



# LIFEgroup STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

**NOTE to the LIFEgroup Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

### OPEN IN PRAYER

### STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

### MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

### FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

### CLOSE IN PRAYER

CLARITY  
“Commitments: Making, Keeping and Breaking them”  
(Matt. 5:27-37)

*“You have heard the commandment that says, ‘You must not commit adultery.’ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.”*  
Matthew 5:27-28 (NLT)

*“So if your eye—even your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your hand—even your stronger hand—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.”*  
Matthew 5:29-30 (NLT)

Question: What are you looking at that is causing you to engage in sexual sin in your heart?

Pornography:

- Every month, porn sites receive more traffic than Netflix, Amazon and Twitter combined.
- More than 1 out of every 3 internet downloads are porn related
- Globally, porn is estimated to be a \$97 billion industry
- In 2016 more than 4,599,000,000 hours were consumed on the world’s largest porn site. That’s just one site. Over 4.5 billion hours.
- 7 out of 10 young people – ages 13-24 – actively seek out pornography weekly.
- People who admit to having extramarital affairs were over 300% more likely to admit consuming porn than those who have never had an affair.

*“You have heard the law that says, ‘A man can divorce his wife by merely giving her a written notice of divorce.’ But I say that a man who divorces his wife, unless she has been unfaithful, causes her to commit adultery. And anyone who marries a divorced woman also commits adultery.”*  
Matthew 5:31-32 (NLT)

From the very beginning, God intended that marriage would be a life-long commitment (Genesis 2:24).

Situations where divorce is allowed:

- Abandonment (1 Corinthians 7:10-16)
- Adultery

The Greek word “porneia,” refers to flagrant and habitual sexual immorality without any desire to repent and be faithful.

Look for reasons to restore the relationship rather than  
looking for excuses to leave it.

*"...you have heard that it was said... 'Do not break your oath, but keep the oaths you have made to the Lord.' But I tell you, do not swear at all... Simply let your 'Yes' be 'Yes,' and your 'No,' be 'No'...."*  
Matthew 5:33-37 (NIV)

Make a commitment to get serious about getting right!

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*  
1 John 1:9 (NIV)