

# The Waiting Game, Tools And Reasons For Waiting To Have Sex

By Trevor Wilkerson

**The Green text has notes about things I've found helpful.**

**The Blue text has scripture references.**

**The Red text has stats.**

## Chapter 1 “Let Go ... and Let God. I saw it on a Fridge Magnet”

Turning my life over to God is a difficult and as well as an ongoing process. It requires honesty and hope. God doesn't care where I live as much as how I live. When my family moved to a new town while I was young I was happy to do what my family wanted. As a child it is easy to go along with whatever my parents said. That is why God has asked us to become as little children, humble, meek and submissive. When my children were young I was often looking for movies and music that I felt were appropriate for Sunday viewing. Something with a good moral and a good story. It was a bonus if the show had some good music and entertained enough that we wanted to watch it again. It seemed most movies like that were “cheesy.” I liked “cheesy movies.”

“**Junior's Giants**” was a two film series produced by some college students at BYU and it fit the criteria for my Sunday viewing. We watched them over and over. They were only 30 minutes long so it wasn't a big commitment to watch the shows. They were about honesty and managing anger in a healthy way. If someone came to visit and they hadn't seen it we'd watch one of the movies with them. It was fun to sing along with the songs and quote the phrases over and over. Our visitors must have thought we were crazy and fanatical. I'm sure you have similar movies you like too.

One of the phrases we liked to quote over and over was, “**Let Go ... and Let God.** I saw it on a fridge magnet.” After watching the movie we made several home made fridge magnets that said, “**Let Go ... and let God.**”

In the movie Junior asks his Mom to explain what “**Let Go... and Let God**” means. She explained it in the movie, but I recently was given a book called “**Theology of the Body for Teens, Discovering God's Plan for Love and Life**”<sup>1</sup> It has an explanation of the phrase “**Let Go... and Let God**” that I like even more. I'll share some of it with you.

“**There hath no temptation taken you but such as is common to man; but God [is] faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape,**

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that ye may be able to bear [it].” 1 Corinthians 10:13. This is “GOOD NEWS!” Heavenly Father has promised to give us help ANY time and to pull us out of ANY temptation. Where ever there are horrible things going on in the world, you will also find even more wonderful things happening in that same place. There is opposition everywhere, Heavenly Father will not let evil go unchecked.

Sometimes we have to get out of our box to see what Heavenly Father is doing in the world. I have found that singing hymns is a great example of people doing something different, even though singing hymns may seem simple, it is a new way to approach life's challenges. It is a way to worship Heavenly Father, to pray to him. When we sing in a group we are uniting together in one voice like we are all praying together. This will lift our hearts to Heavenly Father. If you already sing, then sing louder and more beautiful. If you can't sing then hum or whistle or worship by just repeating the words of the hymn. This is especially powerful at church when you are with others.

Elder David A. Bednar of the quorum of the twelve apostles said on May 12, 2015 in his Face 2 Face conversation with the youth that he has memorized many hymns. He said it helped him to push out bad thoughts when they came.

I have also found that taking time to think or sing the words to hymns allows me to slow down and that allows Heavenly Father to speak to my heart. We need to worship Heavenly Father, not because Heavenly Father needs it, but because we need to recognize the source of all “GOOD NEWS.”

Life is a tug-of-war, but it doesn't have to become a war that we lose. We don't have to approach the mud pit and fall in. Every time we resist temptation we move closer to Heavenly Father and away from selfishness, we grow a little bit stronger and more spiritual. The opposite is also true, if we give in to temptation we get farther from Heavenly Father and we lose power, we become weak. Lucifer isn't afraid of us, but he is terrified of the spirit testifying what is real to us, because he is the father of all lies. Pulling harder won't win the spiritual tug-of-war, but we can win if we “**Let go ... and Let God.**”

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## Chapter 2 High School Romance

This example of a high school romance leads to some questions we can ask ourselves: “Who are we?” “What is the purpose of life?” “How can we find true happiness here?” “What is 'true love'?” “How can we find 'true love'?” “What am I to learn from my trials and temptations?” Everyone who has been to a high school has seen it. Couples making out. Here is an example of how it starts.

*After only a few weeks into his Junior year of high school Josh spotted Whitney in the gym playing a game of volley ball. He didn't have the chance to meet her that day, but everyday after that he looked for a way to pass her in the hall or look for her at lunch time to see who she was with and what she was doing. Whenever Josh saw Whitney a lump in his throat would stop him from talking to her. He couldn't even get out a “Hi!” He tried to act casual and smooth, being careful not to trip, fall or walk into something. He seemed to be distracted any time he was near her.*

*Josh's patience paid off. He got a perfect chance to get close to Whitney when he noticed some of his friends sitting with Whitney at the Dairy Queen near his school. Pretending he hardly saw her, Josh sat down with his friends and used his best manners along with his wit in observing funny things that happened that day at school. It was the first time in Josh's life that he chewed with his mouth closed and waited until he had swallowed and had a little drink before talking. He sat up with good posture, but not in a ridged way. Whitney must have been impressed because from that day on she began to smile at him and she said “Hi” to him! when they passed each other at school. She even laughed at some of Josh's attempts to be funny when he made ridiculous observations about things that had happened during the day.*

*When Josh and Whitney started their senior year they shared a history class together. They got to know each other more in class and they began to study together. It wasn't long before their attraction to each other was undeniable. They shared text messages with each other, they talked on the phone, they stayed up late. Josh and Whitney enjoyed meeting each others' friends at school, and at sporting games, and at church. Whitney decorated Josh's locker on his birthday and she decorated it again when Josh was chosen to be the team captain of the cross country team. Josh sat with Whitney's family when she sang at a choir concerts.*

*They went to the home coming dance and to prom together, by the end of their senior year, the two were inseparable. They had thoughts of “Forever” and the conversations about where they would go to college seemed to be a choice they would make together. As they grew closer emotionally, and spiritually, they also grew closer physically. After a late night of studying, they lost interest in the textbooks, and found themselves leaving the table and going to the couch to “watch” a movie. They did some watching but after several nights and many movies they began to go “too far.” They would*

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*have “a talk” with each other after wards about slowing down, but it seemed like the more often they had “a talk,” the quicker they would fall back into the same things they had agreed not to do.*

*Josh would starting thinking about what they had done during class and at other times. He had a hard time concentrating on his school work. His mind wandered back to memories of what he had done or what he wanted to do with Whitney. When they were alone, he'd often start with kissing Whitney. He knew something wasn't quite right but it felt so good. After one particularly intense evening, he sent a text message to a friend, explaining how he felt a little guilty. He wrote “Sometimes after we make out, I feel as though I was just taking something from her. I know I didn't, because I didn't force her to do anything. But she doesn't always want to before we start. I just keep asking and trying until she gives in.”*

*Whitney's conscience was also bothering her. Her family had taught her to look for “true love,” but wasn't sure how to find it. Whitney had once asked her Aunt Mary, who was engaged, how she knew she had found true love. “You'll just know,” was the only answer she got. Whitney felt very close to Josh and thought maybe she even really loved him, but she wasn't sure how to show it or what to do about it. She loved feeling close to Josh, but she was afraid that the physical stuff was all Josh wanted to focus on in their relationship. She talked to some of her other friends, and they told her to “do what feels good, it isn't a big deal as long as you love each other.” But Whitney wasn't convinced. One night after going “too far,” she ask Josh, “Do you really like me, or are you only interested in my body?” They both felt torn between the pleasure their bodies wanted and the innocence their relationship was losing.*

*Josh had a difficult decision to make and the only advice he got from his parents was “Keep it in your pants. Don't do IT.” After a few months of dating, Josh thought to himself, “What am I supposed to do with all my desires if marriage is still years away? Ignore them?”*

*No answers came for Josh. He had been taught many rules, but few reasons for the rules. As a result, boundaries just felt like burdens. When a kite is flying in the air it seems cutting the string will let the kite go higher, and that is what Josh wanted to do, break loose from all the rules that tied him down. It was next to impossible for him to continue to repress his sexuality and it seemed foolish to even try. Josh began to question why Heavenly Father would impose such unfair rules, and then he began to question if Heavenly Father even existed. Josh could feel his lust for Whitney grow but he didn't realize it was suffocating the love he had felt for her. He cared deeply for Whitney, but it seemed as if he only had two options: suppress all his desires, or give in to what felt natural. When given the choice he wanted to throw faith out the window.*

In this relationship we see how we can quickly forget who we are. When we learn who we are and our purpose in life we are motivated by something more than lust, more than guilt, more than fear, or pleasure, or pain or control. When we know who we are we are motivated by love and the well being of those close to us. When we know who we are then we aren't only motivated by the love we want to feel but love can motivate us little by little to learn how to give love unconditionally. This is the “GOOD NEWS,” Christ gave us.

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The truth about what we can become and what will set us free, – free to love like never before, is that our Heavenly Father's has a plan for us, for life, and for love. The plan is so profound, and so beautiful that, once we begin to understand it and follow where it leads us then we will not look at any relationship between two people the same way as we did before. There is more to life than sex and lust.

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## Chapter 3 Love = Give Lust = Get We Are Created To Love

Love is very different from lust. Both love and lust are choices we make. When we lust, we want, want, WANT! Love on the other hand is a deeper feeling, it involves thinking of ways to help or ease someones fears, pains, anger or burdens. "*How can I help?*" is in the thoughts of a person that loves others. While, "*What can you give me?*" is in the mind of someone that lusts others. Sex is a part of most TV and radio programs, advertisements, songs, movies, blogs, magazines and internet sites. Pornography is considered to be a drug, and many are addicted. We must seek to find the best media that doesn't portray sex in the wrong way. Usually sex is portrayed as a glorious conquest with no thought to the fears and pains involved by those that were "conquered" who are often left hopeless and in despair.

What would society be like if everyone were unselfish in relationships? If a husband and wife loved each other the way they wanted to be loved, then there would be significantly less pain and suffering. Many of us are confused about sex and love. This confusion often leads us to some serious broken hearts. People are confused about the meaning of love and even more confused about the purpose of sex.

When a man marries a women he receives her and promises to take care of her, and the women gives herself to her husband. Our sexuality is a part of that gift. We can choose to be generous or selfish with our gifts. Our will is the only thing we can truly give, everything else is Heavenly Father's. Most "love stories" should probably be better labeled as "lust stories." This is because true love involves being generous – like our Father in Heaven is generous with us, He has given us everything here on earth. Many relationships are built on the "lust" that is felt in a relationship or the sexual desires that are recognized and followed. Lust is more like self-seeking pleasure. According to John Crudele, "Love seeks to give; lust seeks to get."

If I think that following church standards can be too difficult, then I am look for the path of least resistant or for something that requires very little effort. This means I get about as much out of church as the effort that I put into church.

Imagine if I still worked at the same place that I started working when I was first employed and only getting minimum wage for years That is the path of least resistance. There is so much more to learn and so much more to do, I can't imagine being stuck at a minimum wage job my whole life. The same

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is true with the church, I can't imagine only putting in the minimum effort, I would be missing so many of the blessings I have had throughout my life.

I have encountered others that see the church leaders as give out to many rules about sex, but in reality it is our culture that is obsessed with sex and the church leaders along with parents are often working to counter those assaults on the families. So many things are about sex, in magazines, in the news, and on TV, internet and of course in movies and in the lyrics of music. The views portrayed in these various ill conceived media formats attempt to rob us of our dignity. Just like the Gadianton robbers, that stole from the righteous, the producers of this filth use secret ways of changing culture to slowly addict people into a way of life that is based on lies and eventually lead people to think that "*lust = love.*" The secret combinations of our days lure us away from the safety of church standards. We are children of God, a kind and loving Heavenly Father and nothing can change that.

Helaman warned us about the attacks of evil when he wrote what he shared with his sons Nephi and Lehi: "Remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his might winds, yea, his shafts in the whirlwind, yea, when all his hail and his might storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall." Helaman 5:12.

Lucifer is trying to get us to think about sex as a conquest, instead of thinking about sex as just one of the signs of love that we share with another person. When we are married sex is a way to bring new souls into this world. Sex is about a commitment to our spouse and our future children. **The government in the USA spent significantly more to promote "safe sex" by using contraceptives. For every \$12 spent on promoting "safe sex" only \$1 was spent on promoting abstinence before marriage.** This shows where we are headed as a society.

We need to learn to love one another to return to live with our Heavenly Father. We are not called to dominate or oppress or use others, but to respect them as persons made in God's image and likeness. Instead of seeking the good of others, we desire to seek our own good, often at the expense of someone else's dignity. If you seek what God wants, you will find what God has sent you here to do. It takes work on our part, but mostly it requires God's grace and our willingness to accept it.

Here are some scriptures that describe the differences between lust and love. In John 10:10, where Jesus Christ said: "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have [it] more abundantly." The sexually charged material steals our virtue and kills many unwanted babies in the name of "choice."

In John 15:11 Christ said, "These things have I spoken unto you, that my joy might remain in you, and [that] your joy might be full." Love builds up and bring a fullness of joy, while it is obvious that lust destroys joy.

Watch out for some common lust traps. Here are a few examples:

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- ▲ A common trap some women fall into is thinking “if I give in and have sex he or she will like me more.” But often the next day the person will act as though they don't even know you. This is a sign that the person was all about lust and conquest and once the conquest was achieved they move on to the next conquest.

Divorce is a difficult situation for all involved, the parents, the children, and the relatives of both families. The situation often gets even more complicated when the father is gone and then a boyfriend comes into the mother's life. If lust is the motivation for the relationship then it is likely that abuse will follow. If alcohol, gambling and/or porn is mixed into this equation the children suffer even more.

Pornography is an easy way to get some temporary relief from fear and pain, but pornography takes a good relationship and turns it into one where trust is broken and time is wasted. Avoid it because it is a step towards even worse addictive behaviors. There are many things that lead a person to use porn and become an addict. Porn may seem fun or harmless but it can quickly become an obsession that leads to worse and worse addictions.

Alcohol, even just beer, can lead to promiscuity, which leads to sexually transmitted infections (or diseases). STIs or STDs will often be difficult to treat, if not impossible to cure. Drinking might seem fun for the moment but one drink will often lead to another and before you know it you have a life time of regret.

Some will fall into a trap of self loathing, homosexuality or thinking, “My body is ugly, no one will want me, so I'll go with anyone that shows any interest in me.” This state of mind is difficult to overcome, but with the Lord's help, a loving family, and good friends it can be conquered. **Overcoming depression is another challenge that many must fight. It can be attacked from multiple angles, including: finding counsel in parents, in a professional counselor, finding good friends, eating healthy, taking vitamins and proper enzymes and probiotics. Often unhealthy eating habits will lead to an even worse depression. I've found that exercising, trying to find new friends at church or getting involved in a group with good values (the values that I want to have) helps me stay consistent. All of these things will help me. I have also found that doing something different has helped me break out of the cycle of depression. Don't get caught on a path with no way out.**

Imagine a world where there was no divorce, sexual abuse, rape, homosexuality, sexually-transmitted infections or diseases, depression, eating disorders, guilt, addictions, cutting, cheating, or pregnancies before marriage? A world with no shame. It sounds idealistic, but if we all want that kind of world why do we live in such a different world? Why is finding the right person to love so difficult? Maybe a better question would be “**What can I learn from all the pain and fear found in the world?**”

There are three (3) types of relationships:

- 1) A relationship where both people want to take and not give back, they don't last long.
- 2) A relationship where we find someone that is willing to take what we have and we are happy and willing to give them what we have; the relationship might last for a long time, but at some point that desire in the other person to take with little thought about giving back will cause problems



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and the relationship will likely break apart.

- 3) A relationship where both are flexible; If both are willing to bend then the relationship doesn't break. It is a "win, win" relationship.

How do we know if we are being too flexible or giving too much while the other person isn't giving enough? This is a tough question to answer because every relationship is different, but the better you know a person before getting intimate the more likely the relationship will last.

The better both agree on these five (5) things the longer the relationship will last:

- 1) Religion - agree to live the same standards and have similar time commitments,
- 2) Children - how many, when to have children, and how to raise them,
- 3) Extended family - when and how often to visit them,
- 4) Money - how to earn, spend and save, agree on a budget,
- 5) Traveling - where to go, how to get there and how often you go.

There are many other things that play into the length of a relationship. Too many to write, but following the spirit and using patients will help. The good judgment part of the brain doesn't finish developing until a person is about twenty-five years old but if you're a man over twenty-six years of age and still not married then you may be considered a "menace to society." Based on this information it is best to date between sixteen and twenty-five and get married before you are twenty-six.

The different ways of seeing life portrayed are often unrealistic. Being unhinged from reality has warped the image of what is true and good. For most lust has become the objective, not love. It has been this way for many years, because people have selfish desires. Lust is a desire for sexual pleasure in a selfish way and not caring for what others feel or think, especially no God. Lust leads to apathy and lack of concern, which turns into: lack of motivation and eventually depression.

Eventually lustful people settle for less than a true, happy, good, and loving relationship. Heavenly Father wants us to feel love and compassion for others, we must communicate and share our talents and gifts with someone that we love. Following Jesus Christ's example is how we overcome the weaknesses we have. By knowing who we are and our purpose in life we can overcome lust. Tell yourself that you are more, say "I am...." fill in the blank... with something marvelous, become someone great. Use charity, the pure love of Christ, to achieve something great. By finding our purpose we are attracted to God, who is the author of our purpose. **God can make more out of our lives than we can.** By doing this we make ourselves attractive to others and ourselves. We like our selves, we don't loath. Having Christ as the foundation of what we do will help us overcome depression and other problems brought into our life by lust and secret combinations.

We are not made to be alone. When Adam was created he was alone, and Heavenly Father said "**it is not good that the man should be alone.**" **Genesis 2:18.** So Eve was created from a rib of Adam. She had similar abilities and different talents. Together they were one flesh. They had similar ideas and dreams and hopes. They were created to help each other, as a support system. They were left alone to learn how to work together so they could overcome the challenges they faced. They cleaved to each other for support and they "**were not ashamed.**" The first woman was created from man to show the

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interdependence we have on each other and of course on God. Woman was the crowning creation of God, the last thing He created. All righteous women should be respected and revered as God's creation.

By serving and helping others, especially a spouse and the family, we lose the selfishness we feel with lust. We “lose” our selves in the service of others. In Matthew 10:39 Christ said **“He that findeth his life shall lose it: and he that loseth his life for my sake shall find it.”** A similar scripture in Matthew 16:26 says: **“For what is a man profited, if he shall gain the whole world, and lose his own soul?”** What is our purpose in life? Is our purpose to get as much money or fame as possible? What is our Heavenly Father's purpose? Adam and Eve were given a commandment to cleave one to another, to multiply and replenish the earth. They were also told to till the ground or work. These commandments still apply to us today. So why is it so difficult to have a family and not get divorced? We must stay focused on the things Christ taught about charity, service and love. We can reach the ideal life. Mother Teresa said: **“Life is not worth living unless it is lived for others.”**

Our life and our bodies are signs of God's love and ability. A miracle occurs every time a new baby is born into the world. The body points to the greatness and glory of God because **we are “made in His image and likeness.”** Our bodies are like signs on the side of the road that tell us what is ahead. Our responsibility is to share God's love with new people by bringing them into this world. If we abuse our right to bring people into this world and neglect the responsibilities that come after bringing someone into the world the results are: sexual abuse, rape, homosexuality, sexually-transmitted infections or diseases, depression, pornography, eating disorders, guilt, addictions, cutting, cheating, divorce and pregnancies out of marriage. We will suffer broken hearts. We will marry people who will only commit to us as long as it is convenient. The ideal life starts with an individual following Christ's teachings, the results of not following Christ leads to wide spread problems.

**The U.S. has the highest divorce rate.** (Divorce: Facts, Figures and Consequences, prepared by Dr. Anne-Marie Ambert, York University, for the Vanier Institute of the Family, 1998)

**One in three girls is sexually abused by the time she's eighteen years old.** (Heritage Foundation: Melissa G. Pardue, Robert E. Rector, and Shannan Martin; Backgrounder #1718, January 14, [www.heritage.org/Research/Family/bg1718.cfm](http://www.heritage.org/Research/Family/bg1718.cfm))

**About 40 percent of all children in the United States will live with their single mother (never-married or divorced) and her boyfriend at some point before their 16<sup>th</sup> birthday.** (Bumpass, L.L., and Lu, H.-H Increased cohabitation changing children's family settings. Research on Today's Issues NICHD, 13, September, 2002)

**Every day 8,000 teenagers in the United States become infected with a sexually transmitted disease. (Meg Meeker, Epidemic: How Teen Sex is Killing Our Kids (Washington, D. C.; Regnery Publishing Company, 2002), p. 12**

Sexual liberation is a term used to escape the “rules” and do whatever you want, but in reality the liberation is not sexual freedom but an excuse to use sex as a form of recreation, which often leading to addiction and slavery. This leads to a life of emptiness and broken relationship. The world seems to want to equate men to “sperm donors” and women to “sex objects.” but we know from Genesis 1:26-27 that we are **created in God's image.** We are children of God. Our bodies are visible and tangible signs from God that He exists and He loves us. Our bodies are gifts and temples for our spirits. Let's treat them that way and only allow good things in them. Let's use our bodies for good purposes. If we follow the God given hints or impressions we get through our physical bodies, in our heart and in our mind, then we'll be lead back to our loving Heavenly Father. Our good desires are signs of God's existence, and our need to serve and love others. Heavenly Father wants a healthy relationship with each of us. He hasn't abandon us, instead he waits for us to be prepared, He sends others to teach us

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His great plan of hope and agency. Think of the examples you have had in your life where you know God exists and that He loves us. What are those examples? Write them down. Who are you? Write down your true worth and value.

Your actions answer the question “Who are you?” because you have chosen a path that is leading you to what you'll become. Do you like where you are headed? Is it the path that your heart desires? We all have a desire to know God. We all have the light of Christ in us. When we follow the light of Christ, we will find the truth about ourselves and about God and His plan of happiness. Our hearts desire the truth even if we consciously try to resist it. However, if we resist the truth long enough our hearts become hardened and we no longer recognize truth. We return to sin like a “[dog returns to his vomit or a sow returning to her wallowing in the mire.](#)” 3 Nephi 7:8. Write down your goals and impressions so you don't continue to repeat the same mistakes over and over.

Pope John Paul II said “The person who does not decide to love forever will find it very difficult to really love for even one day.”

Knowing our purpose in life and living it out will determine our future on earth as well as our eternal destiny. Truth will bring challenges, God will never offer us a challenges without also offering us help. Of course knowing this in our minds is very different than knowing it in our hearts. Experience teaches the heart and mind to work together and to follow the Spirit of God. What is our goal? What is our purpose? It is to “Love!” [Love God, and love your fellow men](#) ( Matthew 22:37-40.) Everyday Jesus Christ shows love. This is what the Holy Ghost testifies to us in our hearts. We can allow that love to transform us and make us into something beautiful and [lovely and of good report](#). There are many little ways that we can “[lay down our life](#)” ( [John 15:13](#)) for others. We should work everyday to help and serve others at all times. This is praiseworthy. Once in awhile we might get a chance to do something big, but it takes time and preparation for that moment to happen. We have been created to love and server others. We must remember that Christ taught us to “[Love one another, even as \[He\] loved \[us\].](#)” (John 13:34) “[What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?](#)” (Micah 6:8) Write down how you can serve others the way Christ served others.

Chastity is a long term commitment to our Father in Heaven and to others because we love them. All the commandments require patience but keeping the commandment of being chaste especially requires patience because it takes a long time to reap the blessings of happiness, kindness and love that chastity brings. We will never be united with another until we are first united with our Father in Heaven. We must keep learning and listening to what God tells us. We must be patient. If we start to feel anxious, afraid, worried, or carnal minded (which could be thinking about sex or lustful things along with other addictive behaviors already mentioned) then we are moving away from God, and we must repent. Keep looking to God or we'll miss what He is ready to give us. When we are ready and probably when we least expect it, God will bless us, but only after the trial of our faith. He will give us a love far more wonderful than we can ever imagine. The key to success is preparation and timing for both the husband and the wife.

Remember: Love is a decision to serve others. Lust is a disorder and a sign of selfishness. Write

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down in a journal or note book what you've learned. Writing helps us recognize the patterns that cause good and bad emotions and we remember what works and what doesn't. Write the good things in a journal, but write the bad in a notebook that you can destroy once you've recognized the patterns that lead to bad behavior or acting out. With out a written record we'll forget. Making a video of what you've learned could also help you go the extra mile and you can share it with your friends and families and ask them "What is the meaning of life to you?" You'll learn a lot about the depth (or lack of depth) of character in your friends and family.

If our hearts desire the truth, and **Jesus Christ is "the truth"** John 14:6, then our hearts ultimately desire Jesus Christ. As Christians we should not be afraid to say "**Jesus is truth and He is the Son of God.**" We are all dependent on Christ. We all have sin and weaknesses that makes us dependent on Christ. There is hope! We must remember that **Jesus Christ is a better savior than we are sinners.** We can't save ourselves, Jesus Christ can save us, but we must allow him to do save us. **Christ is the living water and the bread of life.**

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## Glossary

**Adultery** - Satan has led many people to believe that sexual intimacy outside of marriage is acceptable. But in God's sight, it is a serious sin called Adultery (or fornication). It is an abuse of the power He has given us to create life. The prophet Alma taught that sexual sins are more serious than any other sins except murder and denying the Holy Ghost (see Alma 39:3–5).

The Lord and His prophets condemn sexual immorality. All sexual relations outside of marriage violate the law of chastity and are physically and spiritually dangerous for those who engage in them. The Ten Commandments include the command that we not commit adultery, which is sexual intercourse between a married man and someone other than his wife or between a married woman and someone other than her husband (see Exodus 20:14). The Apostle Paul said that it is “the will of God” that we “abstain from fornication,” which is sexual intercourse between an unmarried person and anyone else (1 Thessalonians 4:3). Latter-day prophets repeatedly speak out against these sins and against the evil practice of sexual abuse.

(“True To The Faith” pg.29-30)

**Arousal** – being ready for sexually activity, penis erection for men, vaginal lubricated for women.

**Carnal Minded** – thinking about sex or lustful things.

**Chastity** – Obeying God's commandments about sexual activity.

**Covet** – The tenth commandment is “Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbor's” (Exodus 20:17). In the Sermon on the Mount, Jesus Christ said: “Ye have heard that it was said by them of old time, Thou shalt not commit adultery: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart” (Matthew 5:27–28). In the latter days He has said, “Thou shalt not . . . commit adultery, . . . nor do anything like unto it” (D&C 59:6). And He has reemphasized the principle He taught in the Sermon on the Mount: “He that looketh on a woman to lust after her, or if any shall commit adultery in their hearts, they shall not have the Spirit, but shall deny the faith and shall fear” (D&C 63:16). These warnings apply to all people, whether they are married or single.

**Dignity** – Understanding God's will and living it without shame.

**Homosexuality** – Having lust for someone of the same gender and acting out in sexually deviant ways.

**Immorality** – Disobeying God's commandments, for example: lying, stealing, transgressing, doing wicked acts. If you find yourself struggling with sexual temptations, including feelings of same-gender attraction, do not give in to those temptations. Be assured that you can choose to avoid such behavior. You can receive the Lord's help as you pray for strength and work to overcome the problem. As part of this process, you should seek counsel from your bishop or branch president. He will help you. (“True To The Faith” pg.31)

# The Waiting Game, Tools And Reasons For Waiting To Have Sex

By Trevor Wilkerson

**Fornication** – use of sacred creative powers with someone who is not your husband or wife.

**Love** – Knowing someone, having charity. Love is a choice we make. Sometimes people try to convince themselves that sexual relations outside of marriage are acceptable if the participants love one another. This is not true. Breaking the law of chastity and encouraging someone else to do so is not an expression of love. People who love each other will never endanger one another's happiness and safety in exchange for temporary personal pleasure.

When people care for one another enough to keep the law of chastity, their love, trust, and commitment increase, resulting in greater happiness and unity. In contrast, relationships built on sexual immorality sour quickly. Those who engage in sexual immorality often feel fear, guilt, and shame. Bitterness, jealousy, and hatred soon replace any positive feelings that once existed in their relationship. (“True To The Faith” pg. 29-30)

Love is a feeling of deep devotion, concern, and affection. Love for God and fellow men is a characteristic of disciples of Jesus Christ (see Matthew 22:35–40; John 13:34–35; 2 Nephi 31:20.)

We manifest our love for Heavenly Father by keeping His commandments and serving His children. Our expressions of love for others may include being kind to them, listening to them, mourning with them, comforting them, serving them, praying for them, sharing the gospel with them, and being their friend.

Our love for those around us increases when we remember that we are all children of God—that we are spirit brothers and sisters. The love that results from this realization has the power to transcend all boundaries of nation, creed, and color.

Additional references: Leviticus 19:18, 34; Deuteronomy 6:5; Luke 6:31–36; John 15:9–15; 1 John 4:7–21, including footnote 12a; Mosiah 4:14–15; D&C 4:5; 12:8; 112:11; 121:41–45 See also Charity; Mercy; Obedience; Service (“True To The Faith” pg. 96-97)

**Lust** – can have many forms like: adulterer, carnal minded, fornicator, homosexual behavior, pleasure, sensuality. Lust is sexual immorality. In D&C 88:121 we are told to cease from all ... lustful desires.

**Morality** – Understanding and living God's commandments about the importance of our body. Knowing, doing and becoming the person God wants us to be.

**Petting** – Touching the private places of another or your self to stimulate or cause arousal.

**Pornography** – Pornography is any material depicting or describing the human body or sexual conduct in a way that arouses sexual feelings. It is distributed through many media, including magazines, books, television, movies, music, and the Internet. It is as harmful to the spirit as tobacco, alcohol, and

drugs are to the body. Using pornographic material in any way is a violation of a commandment of God: “Thou shalt not . . . commit adultery . . . nor do anything like unto it” (D&C 59:6). It can lead to other serious sins. Members of the Church should avoid pornography in any form and should oppose its production, distribution, and use. Pornography is tragically addictive. Like other addictions, it leads people to experiment and to seek more powerful stimulation. If you

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experiment with it and allow yourself to remain caught in its trap, it will destroy you, degrading your mind, heart, and spirit. It will rob you of self-respect and of your sense of the beauties of life. It will tear you down and lead you to evil thoughts and possibly evil actions. It will cause terrible damage to your family relationships. Because of the addictive nature of pornography and the harm it can cause to body and spirit, servants of God have repeatedly warned us to shun it. If you are caught in the trap of pornography, stop immediately and seek help. Through repentance, you can receive forgiveness and find hope in the gospel. Go to your bishop or branch president for counsel on how to overcome your problem, and seek healing through the Atonement of Jesus Christ. Ask the Lord to give you the strength to overcome this terrible addiction. Additional references: Matthew 5:27–28; Romans 6:12; Alma 39:9; D&C 42:23; D&C 63:16

**Temptation** – A trial of our faith, if we fail the trial we give in to sin. Christ is the only one that can save us from sin, but others can lead us to Christ.

**Titillate** – A form of giving up to sexual sin by watching porn or allowing our selves to be aroused in a lustful way.

**Whoredoms** – Having sex outside of marriage. Pornography can also be a form of whoredoms.