



Say to wisdom, “you are my sister” And make understanding your closest friend. For they will keep you from the immoral woman. Proverbs 7:4-5a

**Women's Discipleship Group – 2006**  
**HELPMATES, HANDMAIDENS & HARLOTS ONLINE BIBLE STUDY**  
**SEX LIFE SERIES**  
**LESSON # 1 – GOD'S PLAN FOR YOUR SEX LIFE**  
**Website: [www.wdgonline.org](http://www.wdgonline.org)**  
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**Definitions: Helpmate – Handmaiden – Harlot**

**Helpmate:** A married woman who is committed to the well-being of her husband.

**Handmaiden:** A married or unmarried woman who is committed to serving the Lord.

**Harlot:** A married or unmarried woman who will sacrifice her soul and body for personal gain.

**SCRIPTURE FOCUS:**

**Helpmates:**

*Genesis 2:24 – For this reason man will leave his father and mother and be joined to his wife, and they will become one flesh. **The man and his wife were both naked, and they felt no shame.***

**Handmaidens:**

*1 Thessalonians 4:3 – It is God's will that you should be sanctified: that you should avoid sexual immorality, that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God.*

**Harlots:**

*1 Corinthians 6:16-18 – Do you not know that he who is joined to a harlot is one body with her? Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.*

**OPENING STATEMENT:**

**My Story:**

I was sixteen years old when I went out with a boy named Joey for the very first time. He picked me up in his father's new car and we went to an amusement park. On the way home he talked me into stopping in a place called Lover's Lane. We got into some heavy kissing and petting but that's as far as I intended for things to go, until he started trying to take off my clothes. I jumped out of the car and started walking home. “Get back in the car! I'm not going to try anything...I swear!” He pleaded. I kept walking until I completed the 10 mile hike to my house. Some younger girls might be wondering why I didn't give it up. The answer is simple: Before birth-control and the Women's Lib

Movement, a girl's reputation was everything. We did a little kissing and touching, but girls were taught that losing their virginity to anyone other than your husband was a no-no. If you did get pregnant, you and the baby's daddy were forced to get married before you started showing. That was the sexual standard before the 1980's and "good girls" did everything in their power to keep the standard. The standard of 2000+ is for girls to get rid of their virginity as soon as possible. Even if it means pregnancy, abortion or disease before they even make it to high school.

### **The Helpmate's Story:**

I often talk to married women who have **trust issues** with their husbands. The complaints are as follows: "He's jealous of me and he doesn't believe anything I say; he accuses me of things that aren't true, but he's the one who's cheating." If any of these sound familiar, perhaps you should check your dating history. All too often the absence of trust in a relationship is based on ungodly actions that one of you or both of you were involved in before you got married. *Genesis 2:24b says – The man and his wife were both naked, and they felt no shame.* Couples who abstain from sexual intimacy before marriage have a greater chance of seeing the "naked-truth" about their intended mate. Their faithfulness in doing things God's way will create a marital foundation of trust and mutual respect. On the other hand, when couples are caught up in the emotions that come with the excitement of sexual intimacy, it is easier to hide the "naked-truth" concerning a person's character, integrity and trustworthiness.

### **The Handmaiden's Story:**

All too often women come into the church and dedicate themselves to serving the Lord. Then suddenly, they meet an ungodly man and soon they are MIA's (missing in action). A woman (married or single) can get involved in a seemingly innocent relationship with a man in the church and still fall into the trap of sexual sin. The relationship can spin out of control and even take the place of her relationship with the Lord. *Yet I hold this against you: You have forsaken your first love (Revelations 2:4).* If a man really loves you, he will not ask you to compromise your godly standards for his sexual satisfaction. If anything, he will do all in his power to uphold your values. By the same token, if you are truly a handmaiden of the Lord, you should not require that a man surrender his godly ways for your sexual satisfaction. *1 Thessalonians 4:3 – ...each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the ungodly.* If it is truly your desire to please God, you must **learn** self-control.

### **The Harlot's Story:**

For many women of this age, the harlot has become the poster girl that they attempt to emulate. They want to dress, talk and act like the famous whores of stage and screen. Because sexual perversion has become the "norm" in our culture, the harlot may not see her actions as wrong. This is especially true when there are so few godly examples for her to follow. Please don't think that harlots don't go to church, or don't study the Word of God, because many of them do. The religious harlot goes to church, but she remains open to sexual involvements. She may sleep with church leaders, married and single men as well as married and single women. Even children can become prey to her sexual desires. Many churches and church leaders have been destroyed because of the lure of a harlot. When the practice of harlotry is allowed to spread throughout a church it will no longer be the "body-of-Christ," but the "body-of-harlotry." *1 Corinthians 6:16-18 – Do you not know that he who is joined to a harlot is one body with her?*

## **OBSERVATIONS AND PERSONALIZATION:**

### **HELPMATE:**

*Genesis 2:24 – For this reason man will leave his father and mother and be joined to his wife, and they will become one flesh. The man and his wife were both **naked**, and they felt no shame.*

1. Sometimes a man or woman does not become immediately “joined” to a mate. What kind of things should they avoid that might hinder them in the future from becoming successfully “joined” to a mate?
2. If you had feelings of shame when you were joined to your mate, how did you go about revealing the “naked-truth” from your past?
3. How did you handle the “naked-truth” that your mate revealed to you?

### **HANDMAIDEN:**

*1 Thessalonians 4:3 – It is God’s will that you should be sanctified: that you should avoid sexual immorality, that each of you should **learn** to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God.*

1. Read Galatians 5:22-23 – How can we “learn” to control our flesh?
2. What experiences have taken place in your life that helped you to “learn” to control your sexual desires?
3. What advice would you give to someone (married or single) to help them avoid sexual immorality?

### **HARLOT:**

*1 Corinthians 6:16-18 – Do you not know that he who is joined to a harlot is one body with her? Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.*

1. Read: Psalm 38:3-8 – What were some of the consequences of sin that David experienced in his body?
2. Read: Romans 1:24-26 – How did the people dishonor their bodies?
3. What are the consequences that you or someone you know faced as a result of sexual sin?

**YOUR STORY:** Would you like to help other women by telling the story of the consequences you faced because of sexual sin? Or perhaps you have questions regarding sexual sin. Please send in your emails.