

Sex

Goals: This study explores the sacredness of sex **and** considers healthy ways to express our sexuality as single/dating people.

Openers:

- What images or ideas from media & entertainment come to mind that portray how sex is viewed in our culture?

Example: In James Bond movies, he has sex with a different girl each movie. I think this says that our culture views sex as casual encounters that we just move on from. It says that sex doesn't create a physical and emotional bond between 2 people. In other words, You can have sex with whoever and whenever you want and it won't hurt you.

- Who (or what) has shaped your thinking about sex?

Scripture - Part 1:

Genesis 1:28 English Standard Version (ESV)

²⁸And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."

Genesis 2:18, 21-25 English Standard Version (ESV)

¹⁸Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for^[a] him." ²¹So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. ²²And the rib that the LORD God had taken from the man he made^[a] into a woman and brought her to the man.

²³Then the man said,

"This at last is bone of my bones
and flesh of my flesh;

she shall be called Woman,

because she was taken out of Man."^[e]

²⁴Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. ²⁵And the man and his wife were both naked and were not ashamed.

Digging Deeper - Part 1: Observations & Interpretations

- God created sex and made it to be part of a man and woman's experience in marriage. How should this shape how we think about sex?
- In what ways does sexual expression outside of God's intention diminish the sacredness of our bodies and of sex?

Scripture - Part 2:

1 Corinthians 6:12-20 English Standard Version (ESV)

Flee Sexual Immorality

¹²“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything. ¹³“Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. ¹⁴ And God raised the Lord and will also raise us up by his power. ¹⁵ Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! ¹⁶ Or do you not know that he who is joined^[a] to a prostitute becomes one body with her? For, as it is written, “The two will become one flesh.” ¹⁷ But he who is joined to the Lord becomes one spirit with him. ¹⁸ Flee from sexual immorality. Every other sin^[b] a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.

Footnotes:

- a. [1 Corinthians 6:16](#) Or *who holds fast* (compare [Genesis 2:24](#) and [Deuteronomy 10:20](#)); also verse [17](#)
 b. [1 Corinthians 6:18](#) Or *Every sin*

Digging Deeper - Part 2: Observations & Interpretations

- What is sexual immorality? (*any sexual activity outside of marriage*)
How is it a “sin against your own body”?
- What does this text tell us about why it is important to keep ourselves sexually pure?

Digging Even Deeper:

Let's do a **Cost/Benefit Analysis** (Write on paper or white board)

What are the potential costs of having sex outside of marriage?	What are the potential benefits of following God's design for sexual activity?
<p><i>Examples:</i></p> <p><i>Unplanned Pregnancy</i></p> <p><i>STI's</i></p> <p><i>Pain, regrets and loss of trust</i></p> <p><i>Hurt loved ones including your future spouse</i></p> <p><i>Guilt</i></p> <p><i>Rejection (if the relationship ends) can be extremely painful if you have physically given yourself to another.</i></p> <p><i>Anger, along with the fear of being mistreated or misused again.</i></p>	<p><i>Examples:</i></p> <p><i>Sexual health</i></p> <p><i>Peace with God</i></p> <p><i>Healthy relationships with guys/gals</i></p> <p><i>No guilt</i></p> <p><i>Easier break ups</i></p> <p><i>Less fear of being mistreated</i></p> <p><i>Less regrets</i></p>

Application:

- Ken Shigematsu, in *God in my Everything* (pg. 95), wrote: "The Biblical idea of sexuality involves far more than the act of sexual intercourse. The Greek word *eros* (from which we get the word erotic) can mean a desire for sex itself, but in the original sense of the word, *eros* refers to a natural desire for beauty or a longing for relational intimacy."

In what ways can we express our longings for relational intimacy in healthy ways?

Examples: participation in deep & meaningful friendships, the enjoyment of nature's beauty or of good music—all of these are healthy expressions of our sexuality.

- What are some steps you can take or have taken to honor God with your body?

Personal Reflection: In our 1 Corinthians text, Paul encourages the believers to "flee (to run away from a place or situation of danger) from sexual immorality." Write down 1 or 2 ways that you sense God is asking you to flee sexual immorality.

*Give 5-7 minutes for personal reflection. Then, invite the guys or gals in your Core to share what they wrote with a trusted friend or with you in your 1:1's this week. **Follow up in 1:1's** and ask them what they wrote if they don't bring it up.*

Before you close with prayer, take a moment to remind everyone of the forgiveness of God we have in Christ. Our past mistakes and failures do not exempt us from the grace of God or bar us from a future of healthy and whole sexual expression. All we have to do is recognize our mistakes, talk to God about it, ask for His forgiveness, ask for His help and power, then turn around and walk in a different direction - in the direction of sexual purity.

Pray Together About What You Talked About Tonight

Resources: *God in My Everything* (Chapter 8; Sex and Spirituality by Ken Shigematsu is a very helpful chapter)