



IMPACT COMMUNITIES

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**Sequoia Impact Communities are a place to
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To get plugged in email:

impactcommunities@sequoiachurch.org

**Freedom that Kills
#16 of 33— Jan. 28, 2018**

- 1) What did you find most helpful, encouraging, or challenging in this message?
- 2) Paul addressed a common thought of their world that “Food was made for the stomach, and the stomach for food.” What did that mean to the people in Corinth? What are the commonly shared beliefs or attitudes towards our bodies and sexuality in our culture today?
- 3) Read 1 Corinthians 6:12-20 and then consider the various truths Paul shares about our bodies when we become followers of Jesus.
 - Which of these do you find hardest to believe or understand?
 - How does it make you feel to know how much God cares about your body?
- 4) When Paul wrote these words, he had in mind the good of both the individual, and of the community that God was seeking to form on earth. What are the effects of sexual sin on both an individual, and on a community?
- 5) What does Paul mean when he instructs us to “honour God” with our bodies?
- 6) Why does Paul tell us to “run” from sexual sin, as opposed to simply “avoid” or “don’t engage in” sexual sin? What does it look like to “run” from sexual sin today?
- 7) What is the “good news” for those who have engaged in or struggled with sexual sin?
- 8) Our bodies and sexuality are often treated as solely personal issues which people don’t seek guidance or prayer from others about. Why is that? Consider one person who loves Jesus who you will invite to support you in these areas of your life to ensure you honour God with your body and keep free from sexual sin.



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SEQUOIA NOTES

Today's Sequoia @10:10 Message...

Freedom that Kills

With Aaron Richert
January 28, 2018



1 Corinthians 6:12-20

¹² You say, "I am allowed to do anything" —but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. ¹³ You say, "Food was made for the stomach, and the stomach for food." (This is true, though someday God will do away with both of them.) But you can't say that our bodies were made for sexual immorality. They were made for the Lord, and the Lord cares about our bodies. ¹⁴ And God will raise us from the dead by his power, just as he raised our Lord from the dead. ¹⁵ Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! ¹⁶ And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, "The two are united into one." ¹⁷ But the person who is joined to the Lord is one spirit with him. ¹⁸ Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. ¹⁹ Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰ for God bought you with a high price. So you must honour God with your body.

Big Idea: Our bodies have great spiritual significance.

What Christ-followers believe about their bodies:

- 🎧 God made and cares about my body. (v. 13)
- 🎧 My body is a part of Christ. (v. 15a)
- 🎧 The Holy Spirit lives in my body. (v. 19a)
- 🎧 My body does not belong to me. (v. 19b)
- 🎧 God bought me at an incredible price. (v.20a)

Practical Implication: Our sexuality has great spiritual significance.

- 🎧 **The prevailing attitude: physical appetites are meant to be fed.**

"You say, 'Food was made for the stomach, and the stomach for food.'"
(v. 13)

- 🎧 **The Christ-followers attitude: God has a special purpose for sexuality.**

"Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, 'The two are united into one.'" (v. 15-16)

Two applications:

- 🎧 **Honour God** with your body.

- 🎧 **Run** from sexual sin.

*The Translation of the Bible Scriptures used in today's 10:10 service
are from the New Living Translation (NLT).*