

Dear fellow pilgrims,

Last week, we took a journey through Lewis's excellent chapter on sexual morality, one that seemed (as often is the case) remarkably prescient about the direction in which culture was heading. As I mentioned last week, we will NOT have class tomorrow night because of Holy Week, but we will pick back up next week.

Here is an outline of what we covered last week:

### **Book 3, Chapter 5: Sexual Morality**

**Chastity vs. Modesty** We must now consider Christian morality as regards sex, what Christians call the virtue of chastity. The Christian rule of chastity must not be confused with the social rule of "modesty" i.e. propriety, or decency. The social rule of propriety lays down how much of the human body should be displayed and what subjects can be referred to, and in what words, according to the customs of a given social circle. Thus, while the rule of chastity is the same for all Christians at all times, the rule of propriety changes.

**Biblical Chastity defined** Chastity is the most unpopular of the Christian virtues. *There is no getting away from it: the old Christian rule is, "Either marriage, with complete faithfulness to your partner, or else total abstinence."* Now this is so difficult and so contrary to our instincts, that obviously either Christianity is wrong or our sexual instinct, as it now is, has gone wrong. One or the other. Of course, being a Christian, I think it is the instinct which has gone wrong.

**Sexual instinct and its unique challenges** The biological purpose of sex is children, just as the biological purpose of eating is to repair the body. Now if we eat whenever we feel inclined and just as much as we want, it is quite true that most of us will eat too much: but not terribly too much. One man may eat enough for two, but he does not eat enough for ten. The appetite goes a little beyond its biological purpose, but not enormously. But if a healthy young man indulged his sexual appetite whenever he felt inclined, and if each act produced a baby, then in ten years he might easily populate a small village. This appetite is in ludicrous and preposterous excess of its function. Or take it another way. You can get a large audience together for a strip-tease act—that is, to watch a girl undress on the stage. Now suppose you came to a country where you could fill a theatre by simply bringing a covered plate on to the stage and then slowly lifting the cover so as to let every one see, just before the lights went out, that it contained a mutton chop or a bit of bacon, would you not think that in that country something had gone wrong with the appetite for food? And would not anyone who had grown up in a different world think there was something equally queer about the state of the sex instinct among us?

**What is wrong with the cultural view of sexuality** ...You and I, for the last twenty years, have been fed all day long on good solid lies about sex. We have been told, till one is sick of hearing it, that sexual desire is in the same state as any of our other natural desires and that if only we abandon the silly old Victorian idea of hushing it up, everything in the garden will be lovely. It is not true. The moment you look at the facts, and away from the propaganda, you see that it is not. They tell you sex has become a mess because it was hushed up. But for the last twenty years it has not been hushed up. It has been chattered about all day long. Yet it is still in a mess. If hushing up had been the cause of the trouble, ventilation would have set it right. But it has not. I think it is the other way round. I think the human race originally hushed it up because it had become such a mess. Modern people are

always saying, "Sex is nothing to be ashamed of." They may mean two things. God is the Creator of sex. They may mean "There is nothing to be ashamed of in the fact that the human race reproduces itself in a certain way, nor in the fact that it gives pleasure." If they mean that, they are right.

Christianity says the same. It is not the thing, nor the pleasure, that is the trouble. The old Christian teachers said that if man had never fallen, sexual pleasure, instead of being less than it is now, would actually have been greater. I know some muddle-headed Christians have talked as if Christianity thought that sex, or the body, or pleasure, were bad in themselves. But they were wrong. Christianity is almost the only one of the great religions which thoroughly approves of the body—which believes that matter is good, that God Himself once took on a human body, that some kind of body is going to be given to us even in Heaven and is going to be an essential part of our happiness, our beauty, and our energy. Christianity has glorified marriage more than any other religion: and nearly all the greatest love poetry in the world has been produced by Christians. If anyone says that sex, in itself, is bad, Christianity contradicts him at once.

**The problem with the cultural view of sex** But, of course, when people say, "Sex is nothing to be ashamed of," they may mean "the state into which the sexual instinct has now got is nothing to be ashamed of." If they mean that, I think they are wrong. I think it is everything to be ashamed of. There is nothing to be ashamed of in enjoying your food: there would be everything to be ashamed of if half the world made food the main interest of their lives and spent their time looking at pictures of food and dribbling and smacking their lips.

**Augustine** A famous Christian long ago told us that when he was a young man he prayed constantly for chastity; but years later he realised that while his lips had been saying, "Oh Lord, make me chaste," his heart had been secretly adding, "But please don't do it just yet."

**Three reasons chastity is difficult** This may happen in prayers for other virtues too; but there are three reasons why it is now specially difficult for us to desire—let alone to achieve—complete chastity.

**1. Wrong thinking from our culture** Our warped natures, the devils who tempt us, and all the contemporary propaganda for lust, combine to make us feel that the desires we are resisting are so "natural," so "healthy," and so reasonable, that it is almost perverse and abnormal to resist them. Poster after poster, film after film, novel after novel, associate the idea of sexual indulgence with the ideas of health, normality, youth, frankness, and good humour. Now this association is a lie. Like all powerful lies, it is based on a truth—the truth, acknowledged above, that sex in itself (apart from the excesses and obsessions that have grown round it) is "normal" and "healthy," and all the rest of it. The lie consists in the suggestion that any sexual act to which you are tempted at the moment is also healthy and normal. Now this, on any conceivable view, and quite apart from Christianity, must be nonsense. Surrender to all our desires obviously leads to impotence, disease, jealousies, lies, concealment, and everything that is the reverse of health, good humour, and frankness.

Every sane and civilised man must have some set of principles by which he chooses to reject some of his desires and to permit others. The real conflict is not between Christianity and "nature," but between Christian principle and other principles in the control of "nature." For "nature" (in the sense of natural desire) will have to be controlled anyway, unless you are going to ruin your whole life. The Christian principles are, admittedly, stricter than the others; but then we think you will get help towards obeying them which you will not get towards obeying the others.

**2. A sense of futility** In the second place, many people are deterred from seriously attempting

Christian chastity because they think (before trying) that it is impossible. But when a thing has to be attempted, one must never think about possibility or impossibility. Faced with an optional question in an examination paper, one considers whether one can do it or not: faced with a compulsory question, one must do the best one can. You may get some marks for a very imperfect answer: you will certainly get none for leaving the question alone. Not only in examinations but in war, in mountain climbing, in learning to skate, or swim, or ride a bicycle, even in fastening a stiff collar with cold fingers, people quite often do what seemed impossible before they did it. It is wonderful what you can do when you have to. We may, indeed, be sure that perfect chastity—like perfect charity—will not be attained by any merely human efforts. You must ask for God's help. Even when you have done so, it may seem to you for a long time that no help, or less help than you need, is being given. Never mind. After each failure, ask forgiveness, pick yourself up, and try again. Very often what God first helps us towards is not the virtue itself but just this power of always trying again. For however important chastity (or courage, or truthfulness, or any other virtue) may be, this process trains us in habits of the soul which are more important still. It cures our illusions about ourselves and teaches us to depend on God. We learn, on the one hand, that we cannot trust ourselves even in our best moments, and, on the other, that we need not despair even in our worst, for our failures are forgiven. The only fatal thing is to sit down content with anything less than perfection.

**3. Repression vs. suppression** People often misunderstand what psychology teaches about "repressions." It teaches us that "repressed" sex is dangerous. But "repressed" is here a technical term: it does not mean "suppressed" in the sense of "denied" or "resisted." A repressed desire or thought is one which has been thrust into the subconscious (usually at a very early age) and can now come before the mind only in a disguised and unrecognisable form. When an adolescent or an adult is engaged in resisting a conscious desire, he is not dealing with a repression nor is he in the least danger of creating a repression. On the contrary, those who are seriously attempting chastity are more conscious, and soon know a great deal more about their own sexuality than anyone else. They come to know their desires as Wellington knew Napoleon, or as Sherlock Holmes knew Moriarty; as a rat-catcher knows rats or a plumber knows about leaky pipes. Virtue—even attempted virtue—brings light; indulgence brings fog. Although I have had to speak at some length about sex, I want to make it as clear as I possibly can that the centre of Christian morality is not here. If anyone thinks that Christians regard unchastity as the supreme vice, he is quite wrong. The sins of the flesh are bad, but they are the least bad of all sins. All the worst pleasures are purely spiritual: the pleasure of putting other people in the wrong, of bossing and patronising and spoiling sport, and back-biting; the pleasures of power, of hatred. For there are two things inside me, competing with the human self which I must try to become. They are the Animal self, and the Diabolical self. The Diabolical self is the worse of the two. That is why a cold, self-righteous prig who goes regularly to church may be far nearer to hell than a prostitute. But, of course, it is better to be neither.

**Reactions** The BBC was a little nervous about putting this talk forward, and the talk received some notoriety after being delivered. Without the permission of Lewis or the BBC, The Daily Mirror newspaper printed the talk in its entirety with the following headline: This Was a Very Frank Talk Which We Think Everyone Should Read.

## IMPLICATIONS

1. *The culture is still pressing on this issue in exactly the way Lewis describes Humans are merely animals*

*and should follow their instincts in any way they choose. Christians must counter this with a Biblical understanding of what it means to be human, to be created by God.*

*2. Note how Lewis holds the line on exactly what Scripture teaches Chastity is the most unpopular of the Christian virtues: the old Christian rule is, "Either marriage, with complete faithfulness to your partner, or else total abstinence." Look at the furor Pope Francis's recent announcement caused.*

I look forward to seeing all of you next week on Wednesday, April 7, for our next class, and wish all of you a blessed Holy Week and a joyous Easter!

Here is an excellent prayer for our contemplation during Holy Week:

*Blessed is the King who comes in the name of the Lord: Peace in heaven and glory in the highest. Assist us mercifully with your help, O Lord God of our salvation, that we may enter with joy upon the contemplation of those mighty acts, whereby you have given us life and immortality; through Jesus Christ our Lord. Amen.*

God bless you with His grace and presence in this Holy season!

Further up and further in,  
Brian+

Music link: <https://www.youtube.com/watch?v=o6H1Paur0E4>

The Holy Sonnets of John Donne: VI. Since She Whom I Loved · Benjamin Britten · Paul Austin Kelly · Michael Recchiuti

Video class link:  
<https://www.youtube.com/watch?v=U8pO2paXVrE>

Podcast link:  
<https://podcasts.apple.com/us/podcast/mere-christianity-episode-19-book-3-chapter-5-sexual/id1537579476?i=1000514363042>

Church website audio link:  
<https://www.stphilipschurchsc.org/mere-christianity-/episode/2021-03-24/mere-christianity-episode-19-book-3-chapter-5:-sexual-morality>