



The Intimacy and Sex Conversation: Book

King, V. (2023). *The intimacy and sex conversation*. Trilogy Christian Publishing.

About the Author:

Vernon King, Jr.

Ed.D Educational Psychology and Tech

M.A. Child and Adolescent Psychology

Licensed Minister of Theology and Pastor

For More Visit: Vernonkingjr.com

📖 Short Excerpt from, “The Intimacy and Sex Conversation”

About ten years ago, after preaching at a youth service, a 17-year-old young man and a 16-year-old young woman came to me. They shared that they were having issues in their relationship. They mentioned they had broken up and gotten back together multiple times, but they also said they truly loved each other and wanted to make it work.

I told them, “Come an hour early before next week’s service, and let’s talk more.”

When we sat down the following week, I asked, “How long have you two been dating?”

They both answered at the same time: “Three years.”

I followed up, “Have you two had sex?”

They immediately and passionately said, “**No, Pastor Vernon!**”

Then the young man added, “We want to wait until marriage before we have sex. I mean... we’ve done other things like oral and with our hands but not sex.”

At that moment, I realized something very important: **no one had ever taught them the truth about sex, intimacy, and how both affects their brain and Spirit and reality.**

I gently said, “What you’re describing **is** sex. It may not be vaginal intercourse, but the physical, emotional, and spiritual effects are still very real and leads to the same results, outside of pregnancy, as vaginal intercourse. The body and brain respond to climax the same way no matter how it’s achieved. Your brain doesn’t recognize the method; it only processes the experience and attaches it to the person you shared it with.”

🧠 Brain Chemistry & Bonding

I explained, “When someone reaches sexual climax, the brain releases chemicals like **oxytocin** and **dopamine**. These chemicals are bonding agents in which God designed them to glue/addict you to **your spouse** in the **safety of covenant**. But when you experience that kind of connection



outside of marriage, you're forming a bond meant for marriage without the lifelong commitment to protect it." "It's like giving your heart the experience of marriage without giving your mind or Spirit the time to mature to carry it."

Spiritual Reality: "One Flesh"

Then I took them to Scripture:

"Do you not know that he who is joined to a **prostitute becomes one body with her?** For, as it is written, **'The two will become one flesh.'**"
— *1 Corinthians 6:16 (ESV)*

I said, "This verse isn't just about prostitution it's about what happens any time sexual union occurs. You become **one flesh**, whether you intended to or not. That's not just physical it's spiritual."

"You've been acting out the **activities of marriage**, but without the **covenant of marriage**. That's why you're both feeling stuck and emotionally confused. You're bonded in ways you don't fully understand yet. You're craving the freedom of singleness, but emotionally and sexually, **you've already crossed into something deeper**. That tension is why you keep breaking up and getting back together."

Sex Without Covenant = Confusion and Frustration

I told them, "You're not just being physically intimate you're training your brains and hearts to depend on each other like a married couple. But without the full commitment, **that creates anxiety, fear of loss, and emotional imbalance.**" "And that's why you're frustrated. You've entered a powerful connection without a foundation to support it."

Redemptive Close: Hope & Wisdom

I ended our talk by encouraging them with truth, grace and biblical direction. I told them that first you need to know that, "God isn't angry at you He's now calling you both **higher**. Now that you know the truth, you can begin to set boundaries, heal, and pursue purity together or covenant between one another." I further explained that, "You haven't ruined your future. But you do need to understand what's happening in your soul, your body, and your Spirit." I ended with God's design for intimacy is meant to bless you—not bind you." If you can withstand having sexual intercourse with one another you both should make up in your mind and hearts that you are married (1 Corinthians 7:9) and operate in that light. If you believe you can not commit to the



responsibility of a marriage in the season of life you are in, then take some steps back and practice biblical principles of kingdom dating which we share more in the next chapter, Kingdom “Heart Protective” Dating.