



Redeemed Sexuality: 12 Sessions for Healing and Transformation in Community

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Rewriting Sex Ed for Emerging Adults

Sexual brokenness permeates our culture and has found its way into the church. Even though Christians are called to value and celebrate sexuality as sacred and good, it is often a source of fear, shame, or secret sin. But it doesn't have to be that way. In his new book Redeemed Sexuality, Andrew Boa invites emerging adults to seek sexual maturity and discipleship in the context of community. Here he unpacks why this new education on sexuality is helpful for young and emerging adults.

Why is a new curriculum on sexuality for emerging adults needed now?

Andrew Boa: Sexual brokenness is no longer the exception among young Christians, but the norm. The gap in sexual recovery curriculum written specifically for college students motivated me to create a Christ-centered resource for students who find themselves stuck in sexual brokenness, especially pornography and sexual addiction. Women struggling with these issues are especially underserved, so unlike other resources, this book can be used by both men's and women's discipleship groups. Because it is designed to be peer-led, it does not need to be facilitated by a professional pastor or counselor. The curriculum is more advanced than sexual education resources written for teenagers, but less formalized and formulaic than twelve-step recovery programs for adults.

What do you hope readers of this book will walk away with?

Boa: Christ heals sexually broken people through an ongoing process of personal formation in community. While many Christians receive sex education from a biblical perspective, very few incorporate their sexuality into an ongoing process of discipleship. As a result, a generation of young Christians has been left unequipped to face the challenges of pornography and life in a pornographic culture. They have been given rules about how (not) to behave sexually; they have not been given opportunities to experience the healing and transformation Christ offers. This book fills that gap.

Instead of focusing on maintaining sexual purity by trying to avoid sexual sin, this book focuses on developing sexual maturity by cultivating Christ-like attitudes and actions in the context of a supportive community. It takes an interdisciplinary approach by integrating biblical and theological studies, spiritual formation, education, psychology, and marriage and family therapy into a holistic approach to the subject.

One of the groups you hope to reach with this curriculum is students at Christian colleges and universities. Why do you think this group needs to have these discussions?

Boa: At many Christian colleges the only ongoing ministry to sexually broken students happens on an individual basis through counseling centers. This severely limits the number of students who can enter a process of personal formation focused on healing sexual

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brokenness. Offering small groups based on this curriculum increases that number significantly. It lightens the load on college staff members while creating opportunities for students to support one another. Research has also demonstrated the value of participation in sexual recovery groups as having distinct benefits not afforded by individual counseling sessions.