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## REASONS TO BE CELIBATE

**Until Marriage**

Honor God with your body  
1 Corinthians 6:19

**Josephine Ngatia**

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# Introduction

One may wonder why the need to be celibate in this world that worships sex. Many see no value in celibacy. At face value, it seems to take the joy out of romantic relationships, not to mention the lack of an outward distinction between those who are celibate and those who are not.

The question on the minds of many is “Where is the value in celibacy?” Those who are keeping themselves sexually pure are taking longer to get married than those who are not. It feels unfair. Waiting until after the wedding to have sex is no fun at all. This is the sentiment especially when marriage is taking long to come. Where is the justification to be celibate? Let us start by defining the word “Celibate.”

> *Observing or pertaining to sexual abstention or a religious vow not to marry (www.dictionary.com)*

> *Not having sexual activity, especially because you have made a religious promise not to (http://dictionary.cambridge.org)*

A person embracing celibacy chooses to keep away from marriage or sexual activity because they have made a promise to God. Celibacy includes a vow or promise to God to keep away from sex for a period of time or for life. It is a personal choice. The focus of this Special Report is keeping away from sex until marriage, not for life. It is ideal for those who have indulged in sex before marriage and would like to honor God with their bodies as they wait for marriage. I am not advocating for celibacy as a way of being religious but as obedience to the word of God in 1 Corinthians 6:19-20:

*or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?*

## Celibacy vs Abstinence

People use celibacy and abstinence interchangeably, but they are different in meaning. Celibacy goes beyond abstaining from sex to making a vow to God to honor Him with your body until you get married. When you abstain from sex, you merely deny yourself for a temporary period. With celibacy, you make a commitment to God to keep yourself sexually pure for as long as you take to get married. A commitment like that requires a mind shift. Your focus is on sexual purity and obedience to God's word as opposed to using your power to keep off sex.

When you abstain from sex, you have not made a commitment to God and you can easily fall back into sexual sin. You have not yet slammed shut the door to sex before marriage. Abstinence is short lived and temporary and it may not sustain you until you get married. The difference between abstinence and celibacy is the motive behind each. The motive of celibacy is obedience to God while abstinence is self-denial of something pleasurable.

Celibacy is an act of fully surrendering your sexuality to God. Sexual activity before marriage is no longer on your radar. It is no longer a concern for you. In fact, as you look forward to marriage, it is not to have legal sex, but to fulfill God's purpose for your marriage. Making the vow of celibacy is something you can do in your prayer closet or when there is an altar call in your church. This makes it official before God.

***The following 7 reasons outline the transformation you experience as you embrace celibacy awaiting marriage.***

# 1. Surrendering Your Sexuality to God

Sexuality is part of your human nature. It is your capacity for sexual feelings, preferences and how you experience and express yourself sexually. When you surrender your sexuality to God, He works in you and transforms you into someone who can manage your sexual feelings and put them in their rightful place. You can then wait until marriage to have sex because you don't feel you are missing out on anything by not having it.

When you surrender your sexuality to God, He can speak into it without your resistance. Your focus is not on the "pleasure" you are missing. He can speak to you through the truth in His word, which will transform your heart regarding the rightful place of sex, sexual preference, orientation, etc. When God removes sensuality, sexual iniquity and sexual perversion from your heart, you can achieve sexual purity.

Sexual purity goes beyond abstaining from sex and into your heart condition. You will stop dressing to invoke sensuality in others and keep away from whatever arouses your sexual feelings. You are motivated to develop a standard for what is acceptable sexually based on God's word. You do not hand over your sexuality to someone else because they attract you. You do not give in to sensual pleasures and you stop attracting those who indulge in them.

Sex is spiritual and indulging in it before marriage is defiling your spirit, soul and body. You will create a spiritual bond with the other person. It is hard to leave someone with whom you have been sexually intimate. The problem is that breaking this bond is not as easy as walking away from the relationship. The solution is spiritual not physical like many people imagine. Bonds formed after engaging in sex before marriage can only be broken by the power of Jesus Christ. Only then are you free spirit, soul and body.

## 2. Consecration

Celibacy paves the way for consecration, which is setting yourself apart as holy to God so He can use you for a higher divine purpose. When you make a vow to God to wait until marriage to have sex, you cease offering your body to sexual sin. Instead of offering your body as an instrument of wickedness, you offer it to God as an instrument of righteousness. You no longer defile yourself with sexual sin for it is a sin against your body which is a temple of the Holy Spirit (1 Corinthians 6:19). You can now offer your body to God as a living sacrifice, holy and pleasing to Him (Romans 12:1). When you consecrate yourself unto the Lord, He uses you for noble purposes.

*2 Timothy 2:20-21*

*In a large house there are articles not only of gold and silver, but also of wood and clay; some are for noble purposes and some for ignoble. If a man cleanses himself from the latter, he will be an instrument for noble purposes made holy, useful to the Master and prepared to do any good work.*

Before consecration, there are levels that God cannot take you because of the impurities you carry in your heart especially in relation to sexual sin. Before celibacy, your soul is clinging onto other people you have had sex with and you have a divided heart towards God. You cannot fully devote yourself to His purposes.

That you stopped having sex with someone does not break the bond that joins you to this person in spirit and soul. It becomes easy to give up God's standards or assignments because of a lover. The bond formed this way is evil and ungodly because it is of sin. It opens the door for the devil to attack your life. He aborts the purposes of God in your life. Close the door to sexual sin so you can devote your spirit, soul and body to God. God expects our devotion to Him in spirit and body while still single (1 Corinthians 7:34).

### 3. Obedience

Celibacy is an act of obedience to God's law concerning sex. You are keeping away from fornication and sexual immorality. The motive behind celibacy is obedience, not denial. In abstinence, you deny yourself sex, which you enjoy and hope you can keep off until marriage. It is difficult because the motive is the "denial" of something you enjoy.

The moment you do not see value in abstinence you are likely to fall back into sexual sin. Many have fallen because of that. The focus of their hearts was denial not obedience to God.

In abstinence, you have not committed your sexuality to God, as is the case with celibacy. In abstinence, you are likely using your own strength to keep off sex. In celibacy, you have the power of God working in you to help you obey Him and keep the vow you made to Him. You conform your mind to the will of God. Your heart undergoes transformation and therefore able to withstand sexual temptation.

With abstinence, you are abstaining from something you want to do and you deliberately do not do. With celibacy, you understand it not time to have sex and your focus is on obeying God's word. You align your will with God's will concerning sex.

## 4. Healing From the Consequences of Sexual Sin

Healing precedes wholeness. When God puts the fragments of your broken heart together, you become whole.

Healing from sexual sin can only happen when you commit to stop having sex and allow God to take you through a healing process. It takes time and for it to be effective you need to make the commitment not to indulge in sex before marriage. God can then begin the work of healing and deliverance from sexual strongholds that have held you captive. He can untangle you from those you have entangled yourself with spiritually; keep in mind sex is spiritual. God restores your faith in relationships and you are open to His standards for sex and relationships.

When your focus is off sex or romantic relationships, you can take stock of your mistakes in relationships and deal with them. You receive deliverance from the spirits of lust, immorality, seduction and perversion that make you a slave to sexual sin even when you want to stop. You stop having lustful desires, which interfere with your relationship with God. Sex has a way of making you ashamed to approach God or give yourself to Him wholeheartedly. Sex will sacrifice your purpose and destiny. When you heal, you can put relationships and marriage in their rightful place. You see them as God sees them. Your heart is free to love again and desires to obey God.

Apart from celibacy, your heart is not ready to let go of sex completely until the right time. Going back to sexual sin will short circuit the healing process. When you are whole, you can love God with all your heart, mind, soul and strength. You cannot do so with a broken heart and you will not have the commitment God requires of you to do the work He has called you to do.

## 5. Discernment

Celibacy takes away your desire for sensual pleasures; they are no longer a priority. You also get rid of evil spiritual bonds formed through sexual sin. You no longer have the taste for all things sexual - dressing, movies, relationships, music, etc. You want things or interactions with more substance. You cleanse your spirit of the things that defile it and you clear the connection between you and God.

Because the Holy Spirit guides you each day and leads you into all truth, you quickly discern the motives of those who approach you for romantic relationships. You can discern their hidden motives quickly, and this empowers you to exit the relationship immediately before the formation of an ungodly bond between you and the other person. You can easily tell from the first meeting what someone wants from you despite what they are saying. You are sober-minded and not driven by the desires of your flesh.

Before celibacy, your concern is on meeting your lover's needs - sex and otherwise so he or she will not dump you. The things of God are not a priority. When you are celibate, you give priority to God not your lover - who may not always be there. You more readily accept the word of God concerning dating because you do not have encumbrances in your heart. You no longer fear abandonment by someone who feels the need to have sex in the relationship. You are open to relational advice from God. You easily detect the motives of those you go out on dates with. You do not hang around when motives are not pure. You guard your heart. If God tells you to walk away from the relationship, you do so because you know it is in your best interests.

When you put sex in its rightful place - marriage, it is easy to tell who is putting it in the wrong place in your life.

## 6. Strong Will

Indulging in sex before marriage has a way of weakening your will. You can never give of yourself fully to anything that threatens to take you away from your lover. You cannot say “no” to sex lest your lover leaves you. The purpose of sex becomes to “seal” relationships hoping they will last, which they seldom do. The world has conditioned you to believe that you must have sex in your relationships to keep your partner. You always give in to your partner’s sexual demands to avoid “rocking the boat.” This weakens your will.

If you are a believer who has not made the vow of celibacy until marriage, then you have left the door wide open for the devil to tempt you and make you fall back into sexual sin. This makes it easy for you to fall prey to those who target the weak willed as described in 2 Timothy 3: 1-9, of which verses 6-7 say:

*They are the kind who worm their way into homes and gain control over weak-willed women, who are loaded down with sins and are swayed by all kinds of evil desires, always learning but never able to acknowledge the truth.*

The solution lies is allowing God to cleanse and sanctify you through Jesus Christ (1 Corinthians 6:11).

Let God heal you and you will have the boldness to approach the throne of grace without the constant guilt and shame associated with sexual sin. With a strong will, you can devote yourself to the work of the Lord without condemnation.

## 7. Power

The struggle with sexual sin is real. Romans 7:7-25 paints a picture of struggling with sin. Verse 24 gives us hope by directing us to where the power to end the struggle comes from:

*What a wretched man I am! Who will rescue me from this body of death? Thanks be to God - through Jesus Christ our Lord!*

Look no further for the solution. It is found in Jesus. Allow Him into your heart to heal and cleanse you from the ravages of sexual sin. He will help you overcome sexual sin and live a life of sexual purity.

Celibacy comes with power from God to do away with sexual sin. He empowers us through the redemption that comes with Christ after salvation. This power helps us deal with the root issues and not just how to keeping off sex. Sexual sin invites into our lives the spirits of lust, perversion, immorality, among others. To remove them from your life, you need the authority that Christ gives you in Luke 10:19 by which you can overcome all the power of the enemy.

When you give up sexual sin, God can deliver you from slavery to sex. He will help you overcome sexual strongholds and struggles through the power in Jesus Christ. His power will be at work in you.

You can overcome obstacles and hurdles to your goal of celibacy. This power is not available to you while you are still undecided and you just want to abstain from sex with no real commitment to God.

Make that commitment to God today in obedience and put sex in its rightful place - marriage. Pray for the willingness to close the door to sexual sin with finality. Even in a world that worships sex, you will make it and not feel you are missing out. When you understand the spiritual consequences of sex, you know you are missing nothing.

## Prayer to Surrender Your Sexuality to God

Heavenly Father,

I repent of having opened the door to sexual sin and immorality, which is contrary to your word in 1 Corinthians 6:18-20 that I should flee sexual immorality and honor you with my body. I have sinned against you and my body which is a temple of the Holy Spirit in the following ways (list all your sexual offenses).

Cleanse me with the blood of Jesus and renew a right spirit within me in relation to my sexuality. I commit my sexuality to you this day and I make this vow to you:

I vow to wait until marriage to have sex. I will keep myself sexually pure until you bless me with a spouse. I will obey your word regarding sex and marriage. I will honor you with my body. I call upon your mighty power to help me keep this vow to You.

I will do everything in my power to keep away from sexual talk, movies, music, books, sensual pleasures and things that promote sexual immorality. I will cultivate sexual purity in thought, word and deed. I will keep physical, mental and emotional boundaries with those of the opposite gender.

O Lord, convict me when I cross your sexual boundaries. Give me wisdom on how to conduct my life in this sexual world. Help me overcome any sexual temptations. Be my strength when I am weak. I will close all doors I opened to the enemy through sexual sin. I will flee from sexual immorality. I thank you for you have promised to help me always.

In Jesus' name, I pray. Amen.

## About the Author



Hi, I am Josephine Ngatia, an Author and Christian Writer from Nairobi, Kenya.

My eBooks include: ***Life Purpose: A Beginner's Guide***; ***Demystifying the Grey Kingdom: The Truth about the Kingdom of Light and the Kingdom of Darkness***; and ***Maiden Book: How to Plan, Outline and Write Your First Book***. They are available on Amazon Kindle, Kobo, iTunes, Barnes & Noble and other eBook stores worldwide. I write blog articles and Special Reports on my blog: ***TheUrbanChristian.co.ke***

I enjoy reading books, trying out new food recipes and deep conversations with friends. Throw in a cup (or two) of Kenyan tea.

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