

What is naturism?

Naturism (also called nudism) is going without clothes in social settings (generally in mixed-gender groups of all ages) in the knowledge that it is beneficial for the mind, body and spirit. Governed by strict behavioral boundaries, a key characteristic of naturism is that it is not sexual.

Surely not Christians?

Christian naturists number in the thousands and are located all over Europe and in many other parts of the world. If you belong to a large church congregation in the UK, there's a good chance you have naturists within it.

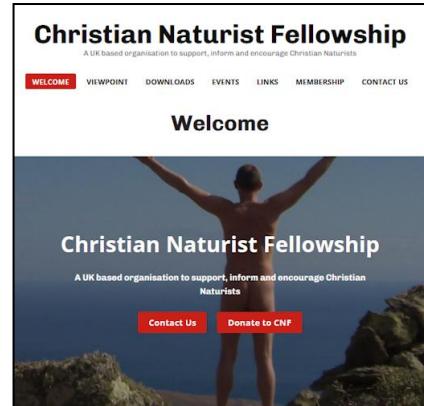


What about lust?

Clothes do not prevent lust and often they are designed to encourage it. The Apostle Paul taught that man-made rules for righteousness have no power to "restrain sensual indulgence" (Col 2).

Jesus taught that, *"Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them"*. And that includes what enters through the eyes.

Social naturism instills into the heart an attitude that helps to control lust and inappropriate thoughts.



The CNF website is packed with information including a list of meetings and how to receive our bi-monthly newsletter.

Why would I want to be naked?

For starters, it feels right. Being naked when the weather is warm is very comfortable, and once you've gone swimming or been in a hot tub without a swimsuit, you'll never want to wear one again!

On a deeper level, naturism offers a unique feeling of closeness and trust unavailable in usual settings. It helps participants overcome poor body image.

It offers children and teenagers a way to avoid unnatural and sometimes unhealthy curiosities about the body.

It affirms and reinforces the fact that there's nothing shameful about the way God made us.

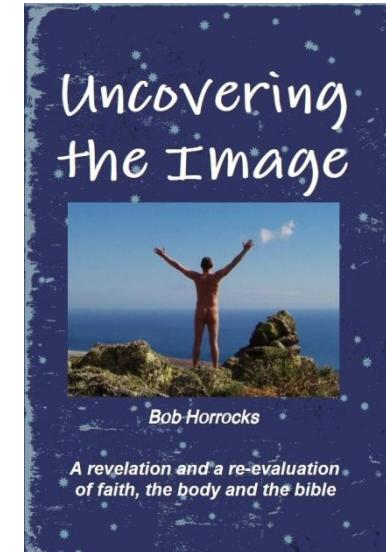
It offers a tangible way for believers to embrace God's view of the human body. It gives us an opportunity to literally be God's image bearers!

Last but certainly not least, it offers common ground for sharing the Gospel of Jesus Christ with unbelieving naturists willing to receive it.

What does the Bible say about it?

The Bible mentions nakedness quite often. If you study the passages that talk about nakedness and look at the context in which they're found, you'll discover that it's never described as being inherently shameful or inherently sinful. After all, we were created "in the image of God", were "naked and unashamed" and God says all this is "very good" (Genesis Chapters 1 and 2).

After Adam and Eve sinned by disobeying God, they made coverings for themselves out of fig leaves. In Genesis 3, God asked, "Who told you that you were naked?" It certainly wasn't God! It was the serpent, the devil, that deceives them - and us - that nakedness is wrong!



There are many helpful books on the subject. This one can be downloaded, free of charge, from the CNF website where you will also find leaflets to download, and links to many other resources on the subject.

Christian Naturist Fellowship

There are many groups all over the world of Christians who are naturists. The CNF is an inter-denominational fellowship of Christians in the UK, but with an international following.

This is what we do:

- Online clothes-optional Bible Study every Sunday at 4.30pm (UK time).
- Bi-monthly newsletter with interviews and references.
- Annual face-to-face meetings at venues around the UK.

Many more Questions

It is impossible to give all the answers in this small tract and you probably have lot more questions. The best way to enquire is to make contact directly with the Leadership Team or one of our Area Ambassadors; you can't beat talking to a real person!



Joint leaders of CNF: Peter and Siobhan.

Not convinced?

That's understandable. Social naturism is unlike anything most people are familiar with in today's culture, and for that reason they can only guess at what it must be like to be unclothed amidst other men, women and children. Experienced Christian naturists will assure you that family-orientated social naturism truly is a wholesome and beneficial way of living. Social naturism, like a lot of other things in life, must be experienced to be fully understood and believed.

God never says anywhere in the Bible that we must wear clothes all the time. He left when, where and how to dress (or undress) up to mankind for the most part, and it's been the human culture of the sexualisation of nudity rather than God's decree that has determined standards of dress and undress throughout history. And so it is today!

People are permitted to be lawfully unclothed in many designated areas for that purpose in numerous countries around the world. Many people return from holiday in warmer climates having experienced the freedom and benefits that naturism can bring as they have swum naked or sunbathed on a beach and are surprised to find so many naturist clubs all over the UK.

If God had intended us to be naked we would have been born that way!



Did you know...

that there are lots of Christians like you, who are also naturist?

Contact Us:
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