "Well, I've already blown it, so it doesn't matter."

Let me tell you something. If you've made mistakes in this area or done things you regret, God's forgiveness applies to you. In fact, it says in I John 1:9, "If we confess our sins, He is faithful and just and forgives us and will cleanse us of all unrighteousness."

It doesn't say "all unrighteousness, except for sexuality because that's really bad, it says it "all unrighteousness." God forgives you. He completely forgives you.

I remember just reading a story about a young girl who was raped when she was younger and she felt like she was worthless. So she went out and just had a bunch of sexual episodes with men and let them just use her, until she finally found a man who loved her unconditionally, and she said, [he] mirrored for her what God's love was like, and she was able to turn around and forgive herself and she said to every young girl out there, "Trust me. Believe me. God forgives you and will set you free."

Please do not buy the lie that God's forgiveness doesn't apply to you. If you're sitting there thinking, "Well, if He only knew what I'd done or what had been done to me, then forgiveness wouldn't apply." That is a lie from the pit of hell. That's exactly what Satan wants you to believe – that somehow forgiveness doesn't apply to you. But Jesus says that we'll be forgiven for all our sins if we come to God with a pure heart. Forgiveness begins today.

Two of my favorite [Scriptures] are Psalm 51 with David. It says, "Be gracious to me, O God," – now let's face it, he really blew it, sexually – "according to Your loving-kindness; according to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. For I against You, You only, I have sinned, and done what is evil in Your sight."

Even the sexual sin, you first sin against God before you ever sin [against man]. And David said, "You can wash me."

In Psalm 32:3-5, David said, "When I kept silent about my sin, my body wasted away through my groaning all day long. [Through the guilt and all.] For day and night Your hand was heavy upon me; my vitality was drained away as with the fever heat of summer." Boy that describes a lot of people living under guilt in sin, sexual sin, or whatever. But listen to this. "I acknowledged my sin to You," – he didn't call it a mistake or anything, he said, "God, I sinned." "...and my iniquity I did not hide; I said, 'I will confess my transgressions to the Lord'; and You forgave the guilt of my sin."

Christ loves us; Christ died for us. He first wants us to trust Him as Savior and Lord and invite Him into our lives like the Bible says, "But to as many as received Him, then they are given the right to become the children of God." Then He said, "I've died for you. And when sin enters your life, confess it." And He promised, if you're sincere, "I will forgive you."

You've probably all heard this – I bet in most countries you've heard this – it's Psalm 103:12 where David said, "As far as the East is from the West" – so far! – "has He removed our transgressions from us." Did you ever wonder why He didn't say "from North to South?" For this reason.

From East to West is a Hebrew expression of infinity. Why? You see, if He said, "I will remove your sins as far as the North is from the South..." you can measure it. Do you realize that? There's a North Pole and a South Pole – you can only go North so long before you're going South. But East to West? You can't measure it. You go East, you'll go East for eternity. Do you see that? Isn't that something? God didn't say, "I'll put your sins as far as the North is from the South" but "I'll put it as far away as the East is from the West." You can't measure it. He said, "I'll bury it in the deepest ocean and put up a sign: 'No Fishing...'"

41. How can I know the person loves me?

You know, it's quite easy. Talk to your dad. Oh, I wish, I wish every kid could grow up with a loving, intimate relationship with their daddy. I didn't have that with my father. He was a town drunk. Between 6-13 years of age I was severely sexually abused. Went to my mother twice, once when I was 9 and once when I was 12 and she wouldn't believe me. Oh let me tell you, young people. That's devastating. I still have the pain from it.

And I swore that if I ever had children, if I ever got married, I was fearful of having children because I didn't want to repeat my dad. But I found out, through Jesus Christ, through the right friends around me, I can beat the odds! And by God's grace, I have. With three daughters and a son, who would die for me. I never knew you could have a family that could love each other so much. I never knew a woman could love a man as much as Dottie loves me. And, I'm serious. I never dreamed it was possible. I stand in awe of my wife. It's just....I've never had a boring moment. A few challenging, but never a boring moment in 39 years. And I've gotta tell you this. It gets better, and better, and better. And you can take that any way you want.

But how can I know a person loves me? You know, if you do have a close, loving relationship with your mom, your dad, or your parents, they usually can tell faster than you. But here's a way. 1 Corinthians 13:4-7 (people call it "The Love Chapter") and it goes on to say, "Love is patient, love is kind, love is ... etc." Do this. Say you're a young lady, put the guy's name in there. Say it's Bob. If it's Jack, put in Jack. But, write it out this way. "Bob is patient, Bob is kind, Bob is not jealous in relationship to me..."

Let me add something here. Girls, never, ever, ever, ever, marry a guy who is jealous! Who wants to know where you are all of the time, what you wear, anything – never marry a guy like that. You want to know why? He'll almost always physically abuse you when you get married. It's the best way to know if a guy is possessive. He wants to control you. He wants to know where you are, what you'll wear, "why did you go over there?", "where are you now?", everything. Back off! Or you're going to get what you ask for – physical abuse.

"Bob is not jealous, Bob does not brad, Bob is not arrogant, Bob does not act unbecomingly, Bob does not seek his own, Bob is not easily provoked, etc." It's a good test.

Here's a good clue from a daddy. It's not so much finding the right person but rather being the right person. Guys, if you want a queen, you need to be a king. Ladies, if you want a king, you need to be a queen.

A girl came to me, a young lady in Portland, Oregon, she had a list of 24 things she was looking for in a guy, I said, "Lady, you want Jesus!" [Laughter] And, I said, to her, "How do you match up to those 24 things?" And she said, "What do you mean?" I said, "Look, if you want somebody with these 24 things – honesty, faith – then you need to be a person with those 24 things."

One reason why I didn't get married until I was 31, I wasn't worth being married to. I still had things to learn. God still had to do things in my life to be a man worth being married to.

42. How do you know God's will?

Where in the Bible has God said, "Don't..." Well, you wanna know God's will? A lot of people don't, seriously. You want to know what is pleasing to God? Listen what He says. Apostle Paul in 1 Thessalonians 4:1-3 says: "Finally then, brethren, we request and exhort you in the Lord Jesus, that as you received from us instruction as to how you ought to walk and please God (just as you actually do walk)," – isn't that something? He said, 'We're writing about how you actually have to walk to please God,' and then he said, 'you guys are actually doing it.' Whoa! – "that you excel still more. For you know what commandments we gave you by the authority of the Lord Jesus." – now, let me tell you, folks, that's better than the United Nations. It's the highest authority. "...by the authority of the Lord Jesus." The commandment I give is, what? "For this is the will of God," – not maybe, could be, no - "...this is the will of God your sanctification; that is, that you abstain from sexual immorality."

Wow! Do you want to know what's pleasing to God? Abstain from sexual immorality. Do want to know what the will of God is? Abstain from sexual immorality. This is why He says, "I love you." Which means, "I want to protect you and I want to provide for you so wait." Wow! What a God.

43. How do I say “No”?

How do you face peer pressure? Here’s some long proven things.

INTERVIEW: Pam Stenzel

You know when you talk to students about sex and all the consequences and they're sitting here thinking, “Oh my goodness, I’ve blown it. I really wish I would've made a different choice. I didn’t want to have all of these consequences.” It's important that you understand that regardless of what you have done before, I really care far more about what you choose to do now. You can choose to continue to do the behavior and there's a tremendous cost physically, emotionally and spiritually at the end of that road. Or today you could choose to say, “You know what? No more. I’m done. I don't want to continue that.”

I was speaking up in Alaska and a young girl came running up and said, “Pam! I'm a recycled virgin!” And I’m like, “Cool! Whatever...” And she goes, “When I was fifteen I had sex and it left me with a lot of pain and I knew that I didn’t want to keep getting used and dumped. I didn't want scarred fallopian tubes, I didn’t want to be infertile, I wanted sex to mean something and so I made a commitment. I asked for forgiveness from God and then I made a commitment to him, to myself, and to my family that I would not have sex again until my future husband. That I would not have sex again until I’m married.”

I said, “That is amazing! Someday when you get married you’re going to have to tell that boy what you did when you were fifteen. It's desperately important that you rehearse your past - your future spouse needs to know the risk going into the relationship. So you’re gonna have to tell him what you did when you were fifteen. But you’re going to be able to say to him, ‘For the last three years,’ five years, ... last week – last week I changed – no, ‘but for seven years I've waited for you. I’ve kept myself pure, I have walked with integrity, I can be trusted’ and we're going to know what kind of damage was done because we've had some years to make sure that she's OK.”

So, regardless of what was done before today, today's the day that you make the decision to say, “You know what? I’m turning around and making a different decision and that you take these years to rebuild that integrity back into your life.

- 1) Find a friend with the same commitment about sex. Don’t go it alone. It’s your best defense. In Ecclesiastes – in the Old Testament – Chapter 4 it says this, “Two people can accomplish twice as much as one.” They get a better return for their labor. If one person falls, the other person can reach out and help. Ooooh, but people who are alone when they fall are in real trouble.

I was at a conference in New Orleans with some of the top athletes – two of them were All-Americans, one was a quarterback and the other a wide end (I don't want to mention their names) – and they came to me and said, "Before you speak, can we say something?" Now these guys, everybody in the country knew them, phenomenal guys, All-American, and I said, "Yes." They stood up, they gave their testimony – how each one of them came to know Christ – and how God really molded them together into a close relationship. So their first year in the university, these were the top studs, the top guys, and they made a commitment to each other to stay pure and they held each other accountable. And they said, "We knew, if we went out that weekend, whatever we did, my friend here was going to look me in the eye and say, 'Were you faithful?' and I couldn't lie to him."

INTERVIEW: Christine Curry

The Bible talks about fleeing sexual immorality. I Thessalonians 4:3 says, "What is the will of God?" Everybody wants to know, "What's God's will? What does God want for me?" One thing that He clearly lays out in Scripture, one of His very obvious things that He has for us, is planned for us is to flee sexual immorality. Because God knows. God knows how He created our bodies. He knows how we work, how we respond to somebody that we're attracted with, and His response is, "Flee sexually immorality." Flee anything that is not moral. Not just intercourse, but flee the things that lead up to that; flee the things that lead up to oral sex, because your hormones are very strong, and He wants to protect you, so He's saying, "Hey, this is my will for you. Flee sexual immorality. Don't stand around and put yourself into positions where you could make some very bad decisions. You need to flee that and abstain from sexual immorality."

Back to my time in high school when I chose not to be sexually active like a lot of my friends were doing, throughout high school, I took a lot of grief for it, I mean a lot of people would just make fun of me because I was a virgin and I mean, how uncool is that, right?

There were times I really doubted it, I just thought, "You know, is it really worth it? Is it really that big of a deal because I'm kind of getting sick of feeling like I'm the only one who's not doing it or am I missing out on something because everybody else seems to be having a great time and I'm not." And there were some times where I'd have to spend Friday or Saturday nights at home, alone, and that wasn't always the most fun thing in the world, but one of the things that I decided to do was to be around other people, make friends with other people who were making the same decisions that I was regarding sexual activity and it made it a lot easier being around other people that were just in the same boat that I was, that, "Hey! We're going to wait. We've got more respect for ourselves that to just go out and have sex with whoever. We're going to do this together." And that was very helpful. That was one of the, I guess, more practical things I did in life to help protect myself.

- 2) Then, write down your commitment to abstain from sex. Write it out. So your heart can be guarded by your mind.

INTERVIEW: Sean McDowell

“Well, how do I possibly remain sexually pure?”

Let me give you just a few things to think about. The place to begin is to ask God for help. Have you ever seriously prayed or just pled to God and said, “God, I need your help. I can’t do this by myself. I need your strength to fill me up and help me to be sexually pure.” It’s Paul who wrote, “When I am weak, then I am strong.”

And another thing is to have an accountability structure. Have people around you, friends or your youth pastor or a teacher who can ask you the tough questions, help you set boundaries, and walk with you along this path.

And third I would say, is just avoid sexually tempting situations. I encourage my students to take stock of exactly what situation they're in that bring temptation. Don't be up alone at the computer at two o'clock in the morning. Don't be parked in a car with your girlfriend or your boyfriend in a parking lot.

Set realistic standards for yourself, and by God's grace and by God's strength with other believers by us, you can remain sexually pure and experience all that God has for you in a marriage relationship.

INTERVIEW: Christine Currie

People choose to abuse this gift a lot of times, so although it is natural and it is right, you have to be very careful, which is why you need to set some pretty clear boundaries before you're married, because your bodies will respond once you start becoming involved with somebody physically, whether that's holding hands, sitting close, kissing, whatever the case may be. Your body wasn't necessarily designed to just be able to stop feeling things sexually. It was designed to continue to move towards sexual intercourse. That's how God designed it, so you need to set some clear boundaries way in the beginning of that process of a physical relationship because the further somebody gets into a physical relationship with somebody, obviously the harder it's going to be to stop because it is natural and your body's going to respond to that.

Because your body's going to respond sexually to somebody that you're attracted to, it's important to set boundaries early on in your relationship and early on in your physical relationship so you don't get to the point where you feels it's impossible to stop; so you don't end up doing something sexually with somebody that you have life-long regrets for. So yes, it's very natural, it's very right, but within the context of marriage.

- 3) Then practice assertiveness. Think through what you would say – don't wait until that moment – think through. This is where Daddy should come in so strongly, and moms, of being assertive in everything else.

I was at a dinner theatre in Kalamazoo, Michigan - I was a fairly new Christian - dating this young lady and went as a couple, and the theatre show really got raw. And I thought, "These things [ears] are not garbage cans and neither are my ears," but I thought, "What am I going to do? I'm going to look like a nerd, or what?" And I turned to the young lady and I said, "I just don't want to watch this. Do you mind if we leave?" And she said, "Ok." And we got outside. Over and over she thanked me – I felt like a king. Then we said, "I wonder about the other couple..." At the end they came out. Well, no, about 30 minutes later they came out. And they said, "We just couldn't stay either." And later, and this guy, who I thought would think that I was a nerd, thanked me over and over again for having the courage. You see, ahead of time I thought through "What would I do in a situation like that?" Then no matter what, I'm going to walk out. But you know, every time I've done that, I've become a hero instead of a heel.

- 4) The other, make sure your values are known to anyone you spend time with, grow close together or a date, whatever. Folks, if you don't let your values [be known] up front, hang out, it's going to be more difficult in the end.
- 5) Then, don't get involved with someone who doesn't share your values. Don't.

INTERVIEW: Dr. Elaine Eng

It's important as young men and women, single man and women, to not get into situations where you're alone with the opposite sex or easily tempted.

Rather, stay in groups. Stay in groups so that you'll have company. But be careful which groups you travel in. Peer pressure is quite strong. You want to stay with people who have the same moral values that you do about sex, so that they can keep you pure and you can keep them accountable to be pure.

“Let me see your friends and I can show you your future.” The Word of God says, in 1 Corinthians 15:33, “Bad company corrupts good character.” Is that true?! “Yes.” I’m particular about who my friends are. Even as a married man. Do you know why? Even if they’re Christians, whatever. I don’t want people always around me making jokes about marriage or their wife and everything. I don’t want to be around people. I want to be around people who will build me up. When I was single, I didn’t want people around I wanted people to build me up.

INTERVIEW: Lakita Garth

After I graduated from college, I had the unique opportunity of going into the media industry. I danced professionally for a number of years.

My mother raised doctors, lawyers, engineers, military...I graduated from college in less than four years and am president of my own company and I think we attribute that to three things.

One, we had a God-fearing mom. Two, she wasn’t afraid to be a parent. She wasn’t trying to be our friend. And third, she raised us to live an abstinent lifestyle, which is mastering the art of self-control, self-discipline and delayed gratification for a greater reward in the future.

I wrote a book called *The Naked Truth about Sex, Love, and Relationships* in which we undress lies in truth’s clothing. And one of the biggest lies is peer pressure and I can’t tell you how I hear students all the time – “You don’t understand...the pressure is so great,” that I have to always ask, “What is a peer?”

And your peer, they always say consistently, it’s one of your friends, it’s either those you go to school with, particularly your friends they always say. But if your friends don’t drink and your friends don’t smoke weed and your friends don’t curse, act disrespectful, your friends don’t vandalize, your friends don’t cheat, cut class – then where’s the pressure?

So you really have to choose your friends wisely. You show me your friends; I will show you your future.

But I understand that power. Peer pressure is a very powerful thing, but I think we need to disrobe the lie in truth’s clothing and we have to understand that it’s really not about our peers, but it’s about our own character.

INTERVIEW: Christine Currie

...but it was interesting, because I graduated from high school and it was the day of our graduation and here I was in my cap and gown and getting ready to move on to bigger and better things in life, and there were several people that came up to me that day, my graduation day, very surprising and said, "Christy, we want you to know that we made fun of you for being a virgin and we kind of gave you a hard time for that, but really, that was one of the most awesome things I've ever seen."

Or somebody said to me they respected me more than I could ever know because I made that decision. And the example that I was able to have, not even realizing it was something that affected these people in a very great way, and they looked at it like, "Man, I wish I could do that."

- 6) Plan your dates. If you're going to go out and spend time together, plan it ahead of time. You almost never get into trouble when you plan things out. It's when you don't.
- 7) Another, is avoid alcohol and drugs. Number one – avoid alcohol and drugs. And all these kids – I can't believe it - go to fraternity and sorority meetings, get drunk and then they claim they were raped and ... look, what did you think was going to happen?! Golly!! Anyway...
- 8) Introduce your date to your parents. Oh, that's powerful. Introduce your date. I would strike fear into ... No! One time my daughter was spending a lot of time with this guy named Josh – great guy! – and they were leaving one Saturday night and I was standing in the doorway, and I said [gruffly], "Josh, come back here!" And, he said, "Yessir!" He and my daughter came back. Now picture this, as I get right in his face I said, "Young man, you're spending a lot of time with one of the most precious people in my life. Don't you ever touch my daughter or I will become your living nightmare!!!" He goes, "Yes sir!!!" [Laughter] Next day, my daughter comes home from school and said, "Dad, he told everyone at school what you said!" And I thought, "Oh-oh, did I go too far." I said, "Did that embarrass you?" "Oh no, all my girlfriends said they wished their father would say that!" Well, let me tell you, later on, my other daughters said, "Oh no, Dad, he knows what you said to Katie's boyfriend!" So I got around as being pretty hard-nosed about it.
- 9) Limit your amount of physical contact. Even be careful hanging on hands. A good example, let me show you a good example: you never know the background of that person. Whether they've been sexually abused, raped, whatever. One of the consequences I have of being sexually abused, I never want people to put their hands on my shoulders and I don't want them to pray for me. Isn't that awful to say? You know why? People right in the big audience will say, "Why don't we gather around Josh and pray for him?" And I'll say, "I ask you not to." And they must think I'm [something?]. You know why? Every time – you know it happened to me the other day!

I was getting ready to speak and a guy came up behind me and said, “Can I pray for you?” and they always start rubbing you like this [on the shoulder]. That’s exactly what the guy did that sexually abused me for seven years. He would come up behind me and start rubbing, around like this, and it still brings those... And these people are innocent – praying for me – not realizing my background and what it did. And the other night, it took me a while to get everything under control to get up to speak. He just came and said, “Can I pray for you?” and he started rubbing me like that – I don’t know why guys do it. Football, they slap you on the bottom.

But see, you never know who you’re spending time with what their background is. And as I told my son, I said, “Son, pray to God you’re never a part of adding to someone’s hurt.” And so, you know, no matter how they look or how they act, most people can never imagine I’d been sexually abused.

A 17-year old girl, came to me and said, “I heard you talk about sex two weeks ago and it sure gave me courage. Seventeen years old and I’m a virgin, and my girlfriends and my friends and the guys all make jokes and everything. After I heard you speak, I really got some confidence. So the next Tuesday I was having lunch around a table like this and all, my friends – guys and girls and all – and when everyone sat down I said, ‘Look. I don’t want any more jokes about my virginity. I don’t want any more pressure to become sexually involved. Because each one of you, realize, whenever I want to I can become like you but you can never again become like me.’ Ho, ho, ho! That’s hitting below the belt! [Chuckles] But that’s true! Wow! What a woman! I tell you what? That young lady is going to impact her world.

INTERVIEW: Freda McKissic Bush, MD, FACOG, Medical Institute for Sexual Health

How can I stop having sex now that I’ve started? The answer to changing your behavior once you’ve started having sex is hard, but it is necessary and it takes courage.

Here are some practical suggestions. The first is, to make the decision. Write it down and share it with a trusted friend. Then you can start participating in other activities that will get the same dopamine high and make you feel good, such as athletics, such as volunteering activity in the community, but also, being involved in spiritual activities.

Studies have actually shown that young people who are involved in some time of service, including community service or church service actually do better in delaying sexual activity longer than those who are not.

Other practical suggestions on how to stop sex is to plan your date and avoid difficult situations where you might be physically active. Decide before you leave what you’re going to do and how you’re going to do it. Limit the amount of physical contact, avoid drugs and alcohol, and introduce your date to your parents and other trusted adults.

INTERVIEW: Dr. Elaine Eng

First of all, you need to respect yourself. You are specially made, fearfully and wonderfully made as I've said before and that your body is yours; to take care of, to be responsible for, to have respect for.

And so you need to expect other people to respect your body while you respect theirs.

INTERVIEW: Christine Currie

We have the ability to think and feel and make decisions and there's so many mixed messages out there right now about what we should and shouldn't do. There's one message, particularly to women right now that says, "You're strong. You're independent. You're beautiful and you can do anything," and there's that message of, you know, "You're powerful," and there's that that the world is giving us and then there's the other message of sex that's everywhere – magazines, movies, music, what people wear. There's that message of "If you really want to get somewhere in life, you need to look this way, you need to wear these clothes, you need to flaunt yourself in this way and guys need to respond to you in this way, etc."

So there's these two messages of what you should do and how you should just be and things like that. And the thing that is confusing is that, first of all, they're both wrong.

There's a more powerful message than even these two messages that the world is sending and that's the message from God that says, first of all, that we're created in His image, and second of all, when we put our faith in Jesus, because of His Son dying on the cross for our sins, we have the ability to put our faith in Christ and become His children, and the Bible talks about, in Romans how children of God, people that put their faith in Jesus, have the resurrection power in them. And this is awesome!

Because the same power that resurrected Jesus from the dead is the same power that we have as people that have put their faith in Jesus and what He has done on the cross. We have that same power in us, and that power can do ALL things through Christ who strengthens us; and yes, we can say "No" to sexual activity because of the power that we have in Christ in us.

The answer is to value ourselves as individuals; to value how God has created us to be; to value the power we have because of Christ and what He has done for us on the cross and His resurrection, and to absolutely look at ourselves through how God looks at us, which is way bigger and better than someone who can't help themselves to do something that has such negative consequences.

44. How far is “too far”?

Here’s a good guideline. Try never, with where you go, what you see (movies, videos, whatever), what you do, how you relate to a person, that everything you do, see and touch, whatever, will never cause that person to want to go all the way. The Bible calls it, “Don’t light a fire.” When it says, “It’s good that a man toucheth not a woman” – this is what it means – that you don’t ignite that fire within them. I think that’s a pretty good guide. That can be different for some people – a good night kiss would be totally innocent, for others, it wouldn’t be. You say, “That’s childish!” You don’t know their background. Some say, “That’s childish! Just rubbing someone’s shoulder.” Not with my background – it’s huge. And I’ll live with it for the rest of my life, as a Christian.

INTERVIEW: Sean McDowell

Have you ever wondered how far is too far? Maybe if you thought the Bible just said, “Here’s exactly how far I can go,” it would make life easier for you.

You know what? I’m not even persuaded that if the Bible said here is exactly what you can do, it would make things easier. Think about it – if the line was set right here, everybody would inch up to it immediately and then they’d say, “Well, I’m just going a little bit over. I’m just going a little over that.” We’d be able to justify our behavior just as much as we do now.

You see, the Bible doesn’t give a bunch of rules when it comes to physical behavior before marriage. But it actually does something better.

You see, if it gave rules, you know what would happen? People would find a way around the rules. Think about it. If the Bible said you can’t go up a girl’s shirt, a smart-alec junior-higher or seventh grader might say, “Can I go to down her shirt?” There’s always the way around rules. Instead the Bible gives us principles that we are to apply to our different relationships.

So for example, Philippians 4:8 says, “Think about thoughts that are pure and lovely and honorable and worthy of praise.” Now instead of asking, “How far can I go without getting in trouble?” if we ask ourselves, “What can I do to think about things that are pure and honorable?” then some of those questions began to make sense.

So I often ask my students, I say, “Can you hold somebody hand and be thinking thoughts that are pure?” Sure! “Can you hug somebody?” Arguably. “Can you kiss somebody? Can you make out with somebody? Can you feel somebody up? Can you have oral sex and be thinking about things that are pure and lovely and right?”

I don't think there's any way that we can. So the Bible has not told us, "Here's exactly how far you can go," but if we step back and look at the principles and ask God to search our heart and ask ourselves, "What am I really thinking?" I think it will become clear, especially with the help of parents, the help of friends, good friends, with the help of youth pastor. We can set honorable boundaries that will protect us for our future marriage and relationships.

So instead of asking, "How far can I go?" you might think about asking yourself, "How much can I save and preserve myself to experience God's best?" because I have never met a couple who have said, "Yes, I wish we had gone further while we were engaged or while we were dating." But I've met a lot of couples who have said, "I wish we had not gone this far."

So, that's a good guideline. Now, let's end it with this.

"Some phrases that definitely shows you somebody doesn't love you."

"Well, everyone is doing it!"

Then, I would say, "Well, it shouldn't be too hard to find somebody else."

"If you loved me you would!"

"Well, if you really loved me, you wouldn't have asked." Why? Because it neither protects nor provides.

"Well, let me make a man out of you!"

Oh get real! What in the world does sex have anything to do with being a man? A 12-year old kid can have sex, my dog can have sex! [Laughter] Doesn't make it any more of a dog, let alone a man.

"You don't need a marriage certificate, it's just a piece of paper."

I tell you this – if a marriage certificate is just a piece of paper before you get married, it will only be a piece of paper after you get married! My wedding certificate is not just a piece of paper! It's a pledge of loyalty and faithfulness to one woman, Dottie McDowell and to the mother of my children. And if it didn't mean that before I got married, it wouldn't mean that afterwards.

"Awww, c'mon, you don't need a wedding ring – it's just a piece of metal!"

Let me tell you guys, this is not just a piece of metal. If it was just a piece of metal before marriage, it would only be a piece of metal after marriage. It is a symbol of my faithfulness, my loyalty, my pledge, my character, to one woman, Dottie McDowell. And don't anyone come between us, or I will take him out! This is a very unusual wedding band. One lady said today, "You've got diamonds on there – why?" I said, "There're five diamonds. The one diamond is my wife Dottie. The next diamond is my oldest daughter, Kelly. The next diamond is my son, Sean. The next diamond says, 'Katie' and the next diamond says, 'Heather.'" This is also a symbol to my children of my love and my faithfulness to their mother. And guys, if it didn't mean that to me before marriage, it wouldn't mean that to me now after marriage. It's more than a piece of paper or a piece of metal.

INTERVIEW: Christine Currie

And so that marriage certificate, or that ring isn't something magical, but what it is, it's a commitment before God; it's God blessing you with a sense of, "Hey, I've established this for you. I've established this marriage institution for you to enjoy each other, for you to enjoy Me. Sex is a marriage gift that I'm going to give to you, and when you stay within those boundaries that I have created for you, you will experience health and life in ways that you could never experience outside of marriage.

"Well, we need to see if we're compatible!"

Oh, really! As I said before, any penis will go in any vagina. Physical compatibility is not the issue, it's relational.

"No one wants to marry an inexperienced girl!"

I would say, "Well, I guess I would be an exception."

"You don't know what you're missing!"

Well, I guess that will make two of us. I would definitely say that!

"Well, I can't help myself!"

Well, if you can't help yourself now, then you can't help yourself later, so I would never want to marry someone like you. What a wimp! [chuckles]

"Well, I love you so much!"

Do you love me enough to wait? Ooooh, ouch!

"Well, it just happened!"

No, sex doesn't just happen. It's a choice.

"It proves you're a grown up!"

No, what proves you're a grown up is deciding what is right and what is wrong and sticking to it. It takes a man with character.

"If you don't, it means you don't love me."

Well, just you saying that shows you don't love me. Do you see that? Somebody that says, "If you loved me you'll do it" means they don't love you. In fact, I could almost say, that that person doesn't even respect you. They could go out to a prostitute and get the same results.

"But it's so beautiful!"

Of course it is. If it weren't beautiful before marriage it wouldn't be beautiful after marriage. In fact, it's so beautiful it's worth protecting.

45. SUMMARY

We've covered a lot. Boy, we have haven't we? Several things to remember are:

- 1) God loves you. How do you define "love?" To protect and provide. Every commandment in the Word of God is an act of love – to protect you and provide for you. When He says, "Flee sexual immorality," that's not to take the fun out of life. But it's to protect you from the one sin you commit against your body. And, we've see that here.
- 2) The other is, remember? It's never too late. It's never too late. God is God; He's a loving God and He's a forgiving God. But, be careful. Don't tempt God. Just because He forgives us does not mean He removes the consequences and often He doesn't. He removes the guilt – like He said to David – but often He doesn't remove – He can and He does sometimes - but often He doesn't remove the consequences. And if you make some of these choices, don't go blaming other people, you made the choice.
- 3) Then, a phrase that I repeated over and over again, "Think with your mind, not with your pelvis." Let your heart be guarded by your mind and I don't think you'll ever regret it.

Thanks for letting me be a daddy tonight. Just to share my heart. And I wish with each one of you whether you're in China, Egypt, Syria (Oh, I want to come to Syria!), in Tajikistan, wherever, Russia (I've been to Russia 60 times), Germany, whatever, I wish I could sit down with you as a daddy, have a drink – a Coca Cola or whatever (I'd have a Diet Coke – you know, Diet Coke doesn't work? You never see skinny people drinking it), but I wish we could just sit down and have a Coke and talk about these things. Maybe some of these questions that I've posed and answered will help a lot.

But, thank you so much for taking your time tonight, but I trust you'll walk away with a greater understanding and a different commitment or maybe not different, but more intensified commitment, to God's way in your life. Trust me, it's worth it.

Interviewees

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Josh McDowell

Author and speaker

Author of: *Why True Love Waits?* and *The Secret of Loving*

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Author of: *Ethix: Being Bold in a Whatever World*

Dr. Freda McKissic Bush, MD, FACOG

Medical Institute for Sexual Health

Author of: *Hooked: New Science How Casual Sex is Affecting Our Children*

Pam Stenzel, M.A.

Founder, Enlighten Communications

Author of: *Nobody Told Me: What You Need to Know About the Physical and Emotional Consequences of Sex Outside of Marriage*

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