

Time to Run

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Will you adopt the limits culture pushes you to, or will you create the moral breathing room God leads you to?

Relational Breathing Room is putting distance between you and temptation.

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 1 Corinthians 6:18

She came and grabbed him by his cloak, demanding, "Come on, sleep with me!" Joseph tore himself away, but he left his cloak in her hand as he ran from the house. Genesis 39:12 NLT

You are a sacred image-bearer.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? 1 Corinthians 6:19

You are to honor God with your body.

You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:19-20

- Talk about it.
- Tell them about it.
- Tell somebody.

To create moral breathing room, you have to stop flirting and start fleeing.

Connect

In what ways, good or bad, do your friends, the music you listen to, movies and shows you watch and the media you consume, influence you?

Word and Reflection

Our lack of breathing room can lead us to make poor decisions regarding relationships. It's wise for us to create *breathing room* in our relationships to keep us from straying into life choices that could harm not just us, but also the people we love and care about the most. One of the areas where we most need breathing room but is often ignored or resisted is the area concerning our morality. You are a sacred image-bearer of God. Honor God with your life by *fleeing* immorality instead of *flirting* with it.

1 Corinthians 6:18-20; Genesis 39:6-12; Ephesians 5:15-16

- Which part of the message made an impact, caught your attention or challenged you?
- Without naming names, who do you know whose life would have been better if he or she had established relational breathing room? What were some of the consequences of not having breathing room?
- Read 1 Cor 6:18-20. What would it look like to honor God with your body? How might putting that into practice affect your relationships with others?
- Is it difficult for you to believe you are a sacred image-bearer of God? Why or why not? If you were to embrace that truth, how would it influence the decisions you make going forward?
- Do you need to begin to *flee from* instead of *flirt with* sexual immorality? What are some specific boundaries you need to establish? What can this group do to support you?

Action

- Taking into consideration your past experiences, present circumstances, future hopes and dreams what can you do this week to honor God, your spouse, your kids, or your future spouse and kids with your relationships?

Prayer

- Lord, give me the strength and courage to establish breathing room in my relationships. I want to honor you with my body and honor others by treating them with respect and integrity.