

**If God created us to be sexual beings, in relation with our fellow humans, why do we, in the church, try to diminish this element of ourselves in order that we might know God likes us as well as loves us?**



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*edge of Cheltenham. Ruth is a member of WATCH and has recently taken up the role as Young Vocations Champion for the Diocese of Gloucester. She is also the Diocesan Chaplain for the Mother's Union.  
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**Abstract**

*For centuries now the Church has had difficulty with sex and sexuality, especially in relation to 'holiness' which has often been translated as meaning 'cleanliness'. If being holy is seen to be more about the state of our relationship with God, rather than a notion of purity, surely it is time for the church to look at the relationship between God, itself, sex and sexuality from a perspective of the Incarnation – God who comes to us in bodily form to inhabit our lives in all their fullness. This short article aims to take a look at why it is important for us to come to terms with our bodies and our desires in order for us to know more fully the freedom God offers us to be ourselves, made in his image.*