

Single Sexual Expression: Female

- 1- **Close Same-Sex Friends:** women need to have a tight inner circle of girlfriends with whom they can discuss and share their deepest heart concerns. Frequent, honest, trustworthy, and prayerful bonding is vital.
- 2- **Healthy, Defined Male Friends:** regular contact and conversations with men in which the relationship is defined; husbands of girlfriends, brother-in-laws, pastors, professors, supervisors, and colleagues. Free, comfortable, and affirming conversations can occur.
- 3- **Socializing Outlets:** parties, lectures, meals, sporting events where there is casual interaction between men and women to meet, talk and engage one another in a safe environment. Attending retreats and conferences in a focused context is helpful too.
- 4- **Individual Femininity:** women can express themselves in dress and appearance that clearly portrays them in more feminine fashion; attention to hair, makeup, nails, and jewelry that communicates their femininity, beauty, and charm.
- 5- **Visual Arts:** many women have been able to express their inner selves through visual arts as painting and sculpture. The physical act of creating as well as the finished product can be satisfying sexual outlets.
- 6- **Playing a musical instrument:** the soul is often poured out through music as a woman plays various instruments especially gentler forms of piano, violin, flute, and harp.
- 7- **Poetry and literary forms:** creative expression through words has been a powerful outlet for women: poems, short stories, novels, and letters.
- 8- **Letters to a future mate:** One woman wrote love letters to her possible spouse to share her dreams, struggles, sexual aches, and anticipation for fulfillment, with hopes to someday share these together.
- 9- **Journaling:** this is a private place of utter freedom to say and be all of whom one is. Lighting candles may set a gentle, emotive mood.
- 10- **Soulful prayer and worship:** "King David-like" prayer and worship expressions that involve the whole body and mind in dance-like action, as well as prostration before the Lord.

Some women need more physical outlets to redirect sexual energy such as:

- 1- **Running, swimming and biking:** these exhausting and full-body exercises help release sexual tensions for many women.
- 2- **Co-ed Sports Teams:** playing on gender-mixed volleyball, softball, tennis or basketball teams are wonderful ways to have defined contact with males as well as physical release.
- 3- **Kickboxing:** a more individual activity but excellent for release of stress and tension.
- 4- **Latin Dances--Salsa, Zumba:** these more sensual, rhythmic dances that involve the full body are delightful ways for women to be more feminine and sexually expressive in a class with other women. (Caution is recommended for such dances, as they can be very suggestive.)
- 5- **Ballroom Dancing:** a wonderful activity with men in a defined context of touching, moving, and being more feminine.
- 6- **Square Dancing:** fun, casual environment for men and women to enjoy partnering together.
- 7- **Theatrical Arts:** women can express themselves uniquely through acting and drama that also involve defined contexts for interaction with men.

Single Sexual Expression: Male

- 1- **Solo Exercise:** running, swimming, biking, basketball, and weightlifting.
- 2- **Team Sports:** playing with other men on more aggressive sports teams such as football or basketball, or competitive softball or volleyball.
- 3- **Hiking, climbing, backpacking, marathon preparation:** rigorous outdoor activity can be very freeing and inspiring.
- 4- **Water sports:** sailing, windsurfing, canoeing rapids, or surfing that challenge the body and the mind are a great release and satisfy a desire for adventure and risk-taking
- 5- **Learning to fly small crafts or parachuting:** activities of challenge and risk that provide focus, manliness, and danger.
- 6- **Building Projects:** an excellent means of creativity and physical release in digging, hammering, lifting, sawing, and painting.
- 7- **Yard work:** building outdoors, landscaping, mowing, raking, and planting release lots of energy in strenuous activity.
- 8- **Motorcycling or driving:** provide freedom, escape, and adventure.
- 9- **Attending Sporting events:** a place to express emotions, energy, and competition.
- 10- **Dancing:** for healthy interaction with women within boundaries of touch.

Indirect expressions of sexuality which are less physical:

- 1- **Close Same-Sex Friends:** men need to have a tight inner circle of trustworthy male friends with whom they can discuss honest concerns, needs, and temptations.
- 2- **Healthy, Defined Female Friends:** regular contact and conversations with women in which the relationship is defined: wives of friends, sister-in-laws, and colleagues. Free, comfortable, and affirming conversations can occur.
- 3- **Socializing Outlets:** parties, lectures, meals, sporting events where there is casual interaction between men and women to meet, talk, and engage one another in a safe environment. Attending weekend retreats or conferences is beneficial.
- 4- **Playing a musical instrument:** the soul is often poured out through music as a man plays various instruments.
- 5- **Poetry and literary forms:** creative expression through words has been a powerful outlet for men; poems, short stories, novels and letters.
- 6- **Journaling:** this is a private place of utter freedom to say and be all that one is.
- 7- **Soulful prayer and worship:** "King David-like" prayer and worship expressions that involve the whole body and mind in dance-like action as well as prostration before the Lord.
- 8- **Playing with Kids:** running, jumping, wrestling with kids can be a terrific emotional connection and fun physical activity with genuine laughter.

* All singles may benefit from the physical play and touch of a pet—preferably mammal.

* All the above may not be available or appropriate on the mission field but are helpful ideas for adaptation.

"A single's life of moral purity declares that there is another option of expression in a sex-saturated world. Singles need not give into their sexual urges, desires, or temptations but they can truly exhibit self-control, discipline, courage and perseverance through God's enabling Spirit. Sexually whole singles can shine as billboards with a new and higher message of possibility. The church and the culture today need this new vision and model."
N. Ohanian (2009)