Masturbation Perspective

Masturbation is **sex with yourself**.

“For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.” Gen. 2:24

The Bible does not directly address the issue of masturbation. To begin to address the issue of masturbation we need to look at God's original design for sex. Genesis 2:24 refers to events in the Garden of Eden after God created woman. From the very beginning God intended sex to be between two people.

**Compulsive masturbation creates chemical dependency.**

When you bring yourself to climax, it impacts the same pleasure center that is impacted when you have sexual relations with another person. The chemical impact of the pleasure center continues to impact the bonding center, so in essence you are **bonding with yourself**. The **chemicals** that are released in your body during climax have a powerful addictive quality to them. It is far too easy to become dependent on the soothing effects of that chemical release.

**Compulsive masturbation creates enslavement.**

“Everything is lawful for me, but I will not become the slave of anything or be brought under its power.” I Cor. 6:12 (Amplified)

The problem with masturbation is we can become so easily enslaved to it. It is possible that masturbation may have started for you in a very innocent way. Some young children discover masturbation quite by accident and find it does soothe tension and relieve stress. For very young children it is simply a tension reliever, not used for sexual climax. Some discover masturbation in puberty, and it is a release of sexual tension. If you struggle with compulsive masturbation, it has become a coping mechanism to deal with tension and perhaps some level of relational pain in your life.

**Ask yourself:**

Am I using masturbation as a coping mechanism?

Am I enslaved to masturbation?
Is masturbation attached to my fantasy life?