

GUARD RAILS

GUARDRAILS, PART 3: DOING IT MY WAY

Guardrails keep vehicles from straying into dangerous or off-limit areas. We need personal guardrails so we don't stray into areas of life that can harm us or the people we love. If there's one area in which personal guardrails are most needed but also most resisted, it's in our relationships.

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

DISCUSSION QUESTIONS

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!

1. In what ways, for good or bad, did your friends influence you growing up?
2. What area of your life requires the strongest guardrails?
3. Compared to other bad decisions we make in our lives, why is it so difficult to recover from bad relational/sexual decisions?
4. *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?
5. 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?
6. **Selfishness destroys intimacy.** How have you seen this to be true in your friendships and relationships?
7. *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

8. What do you think it looks like to honor God with our bodies? How might putting that into practice affect your relationships with other people?
9. What are some of the differences between "flirting" with sexual immorality and "fleeing" from sexual immorality"?
10. For Christians, what does it mean that our bodies are temples of the Holy Spirit? In other words, what does it mean to "honor God with our bodies"?

If there is one area in your life that absolutely needs some guardrails, this is probably it. It's the area that is the most difficult to recover from. It's the most needed yet most resisted area of all. Fortunately, the Bible is pretty clear on how we should approach it: flee.



11. 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.

12. During the message, Chris called sexual sin “uniquely damaging” because we can never fully escape the damage it does. Do you agree that it can make you a liar and secret-keeper for life? Why or why not?

13. Is it difficult for you to believe that you are a sacred image bearer of God? Why or why not? If you were to embrace that truth, how would it influence the decisions you make going forward?

14. Do you need to begin to flee from instead of flirt with sexual immorality? What are some specific guardrails you need to establish? Share them with your group if you're comfortable doing so. What can your group do to support you?

DIGGING DEEPER

1. 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?

2. 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

3. *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)

4. According to James 1:14, where does temptation come from? From the outside or from the inside?

5. 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)

6. 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?

7. What are some things you can or currently do to maintain purity in all of your relationships?

MOVING FORWARD

The point of a guardrail is to light up your conscience *before* you hurt yourself or others. If that sounds extreme, dangerous environments call for extreme measures. When it comes to your relationships, honor God, yourself, your spouse, your kids, your future spouse and kids. Flee, don't flirt.

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.