

FREE GUIDE

# 5 Things Nobody Ever Told You About Sex

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*(And What God Actually Says)*

A free guide for the Christian who is ready  
for the honest conversation.

- God made sex first — and called it good
- Sex does something to your soul nobody explained
- Purity was never about virginity
- The enemy's strategy is distortion, not deletion
- You are not who your history says you are

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# A Note Before You Read

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There is a reason you downloaded this.

Maybe you have had questions about sex and faith that felt too complicated or too personal to ask out loud. Maybe you have been carrying something — shame, confusion, a history you have not fully reconciled — and you are ready for a conversation that goes deeper than rules.

That conversation exists. And it starts with understanding what God actually designed sex for — not just what He asks us to do with it.

This guide is five things that will shift how you see yourself, your body, and God's design. Not a lecture. Not a list of dos and don'ts. Just truth — straight from Scripture, explained clearly.

Read slowly. Some of these will land in places that have needed attention for a while. That is the point.

— Damilola

*I built this guide because I believe a generation cannot walk in what they have never been taught to understand. If it opens something in you — the full course is waiting. But for now, just read.*

## What's Inside:

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- 01 God Made Sex First
- 02 Sex Does Something to Your Soul
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- 05 You Are Not Who Your History Says You Are

# God Made Sex First

*And He called it good — before anything else*

One of the most powerful shifts that can happen in how we understand sexuality is moving from seeing sex as something God restricts to understanding it as something God designed. Those two starting points lead to completely different places.

God conceived of sex in the garden, designed it intentionally, placed it within His creation, and called it good. Before the fall. Before the distortion. Before any of the confusion you may be carrying right now.

His design for sex is not restriction. It is protection. Every boundary He places around something is because He understands its weight better than we do.

## ❖ The Word Yada

The Hebrew word used when Adam ‘knew’ his wife is yada — a word that appears over 900 times in Scripture. It means to know intellectually, to understand deeply, to experience intimately. Sex was designed as the physical expression of comprehensive, covenantal knowing. It was never designed to be how you get to know someone. It was designed to be the celebration of already knowing them — deeply, fully, within covenant.

*“Sex was designed to be the celebration of already knowing someone. It is not the tool for knowing them.”*

## — Damilola

*The moment this shifts from rule to reason — everything changes. When you understand what God designed sex to be, obedience stops feeling like restriction and starts feeling like wisdom. That is what this guide is trying to do in seven pages.*

# 1

# Sex Does Something to Your Soul

*And nobody explained it to you*

Most conversations about sexual purity focus on what not to do. Very few explain what actually happens when you do — or why the grief after a sexual relationship ends is often bigger than the relationship itself seemed to warrant.

Sex is not just physical. It is neurological, emotional, and spiritual simultaneously. When two people become sexually intimate, bonding hormones activate. A soul tie forms. The body and the soul respond as God designed them to respond — which means the bond is real whether you intended it or not, and whether the relationship was healthy or not.

This is not condemnation. It is explanation. The grief you have been carrying that you could not name? This is where it came from. And now that you can name it — you can bring it to God.

## ❖ Why the Grief Was Bigger Than It Should Have Been

When oxytocin and vasopressin — the bonding hormones — are released during sexual intimacy, the brain begins building attachment regardless of intention. This is not a side effect of sin. It is the design. God built sex to create attachment because sex in covenant was meant to be permanent. When that bond forms outside of covenant, it still forms. The grief when it breaks is the bond breaking. And bonds breaking hurt — by design.

*“You were not weak. You were bonded. There is a difference.”*

— Damilola

*In walking with people through this material, I have watched something shift when this is explained. People who have been calling themselves weak or foolish for years suddenly understand: the attachment was not a character flaw. It was their soul working exactly as God designed it.*

# 2

# Purity Was Never About Virginity

*It was always about identity*

When purity gets framed around virginity two things happen. Those who are technically compliant look for loopholes. And those who have crossed a line believe they are permanently disqualified. Both of those outcomes miss the point entirely.

God's actual standard is holiness. And holiness is so much more comprehensive, so much more demanding, and so much more freeing than a single line you do or do not cross.

Purity is a direction, not a destination. It is the ongoing alignment of your desires, your body, your imagination, and your relationships with God's design. It is not achieved once and then maintained. It is pursued. Every day. By grace.

## ❖ Romans 12:1 — What God Actually Asked For

Paul calls presenting your body to God 'logikos' — the Greek word meaning rational, logical, consistent with right reason. He is saying: given who God is and what He has done, presenting your whole body to Him in holiness is the rational response. Not extreme strictness. The logical response of someone who understands the gospel.

*“Your past does not disqualify you from purity. It is the starting point from which you pursue it.”*

## — Damilola

*Purity is not a line. It is a direction. The person who has waited and the person who has a heavier history are both called to the same thing. The journey may look different. The grace available is identical.*

# 3

# The Enemy's Strategy: Distortion, Not Deletion

*He does not need to destroy sex. He only needs to separate it from its design.*

If sex were meaningless there would be no war around it. The intensity of the confusion, the pressure, and the distortion surrounding sex in our culture is not accidental. It is a strategy.

The enemy does not need you to hate sex. He only needs you to misunderstand it. And misunderstanding God's design is enough to produce a lifetime of avoidable pain.

His specific target is not your behaviour. It is your identity. Because the person who knows who they are in Christ — chosen, holy, redeemed, adopted — makes entirely different decisions with their body than the person who is still trying to figure out whether they are worth protecting.

## ❖ The Process of Temptation Can Be Interrupted

James 1:14–15 describes temptation as a process: desire is conceived, then it gives birth to sin, and sin when full-grown produces death. It is not an event — it is a sequence. And every sequence has an exit. The person who understands the mechanism can interrupt it. You cannot address what you are not aware of. Now you are aware.

*“You cannot address what you are not aware of. Now you are aware.”*

— Damilola

*Most of us have been fighting our behaviour. The enemy is fighting our identity. The moment you understand what he is actually after — and whose you actually are — the entire battle changes.*

# 4

# You Are Not Who Your History Says You Are

*And God has been waiting for you to know that*

Whatever you have done. Whatever was done to you. Whatever you are carrying that you have never said out loud to anyone — it is not the final word on who you are.

Before the foundation of the world, you were chosen. In Christ, you are holy — not because nothing happened, but because His designation of you is not contingent on your history. You are redeemed. Bought back from the wreckage of whatever brought you to this page.

The desire to understand that brought you here — that is already the Holy Spirit at work. You are not in this alone. And you never were.

#### ❖ Ephesians 1:4 — Chosen Before Any of It

Paul writes that God chose us in Christ before the foundation of the world. Before your birth. Before your history. Before the choices you made and the things that were done to you. The choosing preceded everything. It was not revoked by what happened. You were chosen. Full stop.

*“You were designed for more than you have been living. And the conversation that gets you there is waiting for you.”*

#### — Damilola

*I have walked alongside people who came to this material convinced that the grace applied to everyone except them. I want to say it directly: your specific history is the exact thing this material was built for. You are not the exception. You are the reason.*

# 5

# This guide was just the beginning.

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If this guide gave you language for something you have been carrying without words — KNOWN was built to take you the rest of the way.

13 modules. Real theology. No shame. Just the truth about who God says you are.

## WHAT YOU GET IN KNOWN:

- 13 in-depth modules with theology, scripture, and personal teaching
- Reflection questions at the end of every module
- Pre and post-course self-assessment to measure your transformation
- The KNOWN Identity Declaration — signed, in your own voice
- Access to the KNOWN Community

I'm ready to know who I am →

[destinedbydesign.thinkific.com/courses/known](https://destinedbydesign.thinkific.com/courses/known)

*You were chosen before any of it happened.*

*You were designed.*

**You are KNOWN.**

# KNOWN