

## **6 Biblical Principles That Lead to Authentic Sexuality**

Source: Authentic Human Sexuality: An Integrated Christian Approach by Judith K. Balswick & Jack O. Balswick (1999, p.37)

1. Human sexuality is established in the differentiation between male and female and in the unity established between them.
2. Sexuality is a good gift meant to draw persons to deeper levels of knowing self, others and God.
3. Humans are born with an innate capacity for sexual pleasure, and human sexuality can best develop within an emotionally caring, trustworthy family environment.
4. Sexuality and spirituality are intricately connected. - Sex is a metaphor for the mystical union that exists between Christ and His Church.
5. After the Fall sexuality became distorted and in need of redemption.
6. Christ offers restoration and renews our potential for authentic sexuality.

The Bible does not address every aspect of human sexuality but it does give principles that can be applied to the complex questions of human sexuality