

# sex

# sacred

You've heard it before - the Church is such a drag when it comes to sex "you can't that, don't do that, that's not allowed. No! No! NO!"

If you think the Church is all negative when it comes to sex, then you've been listening to the wrong voices. After all the secular media doesn't have a good track record when it comes to accurate and unbiased reporting!

What you may not know is that the Church is actually *really* positive about sex. The Church thinks sex is great!

If there is one word that sums up the Church's attitude to sex it would be **"WOW!"** 'cause sex really is awesome!

But sex is not only awesome, it's also powerful, as well as holy and sacred. And like most powerful things it can be used for good or for ill. It can bring you life and joy or it can bring you loneliness and pain. It all depends on how you use it.

Too many people let their hormones and instincts make their decisions when it comes to sex. But think about it... what kind of sex life do you really want? Do you long for *lasting* intimacy with the man or woman of your dreams? Do you want to spend your life with someone who will love and accept you as you change and grow? Do you want to be able to devote your life to loving that special someone with all your heart as well as your body?

**What do you really hunger for?**



**"But sex is just an activity... so what's the big deal?!"**

Sex is not so much something you **do**. It's actually something you **say**. Sex is a communication, a language of body and soul.

**"... So, what are couples saying with their bodies in sex?"**

'I freely give myself to you, totally and unconditionally, to you and to you alone, until death do us part.'

Sound familiar?

It should. It's taken from the wedding vows. Sex speaks the words of the wedding vows through the body. So every time a married couple make love they are renewing the promises they made to each other on their wedding day.

That's what makes for awesome sex.

That's the secret to powerful sex!

Sex has the power to unite the couple in a life-giving embrace; an embrace that bonds them together in body and soul.

An embrace that can last 'all the days of your life'.

**Hang on a minute!**

**Are you saying that I shouldn't have ANY sex until I get married?**

**"Get real! Who does that these days?"**

A lot more people than you think! In fact, many who slept around or had sex outside of marriage have discovered that it was destroying their soul and making their bodies sick. They learnt the hard way that society's got it wrong.

You can learn the hard way too - painfully - or you can learn the smart way; learn from everyone else's mistakes instead of making your own.

**That's smart sex - no mistakes, no regrets.**

Australian Catholic Marriage & Family Council

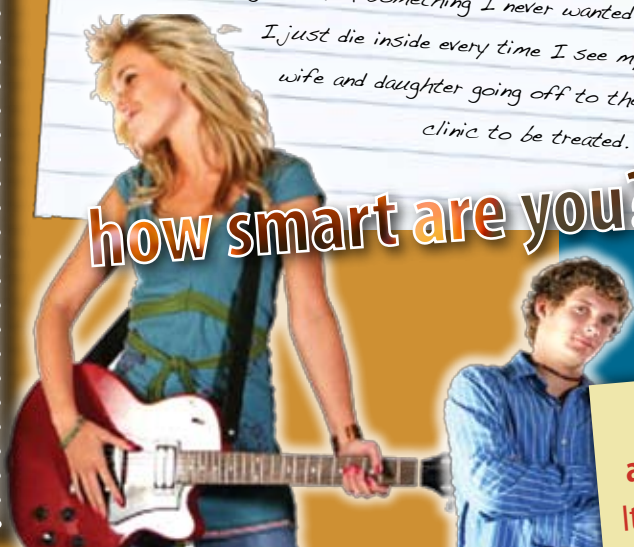
## dumb sex ... a story

*"I had sex the first time when I was eighteen. It was at a party and everyone was pretty drunk. I hooked up with a girl I'd only just met. I don't remember much and I hope she doesn't either. After that I got involved in sport and studying my degree and didn't sleep with anyone for a few years. Then I met the woman who would become my wife. She was perfect. She was still a virgin and I felt like I was the luckiest man alive. I told her about my one-night stand and she was disappointed but forgave me anyway.*

*Our wedding day was amazing and after a few years we had a gorgeous little girl. But at about 3 months of age, the doctor discovered warts growing in her throat. My wife was examined and warts were found in her vagina. I was devastated. Here were the two most precious people in my life, and my one-stupid-night-stand had given them something I never wanted.*

*I just die inside every time I see my wife and daughter going off to the clinic to be treated."*

## how smart are you?



## saved sex

We all want to experience the best life has to offer us. None of us wants to miss out. The problem is: you can't have everything and have the best.

Life is all about choices - and not just when it comes to sex. Education, career, fitness, the environment. There's always a choice to be made.

Yet you **can** have the best. If you want a joyous, soulful, intimate, sexy marriage, you have to start preparing yourself **now**. It's like training for an Olympic sport: you can't just waltz onto the track on your wedding day and expect to win the race. You have to get yourself into top condition - physically, emotionally, spiritually. Even if marriage isn't something you want to think about for another decade, get this: you are **ALREADY** becoming the person you will be. Your choices and actions are forming you into the kind of person that will either make a great marriage partner or a lousy one.

So don't put it off.

**If you want to have the best, start now.**

This very minute. That means today!

So, let's get practical...

Ditch whatever's holding you back; find a priest and get reconciled with God; yep - wipe the slate clean.

Quit feeding your mind with the junk dished up in popular magazines, TV and pornography.

Work out spiritually: go on retreat, get a prayer life and put it in gear - quickly!

And start hanging out with other dedicated 'athletes'. Move on from those who pull you down and find real friends who will challenge you to be your best.

Society preaches condoms and the Pill - it puts you at risk and keeps you isolated. Yet the only way to

fulfilling sexual intimacy is **"saved sex"**. Go on - **choose the best**. You know it makes sense...

**Saved sex = awesome sex. It's your choice!**

