



April 8th 2018: State of the Heart Sex

Opening

- Who first taught you about sex?
- When you hear “sex” and “church” in the same sentence, what is your initial thought?

Discussion

- As Eric asked during the sermon, “Who gets to tell you what you can and can’t do or think or believe or behave?”
- When you are “on the throne” of your life, how do you act?
- Describe a time in your life when you were self-centered and it hurt someone you love?
- God created us and knows us better than we do ourselves. Can you think of an example in your life where following his leading worked out better for you than what you wanted to do in your own humanness?
- How do you completely trust God in important areas of your life, such as your sexual desires?
- What does God say and what examples does he give about the boundary between thoughts (temptation) and action, in relation to stopping short of sin?
- [Read 1 Corinthians 6:12.](#) What are some rights we have that are not beneficial for us?
- [Read Proverbs 4:23.](#) How does the idea that you should guard your heart like a prison, not a treasure, change the way you go about guarding your heart?
- How have you seen sin struggle originate in the heart? In what ways can God change your heart?

Application

- What are some ways you can take back control of the way you let the world interpret sex for you?
- In [Matthew 19:16-22](#), the rich man calls Jesus “teacher” but is saddened when he hears about what it will cost him to follow Jesus. Where in our lives do we call Jesus teacher, but stop short of making him Lord (doing what he tells us)?
- Nothing good grows in the dark. Think about some areas you can bring into the light to experience true freedom.
- What are some practical ways you can guard your heart as Proverbs 4:23 instructs us to do?

Find more resources at gracebible.church/sex