Small Group Conversation Guide | Fall 2022

Small Group Lesson: Week 3
Message: Progress is Perfection: All About Sex
Main Idea: Our sexuality is a lifelong source of mystery, wonder and joy when practiced within the boundaries of the Kingdom of God.
Main Scripture: Matthew 5:27-30

Group Check In: How did you do last week when your will was thwarted?

Prayer

Connect: Consider visiting about the comfort level of the group discussing this topic and decide if you want to divide into male and female groups for the Application and Prayer time. Also reemphasize the importance of safety and the true meaning of confidentiality.

Video

In the Word: Women and Men

1. **Matthew 5:27-30**
   - Like anger, Jesus teaches the root of wrongful sexual behavior is found in our hearts, even if it does not result in physical action.
   - What is Jesus' expectation and hope for us when it comes to our sexuality? (Matthew 19:4-5)
   - Why is it important that we express our sexual nature as Jesus teaches?
2. **Psalm 37:2-3**
   - What is the differences between wholesome sexual desires and lust?

Application:

1. Society sets a low bar when it comes to honoring the ethics of consent for physical intimacy. According to Jesus and the Scriptures, what heart attitudes, habits of will, and self-discipline do we need to meet Kingdom of God standards?

2. What are some of the common temptations when it comes to sexual sin and what are some positive, practical things we can do to not be seduced by them while embracing sex as a beautiful gift from God?

Prayer: Ask the Holy Spirit to make you aware of your heart and how this subject is a habit, hang up or hurt for you. Confess silently or if you feel safe, ask the group for prayer and encouragement.

Going Deeper -Optional Format for This Gathering

Men Only Application and Prayer

1. Consider whether you have some secret sexual behavior. (flirting or consensual sex outside marriage, internet pornography, sexting, massage parlors, etc.) If anything in this area is a problem for you, healing and freedom is possible. How can the group pray for you?
2. Consider if you need to make amends to someone. How can the group pray for you?
3. Identify a friend whom you trust enough to discuss your sexual temptations so they can help hold you accountable, encourage and pray for you. How can the group encourage you to speak with that person this week?

Women Only Application and Prayer

1. Consider whether you have some secret sexual behavior. (flirting or consensual sex outside marriage, sexting, internet pornography, etc.) If anything in this area is a problem for you, healing and freedom is possible. How can the group pray for you?
2. Details are not needed, but if applicable, admitting and sharing how you have been harassed, hurt or sexually manipulated is the beginning of healing and freedom. How can the group pray for you?
3. It may be your spouse or loved one needs extra grace because of a sexual addiction or other betrayal of trust. How can the group pray for you?