

Main Street Church - Life Group Guide

Summer Series: [You Asked For It](#)

Message: Let's Talk About Sex: What Does the Bible Say?

Speaker: Shawn Vandop

Date: August 18, 2024



Connect (25min)

*Form groups of 3-4 people to enhance sharing.

1. Summer Psalms

Read [Psalm 86](#) and open your time together in prayer.

Psalm 86:11 – *Teach me your ways, O Lord, that I may live according to your truth!*

Grant me purity of heart, so that I may honor you.

2. High-Low-Didn'tYaKnow

Share a *High* and *Low* from this past week in your life, and one thing we don't know about you yet.

Message Discussion (50min)

1. Romantics

- Would you consider yourself to be a *Romantic*? Would you consider God to be a *Romantic*? Explain
- Why do humans seek and connect so much with *Romance* (for good or bad)?
Do you have a favorite *Love Song* or *Love Story* (book, film, fiction or non-fiction)?
- Read [1 Corinthians 13:4-7](#).
What are your thoughts on this description of *Love*? Would you add or change anything, and why?

2. Sunday Recap:

Pastor Shawn talked about these *Four Truths About Sex*.


Which point connected with you the most and why? What did you learn?

- THE SEASON FOR SEX: MARRIAGE
- THE PRIORITY FOR SEX: SIGNIFICANT (NOT SUPREME)
- THE DESIGN FOR SEX: MUTUAL PLEASURE
- THE INTENTION FOR SEX: CONNECTION

3. Designer Sex

- When (age) and where (family, school, friends, media) did you first learn about *Sex*?
- Who or what influenced your understanding and expectations about *Sex* the most growing up?
- When did you first learn about God's design and boundaries for *Sex* as described in the Bible?
- What are some (non-explicit) examples of how *Sex* can be *good, bad, or ugly*?
- What are some lies about *Sex* in our culture today?
- Why is *Sex* such a powerful force and experience, for good or evil?

4. Blessings and Boundaries

Read  [Genesis 1:26-28](#), [Matthew 19:4-6](#), [1 Corinthians 6:15-20](#), [1 Corinthians 7:1-9](#),
[Galatians 5:19-25](#), [Ephesians 5:31-32](#), [1 Thessalonians 4:1-8](#)

- a. What are the *biblical blessings* of Sex as designed by God?
What are the *biblical boundaries* of Sex as designed by God?
- b. Why do these *blessings and boundaries* matter in our world today, and for us personally?
- c. The Bible defines **sexual immorality** as **sex outside of marriage** (of one man and one woman).
How would the world be different if everyone committed to this definition
– that **sex is for married people** (one man and one woman)? Share examples of the difference.
- d. Shawn said that “**purity is the pathway to intimacy.**” What do you think of this statement?
How does this statement impact your thinking about sex?

Application & Prayer (15min)

*Form groups of 3-4 people to enhance sharing and prayer.

1. APPLICATION:

- a. How does God’s Biblical view of our lives, bodies, and sexuality affect what we should believe and practice when it comes to sex?
- b. What steps can you take regarding purity in order to see and obey God more clearly in your life?
 - > Spend some time honestly evaluating your beliefs about and attitudes toward sexual purity.
 - > Put off worldly thinking and set up boundaries in your relationships.
 - > Engage accountability.
 - > Trust God to give you self-control and contentment.Place your hope in Christ to satisfy you instead of sex or marriage.

2. PRAY: Break into groups of men & women.

- a. **Pure Pursuit:** Pray that we would be men and women who pursue Jesus with pure hearts.
- b. **Protection:** Pray for Jesus’ protection over our hearts and minds from the lies of the devil regarding sexuality.
- c. **Position:** Pray that we would position ourselves for true intimacy with our spouse (current or future) by committing to living a life of purity today.
- d. **Parenting:** Pray that we would be intentional and wise in teaching our kids (if you are a parent) about God’s design for sex.
- e. **Past & Potential:** Thank Jesus that no matter what your past is you can begin your pursuit of God and purity today.

Resources

MSCRecovery - mainstreetchurch.ca/recovery

Set Free Retreat - mainstreetchurch.ca/set-free

DoingFamilyRight - doingfamilyright.com