

PART TWO: I'M DOING IT MY WAY

Our tendency is to pick and choose which bible verses we want to obey, and in so doing we adopt our own guardrails for this are of our lives. Yet operating outside God's guardrails always does damage to our relationships. Operating inside God's guardrails is the path to safety and health!

BIG IDEA: Sex God's way has NO shame.

DISCUSSION QUESTIONS

1. You rarely notice guardrails until you are in an accident where one saves your life. The damage done by hitting a guardrail is minor when compared to what you would have hit had it not been there. Have you ever been in a car accident involving guardrails or medians?
2. *Our culture does not promote guardrails. Culture is content with a painted line.* Do you agree or disagree? What are some examples from our culture?
3. Think about some popular movies and TV shows and how casually they treat sexual intimacy. Today, we're going to learn how doing **sex God's way has No shame**. How have you seen people experience guilt, shame, regret and loss of relationships because they operated outside God's guardrails?
4. Last week, we discovered that **selfishness destroys intimacy**. How have you seen this to be true in your friendships and relationships?
5. *With your Bible or YouVersion, read Genesis 2:24-25 and Genesis 3:6-8.*

*"That is why a man leaves his father and mother and is united to his wife, and they become one flesh."
And the man and his wife were both naked and were not ashamed.* Genesis 2:24-25 (NIV)

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. Genesis 3:6-8 (NIV)

6. Adam and Eve apparently hid out of embarrassment or shame. Different people "hide" because of different reasons. What struggles do you have with being transparent in your relationships?
7. One of Satan's weapons is the "shame game." It starts with your experiencing something deeply painful or sinful. You then connect what happened to who you are. Finally, you believe the only way to be safe is to hide. How has Satan used the "shame game" in your own life? Were you able to overcome the shame? If so, how did you overcome it?
8. Chris said, that **Sex God's way has no shame** connected to it and that **sex God's way enhances intimacy** in a marriage. What are some of the damages you have seen when it comes to people doing sex *my way* instead of *God's way*?
9. Wherever secrets live, intimacy dies. Wherever intimacy lives, secrets die. Describe a time when you or someone you know had a relationship damaged by a secret. What happened when the truth was revealed?
10. List some of the Guardrails God gives us regarding sex in the following passages:
 - 1 Corinthians 6:15-7:5
 - 1 Peter 2:11
 - 1 Thessalonians 4:1-5
 - Hebrews 13:4
 - Job 31:1
 - Exodus 20:14
 - Proverbs 5:1-23
 - Matthew 5:27-28
 - Proverbs 6:20-35
11. *With your Bible or YouVersion, read 1 Corinthians 6:18-20.*

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:18-20 (NIV)

12. Chris said that **Sex outside God's guardrails is what God calls sexual immorality— Sexual immorality is really just selfish sex.** Do you agree or disagree? Why?

Anytime we look at anyone or anything outside of our spouse to meet our needs in our life over time will damage our capacity for intimacy.

13. *With your Bible or YouVersion, read James 1:14-15.*

...but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."

James 1:14–15 (NIV)

14. According to James 1:14, where does temptation come from? From the outside or from the inside?
15. We all know what it's like to be tempted. The apostle Paul wrote, *"No temptation has seized you except that which is common to man."* (1 Corinthians 10:13). Temptation is a common experience. In your opinion, is it a sin to be tempted? Why or why not? (See Hebrews 4:15)
16. How much do you think people's view of purity is influenced by what they watch on television, see in movies or hear in music?
17. What are some things you can or currently do to maintain purity in all of your relationships?

MOVING FORWARD

What if you have messed up? What if you already busted through God's guardrails? King David from the book of Psalms gives us a great example of what to do.

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. Create in me a pure heart, O God, and renew a steadfast spirit within me.

Psalm 51:1–4, 10 (NIV)

WHAT WILL YOU DO?

Take the **Pure Sex Challenge**, a spiritual commitment between you and God.

- Yes, I will take the pure sex challenge and for the next 7 days I will do sex God's Way.

Singles and Marrieds: complete sexual purity for the next 7 days. No porn. No sex outside of marriage. Honoring God completely 100% with our bodies.

Marrieds: For the next 7 days, pursue intimacy at an elevated level in your marriage. Have lots of sex.

Take God at His word and do sex God's way. When we do this, we allow God to restore intimacy with Him and others. He will renew our desires and redefine our relationships! Because **sex God's way has NO shame.** But Grace restores intimacy and refines our desires.

CHANGING YOUR MIND

Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.

Genesis 3:7-8 (NIV)