

SEX, GOD & THE CONSERVATIVE CHURCH

Erasing Shame from Sexual Intimacy



Tina Schermer Sellers, PhD



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Sex, God, and the Conservative Church: Erasing Shame from Sexual Intimacy



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Sex, God, and the Conservative Church manuals psychotherapy and sexology clinicians on how to treat clients who also grew up in a conservative faith—and who want to both heal and retain their faith orientation.mired in sexual shame and dysfunction— The author initial walks clinicians and readers through a critique of Western lifestyle and the conservative Christian Church, and their results on intimate partnerships and sexual lives. The reserve also includes chapters on approaches for a new sexual ethic, on scientific steps to heal spiritual sexual shame, and on particular sex therapy interventions clinicians can use directly in their practice. The reserve provides clinicians a method to understand the faulty sexual ethic of the early church, while revealing the concealed mystical sex and body positive knowledge of sexuality of the Hebrew people. Finally, it offers a four stage model for healing spiritual sexual shame and actual touch and non-touch exercises to bring healing and intimacy into a person's life.



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Gems of wisdom for hurting souls Inspiring gems of wisdom pertaining to hurting souls damaged simply by sexual shame are within abundance. This book would be an excellent source for therapists desiring to gain cultural knowledge of “conservative Christianity” in order to work efficiently with clients who have experienced religious sexual shame/harm from an environment that focused too much on controlling unsanctioned (unmarried) sexual desire/behavior and inadequate on the goodness, creativeness, beauty, connection, and satisfaction that is easy for us as embodied, sexual, spiritual beings. Again, additional reviewers have defined how healing this book offers been for them. The therapist/author asks (and answers) such questions as: “How has Christianity contributed to your culture’s ignorance about eros, sacred sexuality, and our body?” “How can people heal from years of religious sexual shame and faulty teaching, while still respecting their faith traditions? Freedom from Shame This book has been instrumental in helping me to shape a Christian sexual ethic that’s not predicated on Do’s and Don’ts. For all those wanting the most out of their sex life, for those wanting to help others navigate the treacherous waters of sexual shame and healing, this book couldn’t have come at a better period. She analyses the dualism of historic philosophers in Plato’s era, the fact that the individual spirit is different from the body, as well as the false narrative that the human spirit is superior to the inferior human body. The Apostle Paul and St. We’re meant to be erotic. How sad that millions of people have experienced so very much sorrow and suffering over the centuries, the very reverse of Jesus’ ministry of compassion, love and justice! A must-read for therapists! Rather than the tawdry indicating we tend to assign to Eros today, as being “pornographic,” Eros instead moves us out of our solitude toward closeness and union with others and provides forth “our passions, our deepest hopes and wishes, and our creativity to experience the fullness of existence.” That’s good news. The truths that God produced human beings as erotic beings with sexual desires and designed us to experience pleasure ought to be shouted from the rooftops. Augustine added their own distrust and suspicion of the body’s profane nature, which fueled an atmosphere of silence and shame leading to sexual condemnation, unprecedented ignorance, profound degrees of sexual dysfunction, and pervasive sexual illiteracy. The writer also addresses the pop culture’s and secular media’s distortions that “the best sex is wild, spontaneous, risky, free, and unattached. As often would recommend you read it with an open up mind An extremely interesting and nontraditional consider the body - I came across it still to be sensitive to a person who may have a more conservative outlook on the topic!” That’s the bind that traps many and which many frequently battle to transcend. To wrap up, A) has Tina Schermer Sellers demonstrated clear evidence that it’s time to erase religious sexual shame from sexual intimacy? And B), has she provided ample methods and useful therapeutic models of behavior and fresh attitudes for us to become the lovers God meant us to end up being? My solution, “Yes” to both! There are invaluable lessons here. In doing so, Sellers offers Christians a method to possess both their faith custom and a vibrant sexuality devoted to connection, enjoyment, desire and justice instead of perform’s and don’ts. Seller’s intent is normally to uncover a hidden sex-positive story within the Judeo-Christian custom, and she does this masterfully by weaving jointly ancient Hebrew teachings and methods that honored sexuality as sacred and central alongside Jesus’s life example of love, justice, and healing. The author clearly describes useful formulas for creating a “sex-positive” gospel designed to transform the damage that survives even today from centuries of the all-too-prevalent “sex-unfavorable” gospel. This reserve would also be considered a wonderful reference for a person or research group who would like to explore these topics by themselves. Sellers finally inspires me with her reminder that, to be able to live a lifestyle infused with connection and pleasure, we should sometimes intentionally choose a slower, more nourishing speed. Finally! Healing from the Ecclesiastical Sexuality Shame Culture I don’t review books frequently but the healing I experienced through Dr. Retailers’ text was therefore profound that I felt a pressing have to share. This publication was easily the most transformative and impactful one I go through from my summer enjoyment reading. It’s a cliché but I truthfully couldn’t put the reserve down after getting it in the mail. Dr. Sellers does the massive leg-work of contextualizing sexual shame within the church and the consequent sexual philosophy of American consumerism. Sellers constructs a body for a sex-positive gospel as a response to both previously mentioned unhealthy sights of sexuality that dispels a whole lot of myth and reconnects you to a crucial component of your identification as a sexual getting. Sexual therapeutic for both personal life and scientific work I’m a couples therapist and have found this book to be extremely useful in functioning through sexual shame with both my clients and community. I cannot speak highly

enough concerning this text; I have worked extensively with Christian students for days gone by 20 years and may attest that deep sexual shame among most of them is an enormous problem. A classic blessing. Essential reading for personhood. Retailers' phrases and wisdom provide me compared to that still, deep place at the center of God's center where there are no boundaries between whatever is deeply sacred and that which is certainly deeply erotic. This reserve was written with you (and me) in mind. it's a voice which has been ignored, oppressed, and forgotten by the church community. A must-read with very practical exercises. I am recommending it to all or any my colleagues who work with young adults. job. Great. Furthermore, we're discovering that this book offers support to numerous of our 40-something lovers who braved the years in the 1990's of purity pledges and youth conventions. As a therapist, I really believe those folks in the field owe it to ourselves and our customers to read this book and make certain we are assisting people discover the intimacy, enjoyment, connection and spirituality that they really desire and should have. You may be coping with unresolved sexual shame. Such a Needed Reference. Dr. Tina Shermer Retailers has done extensive study and helped hundreds of lovers with her methods to break through shame and revel in the full benefits of connection and satisfaction." Her insights on the history of the first church's sex-negative messages, based on renouncing the flesh, were enlightening. An important book with three audiences I really like this book! Additional reviewers have done an excellent job giving an overview of Seller's topics and her approach. I would like to mention how essential I think this book could be for three audiences, two of which are stressed by Sellers. Initial, therapists or ministers who are working with people from conservative church backgrounds or from family members with repressive attitudes towards sex. The residue from that history contaminates people in so many ways, plus some therapists may not understand the foundation of the damage. This book is a must read for anyone who has gone through the discomfort of purity tradition and is usually on a trip towards healthful sexual intimacy. The decrees of early Christian leaders, warnings that amounted to sex is definitely filthy and sinful and the street to ruin, possess afflicted multitudes too much time and in way too many ways. The third audience is family members, especially spouses, of people who result from those backgrounds. Understanding a few of the voices your loved one has heard will help you partner with him or her in the trip of healing. Incredibly Useful For Creating a New Sexual Ethic Many struggle with the idea of "purity culture" predominant in the evangelical Christian Church. Tina Schermer-Seller's book deftly functions to erase the shame encircling purity culture and provides clear direction for an affirming sexual ethic. The next audience for this book is people who result from those backgrounds. I appreciated the way the author did not shy away from Eros, the theory that God gifted the world with the vital energy that animates every living thing. Not only has this book opened my eyes and given me personally a rich understanding of the devastating effects of sexual shame, nonetheless it has provided practical tools that help me feel more confident in being able to support my clients as they work towards healing and wholeness. and she does this masterfully by weaving together ancient Hebrew teachings and practices that honored sexuality as sacred and ce We am incredibly grateful for Vendor's courageous voice speaking out for those who have been harmed by a repressive sexual ethic which has pervaded some parts of the Christian church. Tina Shermer Sellers has done extensive analysis and helped a huge selection of couples with her methods to break through shame and enjo Does discussing sex make you feel icky?" She asks, pointedly, "How can a couple cultivate a sexual relationship that's intimate, erotic, relationally nourishing, rooted in God's love and mutuality, and bubbling over with pleasure and connection, when the best virtue is either the church's call toward sexual suffocation or the lifestyle's contact to unrealistic, untrained sexual abandon? As constantly would recommend you examine it with an open mind! Sellers worked tirelessly to supply an ACCESSIBLE source for the layperson as well as the professional therapist and it shows remarkably well. In the last year since it premiered, I've recommended this publication to many of my customers and all of my colleagues and close friends. The resulting conversations have been so rich, providing a healing community to explore how sex negative teachings have wounded our selves, churches and communities. I'm pleased to have examine this book I'm glad to have read this book. The writer gets rather scientific in the next half of the publication. But I still believe this writer will probably be worth the read to get a fresh perspective on how the church had triggered pain concerning normal individual sexuality." "What are actual, intimate sexual methods that couples can talk about that will create a sex life that is wholly built-into their spirituality? I allowed my value and my virtue to be tied to whether I had sex before marriage and the message I

received was “Good young ladies don’t” or “Good girls wait.” This book helped me to unpack all that and place me FREE. This publication is well-researched, accessible, and fun to read.



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