

# Small Group Guide: God's Design for Sex

**Series:** Relationship Status

**Text:** 1 Corinthians 6:9-20; 7:1-5

## Opening Prayer & Icebreaker (10 minutes)

**Icebreaker Question:** What's one topic that our culture talks about constantly, but the church often avoids? Why do you think that is?

## Key Scripture & Bottom Line (5 minutes)

**Main Text:** 1 Corinthians 6:18-20

**Bottom Line:** Sex isn't just about my gratification; it's about God's glorification!

**Key Verse:** "You were bought with a price. So glorify God in your body." (1 Corinthians 6:20)

## Discussion Questions (40-45 minutes)

### Section 1: God's Design vs. The World's View

1. What does the world say about sex and our bodies? How does this differ from what Scripture teaches?
2. Read Genesis 1:28 and Proverbs 5:18-19. How does it change your perspective to know that God created sex as a good gift? Why is this important to understand?

3. The sermon stated: "Stop allowing the culture to dictate our view of God's word and sex, and instead allow God's word to dictate our view of sex and culture." What are some practical ways we can do this in our daily lives?

## Section 2: Understanding Biblical Boundaries

4. Read Hebrews 13:4. Why do you think God established boundaries for sex within marriage? How are these boundaries protective rather than restrictive?
5. Statistics show that less than 1% of our lives is actually spent in sexual activity, yet it can actually control 99% of our lives. How have you seen sexual sin (in any form) have disproportionate power over people's lives?
6. Read 1 Corinthians 6:18. Why does Paul say to "flee" from sexual immorality rather than just resist it? What's the difference?

## Section 3: Common Objections

7. The sermon addressed three common objections:
  - "The world has changed"
  - "I was born this way"
  - "My environment made me this way"
  - How would you compassionately but truthfully respond to someone who raises these objections?
8. Read 2 Corinthians 5:17. What does it mean to be a "new creation" in Christ? How does this truth speak to our struggles with inherited sin nature or past experiences?

## Section 4: Grace and Truth

9. Jesus approached the woman caught in adultery with both grace and truth (John 8:1-11). How can we maintain this balance when discussing sexual ethics with others? Where do we tend to lean too heavily in one direction?
10. The sermon said, "The Bible isn't a window to point out everyone else's sins; it's a mirror to say I see me!" How does this perspective change the way we approach conversations about sexual morality?

## Practical Applications (15-20 minutes)

The sermon gave us 5 ways to glorify God sexually. Discuss these as a group:



## **1. Hold the line of biblical truth for sex and sexuality**

### **Application Questions:**

- Where do you need courage to speak biblical truth in your sphere of influence?
- How can you teach your children (or those you mentor) about God's design for sex?

## **2. Keep fighting the good fight of faith against sexual sin**

### **Application Questions:**

- What accountability structures do you have in place?
- What practical steps can you take this week to guard your heart and mind?
- Do you need to confess a struggle to a trusted friend or leader?

## **3. Take your next step in marriage**

### **Application Questions:**

- For dating couples: Are you honoring God in your relationship? What needs to change?
- For married couples: How can you prioritize intimacy in your marriage this week?

## **4. Come back to the Lord in repentance so He can restore you**

### **Application Questions:**

- Is there unconfessed sexual sin you need to bring to God?
- Read Hebrews 4:14-16. How does knowing you can approach God's throne with confidence encourage you?

## **5. Come to Christ and let Him make you brand new**

### **Application Questions:**

- Is there someone in your life who needs to hear about God's forgiveness and new life?
- Have you personally asked the Lord to save you and set you free? If not you can do that right now.



- How can this group support those who are struggling or seeking restoration?

## **Personal Reflection & Commitment (5 minutes)**

Have each person silently consider:

- What is one specific way I can glorify God with my body this week?
- Is there an area of sexual sin I need to confess and find accountability for?
- Who is one person I can encourage with the truth that God's design is good?

## **Closing Prayer (5 minutes)**

Prayer Focus:

- Thank God for creating sex as a good gift within marriage
- Ask for strength to resist sexual temptation and flee from immorality
- Pray for courage to speak truth with grace
- Lift up those struggling with sexual sin, asking for God's restoration
- Pray for marriages to be strengthened and honored
- Ask God to help us see our bodies as temples of the Holy Spirit

## **Additional Resources**

- For those struggling with pornography consider: Covenant Eyes, Pure Desire Ministries
- For marriage enrichment: Checkout "The Meaning of Marriage" by Tim Keller
- For healing from sexual brokenness consider: The Christian counseling resources through the church, and we also have a ministry called Freedom in Christ that's new to our church to help you get free.