

#### 4.13.20 - The Problem is The Cure Nudity and Arousal

When recently talking to a friend about naturism and the Bible we received the response "I have a hard time believing men don't get aroused at the site of a naked woman." I am always amazed when talking to a Christian about the Bible and presenting God's Word on a subject and the response is anecdotal. It's almost as if God's Word does not matter if my experience differs from it. This response was from a female friend of ours, but I have read the same idea expressed by a man as a fear of being naked in a mixed group and becoming aroused. This is a concern or fear of the inexperienced. We may not be able to solve your hang up with the idea because you will need to decide what will work for you, but we can point you towards a solution. The simple and most effective solution is personal experience in a family friendly naturist environment. That said, we need to be reasonably sure of a good experience before we go to that stage...you will need to make sure that you are visiting the right naturist resort. We will not be able to combine a lot of Bible verses to prove that God has a solution. However, the Author of the Bible did create us naked and not ashamed for a reason and He's got a really good track record of not being wrong. Why don't we decide to start by trusting Him to know what He was doing? Add to that that there was a lot of nudity at the time the Bible was written as a matter of everyday life, like working in the fields gardening, like fishing, etc. We refer to this as the commonplace of non-sexual nudity. Aside from this, we are going to depend a lot on experience to make our point.

Let's start with an illustration I read recently: The author started by saying that at a young age he was introduced to apple pie. He soon developed a liking for it. He believed that if he had grown up in a different culture that he might do the same with raw fish. He goes on to say that even today when someone mentions apple pie that he gets hungry for some apple pie. If a person regularly sees nakedness associated with sex in movies, commercials, magazines, television and online then sex and nudity will be connected in their mind. If the only time a person is naked is for sex then most likely, sex and nudity will be connected in their mind. The author was programmed to like apple pie, but he could have been programmed to like something else. We are programmed by the world (Satan) to equate nudity and sex, but it is possible that we can be reprogrammed. We can be naked without having sexual activities or even sexual thoughts...it's a matter of our programming. Should we simply accept that the world's programming is right or should we research to see if God has another way of programming? Would you agree that the world is over-sexualized? Can you imagine now if we could help people be reprogrammed to see the opposite sex as a person not just a body...can you see how beneficial that would be to society? Maybe God knew what He was doing from the beginning.

The mind is in competition with the skin for the largest sex organ of the body. When I was younger and not as spiritually mature, I read a number of fiction books with rather detailed descriptions of sexual activities. The descriptions often caused me to become aroused, proving there is a connection between the brain and arousal. If the brain can cause arousal, it is also true that it can prevent it. I have read that arousal is not something that a person can have control over, but experience tells us that is just not true. If you are looking for an illustration outside of the naturist environment to prove the point you need look no further than the doctors and nurses in the medical field. They regularly see men and women in the naked condition that they were born in and are not aroused...why? Could it be that the commonplace of nudity has reprogrammed their mind to not equate nudity with sex, but rather to view the naked body as just that...a naked body. Now here's the sad part...the statement that our friend made that prompted this article was made by a female doctor. I am quite sure that had she simply taken the time to analyze her own statement that she would have instantly known it to be false.

Truth is universal. If the person above could be trained to like apple pie, then everyone with a similar experience could be trained to like apple pie. If we took someone who liked raw fish like the person above liked apple pie and tried to train him to like apple pie, he may not like his first experience because he may not have a taste for that much sugar in his food, but given enough time and experience he would grow to like apple pie. If doctors and nurses and people at family friendly naturist resorts have no problem with arousal around naked bodies, then all people can be conditioned to not be aroused around naked bodies with the proper experience. This is why I say the problem is the solution...the issue is the cure. People who are over sexualized by Satan's conditioning, need to be living naked and not ashamed as often as possible and around as many of God's people as possible as God intended it to be from the very beginning. Very soon they would be reconditioned to not see the naked body as sexual, but as commonplace. The problem is the cure!

On the Sunny Day website, on the Resources page there are a lot of first-time experience stories at a naturist activity mostly from men. She includes a story of her own naturist activities of hiking with a guy she had met in a college class. He had trouble with arousal the first time they attempted to hike together naked. When she assured him that she understood it could happen and she knew that he had no sexual designs on her, he did not have any more problems with arousal. We would think if arousal was uncontrollable, college age men would have the least control of the sex drive and arousal. Maybe it is a training/heart issue and therefore a matter of conditioning.

Men working in the medical field are exposed to naked or nearly naked women as part of their work. They are able to do what is expected without becoming aroused. With a lot of experience viewing naked bodies, the curiosity and appeal wear off. A lot of nudity without

sexual connotation breaks the link between the two in their mind and reprograms their mind so that nudity is no longer linked to sex. Nudity does not lead to arousal if the experience is right.

We have used this verse before, but it has some application here. **Mat 5:28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.** Some of arousal is lust. Arousal is easy to hide when wearing clothing, but when naked it is open for everyone to see. If your heart is not right concerning sex, then you will have more trouble with arousal. The rules at a family friendly naturist resort will remove the men who are looking for a place to indulge in their lust for other women. Those who do not follow these rules will have a very short visit.

Another verse that applies to this topic is: **Pro 23:7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.** Solomon was pointing out that one kind gesture did not indicate you should assume an enemy was your friend suddenly. We are going to consider the word "thinketh" in this verse to be very much like the apple pie training above. We are going to apply it to the man who thinks he will have a problem with arousal when seeing naked women. He is right as long as he thinks that way. If he can't separate sex and nudity in his mind, he is going to have a problem with arousal when seeing naked women. Reading of experiences of other men helps with separating sex and nudity. Reading this site will help see that nakedness is not a sin if that is a problem. Realizing that lust is a problem of the heart and can be removed/cleansed by following Jesus/the Holy Spirit. Women would be much harder to convince without experience. It is one of those areas where men are assumed to be lying regardless of what they say. They are assumed to be trying to talk women into something bad.

If you go back and read my article about my first visit to a naturist resort you will see that everything about the place, the people, the activities...all were so normal, so mundane, so every day and commonplace that there was no possibility that nakedness equated to sex. It just had no relevance to the experience. As we stated at the very beginning of the article, the best and simplest answer to the question is experience. That said, we cannot place enough importance on trusting God to have known what He was doing. He is the One who created us naked, therefore He must have wanted us that way, displaying both His image in us and His most prized creation. Satan on the other hand wanted and still wants God's image covered in shame. It is our strongly held belief that this is one of the biggest lies perpetrated on the church today. So well-orchestrated that the very people that should be proclaiming God's Word on the subject are the very people propagating Satan's lie.

Our advice is to not take our word for it, but we highly encourage you to go find out for yourself. Try it God's way, in the right environment and we suspect, like us you will find that the Truth will make you free!