



October 20, 2021

A Note from Aimee Lotz

Dear Friends,

Let's Talk about Sex.... maybe?

I genuinely never thought that would be something I would type. Ever. ESPECIALLY not for a Letter of Encouragement for church!

The topic of sex is.... complicated, to say the least. On one hand, it's not something that is talked about explicitly — it's often considered a "closed door" subject (often shrouded in shame).

And yet, on the other hand, sex is everywhere. Magazines, movies, books, social media — all of it. How confusing is that??

From a very young age, I received the message that Jesus came to Earth to die for my sins, therefore my body was not my own.



I was taught that I owed it to God to "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets" (Matthew 22:37-40).

I learned that that meant that my own needs weren't important. And the consequences of this strong message I received have had far reaching implications in many aspects of my life.

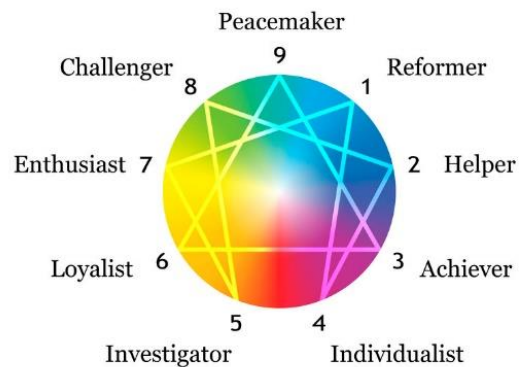
For a long time, I thought that if I expressed a need of any kind to myself or anyone else, I was being selfish.

The Bible says, right there — Love God, Love Others.

But where do our physical bodies fit into this equation? Where does our need for intimacy, for connection with others, come into play?

In my personal growth journey, and in learning about the way I view the world through the work I have done with the Enneagram, I have been learning the importance of connecting all the parts of myself in order to truly experience what it means to be human.

To me, this includes honoring my heart, my head, and my body, and understanding what each of these parts of myself needs. Easier said than done, that is for sure!



Someone that I have found so much encouragement from is Brené Brown, an incredible researcher and storyteller. She says, “A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don’t function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.”

So, what does this have to do with sex? Unfortunately, for a long time many Christian churches have taken the stance that sex is reserved only for marriage between a cis-gender, heterosexual male and cis-gender, heterosexual female. This has caused irreversible damage for a lot of people.

Many churches have put up so many rules and guidelines around what love, intimacy, and sex *should* look like, and we’ve lost what it means to have true connection with ourselves and others.

Even though we have these bodies, we don’t take time to think about or honor them in a way that is positive, helpful, or even loving. We need connection and intimacy, but we don’t make the connection between that and the messages we have heard about what that looks like.



But maybe, friends, the church is exactly the place to do just that.

This Sunday in worship, Pastor April and I will be having a conversation about the damaging messages society and the church have given about sex, intimacy, and connection in our culture. We’ll talk about what we can do to honor our

own bodies, as well as what the church can do, in this new season of unlearning, to choose a different way of looking at sex and intimacy and how we discuss it in this setting.

Friends, unlearning something this complex is not easy. It's messy. It's filled with tears, and hurt, and broken relationship.

And even though I am far from the end of my journey of unlearning my body's value and learning what it means to truly love myself, I can tell you, that it is 100% worth it.

Brené also said, "When you get to a place where you understand that love and belonging, your worthiness, is a birthright and not something you have to earn, anything is possible."

At HUMC, we believe that the heart of our faith is that **"God Loves You...No Matter What."**

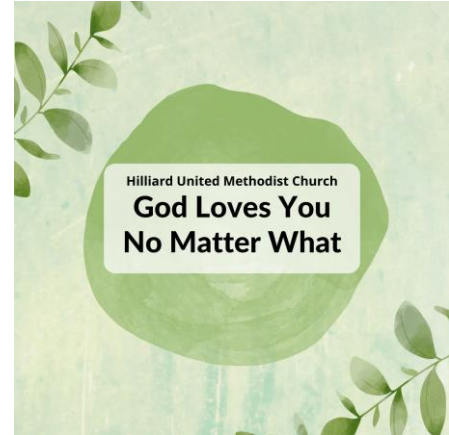
My encouragement to you this week is to reflect on what you believe that means for you and your body.

The journey continues,

Aimee



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