



Dear Life Group Leaders,

We are three weeks into our series, "Swipe Right". This week we'll talk about the power of sex and it's impact on our past and future.

I am specifically praying for new unity in marriages, the breaking of shame and guilt for those hurting, and restoration for broken relationships and past mistakes.

Thank you for serving with me. The best is yet to come!

**Much love,
Pastor Ryan**

Swipe Right - Part 3 The Load We Carry

ICEBREAKER

Have you ever had a travel mishap by packing too much in your luggage? Ever have to pay extra at the airline counter because you had a bag over the approved weight? Tell us an experience from your life in loading too much or the wrong kind of luggage...

Pastor Ryan shared this week about the reality of carrying what we load in regards to sex and romance. Open your bibles and begin with some scripture.

Read Together: 1 Corinthians 6: 12 - 20; Romans 5: 6 - 8

DISCUSSION

1. What do you remember about the "sex talk" with your mom or dad? Did this happen in your family? Who do you think felt more awkward, you or them?
2. If someone younger asked you for one piece of advice about sex, what would you tell him/her? What would you tell him/her about the purpose of sex?
3. Do you agree with the concept that sex isn't just physical? Why or why not? What experiences or evidence do you have that supports the idea that sex is more than physical? What are some consequences of treating sex like any other physical act?
4. Paul defines sexual immorality as sex outside of marriage. (**1 Corinthians 7**) Do you agree with this definition? In what ways is this standard trivialized in today's culture?
5. Read **1 Corinthians 6:18**. What is the practical application of this verse? What does it look like in today's culture to "flee" sexual immorality?
6. Read **1 Corinthians 6:19-20**. How does this view of our bodies affect what we should believe and practice when it comes to sex?
7. Read again, **Romans 5: 6-8**. It could be that some of you are dealing with shame and guilt from previous relationships. How can this group help you heal and be a reminder to you of God's love?

NEXT STEP

Exclusivity is the key to great romance in marriage, but to get it requires setting a personal standard in advance. Even though making choices that honor God with your body might seem like a sacrifice now, it will open the door for marital intimacy later. What decisions can you make today in order to invest in your marriage for tomorrow?

PRAY

Prayer is not our last resort but our first response. Share the needs and burdens with your group and pray for one another. At the same time declare what God is doing that deserves praise and acknowledge it together. Praying together is the most important moment of every Life Group gathering!

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