



Week Two

[A Note for Group Leaders: This week we are talking about sex. If you have a co-ed group, consider dividing your group up by gender to create an added level of safety and privacy to this conversation.]

Opening Prayer

God, thank you for this time and this space with these friends. Help us to use our time today for the sake of friendship and our spiritual transformation. Amen.

Talk It Over

This week we continued our series with a talk on sex.

- Where did your earliest message of sex come from?
- As an adult, where do we most commonly find messages about sex?

This weekend we looked at some common myths about sex in contrast to some truths about sex. Let's look at those myths and truths now:

Myth One — Sex is only physical.

Truth One — Sex is not just physical.

Myth Two — Practice makes perfect.

Truth Two — Romance in marriage is fueled by a sense of exclusivity.

Myth Three — Sex is just a matter of personal preference.

Truth Three — Sex is a matter of Divine design.

- Go through the myth/truth list above again and explain how you see these myths and truths play out in real life.
- Of all these myths and truths above, which one has been the hardest for you to believe or walk out?

Read 1 Corinthians 6:15-20 (NIV)

The Apostle Paul was offering a different, counter-cultural way to approach sex in this passage. The motivation for this new way of living was not fear of unforgiveness, but the desire to see people live freely. Paul desired to help people live in God-honoring, self-honoring, and others-honoring ways.

- What jumped out to you in this verse? What was it about this idea that jumped out to you?
- Of all the things you know about sex now, what are one or two things you know now that you wished you would have known earlier in life?
- As a follow up to the last question, why did you pick those specific ideas?
- This week we were challenged to determine the story you want to tell about our sex life. What's the story you want to tell when it comes to your sex life?

Read Romans 8:28 and John 15:5

The God depicted in the Bible is a God who desires to be at the center of our story. He aims to reclaim and redeem stories for our sake and the sake of others around us. As we look at this idea of redemption, let's remember redemption doesn't mean pain or consequences are erased. Rather, redemption means God's love and grace can move us forward despite our real-life story. God meets us where we are and helps us become who we were made to be.

- In what ways have you seen God redeem your story in this area of sex?
- In what ways do you still want to experience God's redemption in this area?

Closing Prayer

God, thank you for the ways you look to help us encounter your freedom and redemption. Help us to put you in the center of our life in all areas. Rewrite our stories and enable us to be a source of life to others looking to redeem their own stories as well. Amen.

How To Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressured to read all the content or to hit all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith in your specific group.

In addition, spend some time praying for your group each week, preparing your heart, and asking God for wisdom and guidance as you lead.