



DISCUSSION GUIDE

Week 5

March 12th & 13th, 2011

Small Group Warm-Up

This weekend Mike mentioned a new movie titled *Hall Pass*. The subtitle is "A week off from marriage to do whatever you want without consequences." What kind of hall pass is implied? Why do you think the producers chose this title and subtitle?

Opening Prayer:

Father God, we know that your plan for our lives is good. Help us to embrace it and live it out, even when we are swimming against the tide of our culture when it comes to our sexual behavior.

Discussion Questions

Read 1 Corinthians 6:16-20 in The Message Version and the NIV version.

This weekend Pastor Mike mentioned that our culture has embraced "mind-body dualism," which says that what we do with our body does not affect our mind or soul. This passage says sex is much more than just a physical act. There is no hall pass. Sex has consequences that impact our bodies, our minds and our souls.

- What are some of the negative outcomes of random sex that are visible in our culture?
- How can sex within marriage help people "become one" in more than a physical way?

One of the outcomes of the sexual revolution of the 1960s was that the divorce rate tripled and has stayed at that level ever since. Today many people are avoiding marriage altogether, thinking that you can't break the commitment if you never make the commitment.

- How would you describe the difference between marriage and co-habitation?
- What kinds of things hold people back from making the commitment to marry?

Pastor Mike said that sex can't create real intimacy; it presupposes it.

- What are some ways to build intimacy in a relationship without engaging in sex?

Read 1 Corinthians 7:1-5 in The Message Version and the New Living Translation

This passage recognizes the importance of a healthy sex life within marriage. It begins with building trust, serving the other, seeking for mutual satisfaction in the relationship.

- What are some practical ways to build trust in a relationship?
- What are some ways to restore trust once it has been lost or broken?

For couples: It's important to learn how to talk to each other about your sex life. Begin with these two questions:

1. What do you like best about our sex life?
2. What is one thing you would like to change about our sex life?

Read Ephesians 3:18-20

So many of us have experienced pain in our past. The goal of this discussion is to remind all of us that God loves us and has a good plan for our lives. The question today is, "Will you embrace it?" It is not a moral code that you are being asked to embrace. It is a love-relationship with the living God. We will not drift toward wholeness; we must choose it. Will you choose it today? If so, join me in this closing prayer:

Closing Prayer:

Jesus, I believe you love me and have good intentions for my life. By faith I choose to embrace your plan for my sexuality. Forgive me for the times I have gone my own way and reaped the consequences of my bad choices. Help me now to love you with all my heart, all my soul, all my mind and all my strength.

