

INTRO

- What’s your favourite romcom movie?
- How would you describe your parents’ marriage? What did it teach you?
- Where did you learn about sex growing up?

READ

1 Thess 4:3-8; Song 7:11-13

REFLECT

For many, we get our view of God from scripture and the church, and our view of sex and relationships from pop culture.

Qu: Do you think culture has shaped your view of sex and relationships? Why or why not?

The culture we are in has formative power in our lives. Unless we are aware how culture views things, we may remain unaware of its impact. 3 ways sexuality has been culturally shaped:

- 1. The Sexual Revolution** of the ‘60s sought to destigmatize non-marital sex and reduce sex to a kind of liberating recreation between consenting adults.
- 2. Personhood Theory** essentially means we can disassociate what we do in our bodies from our persons/selves. Sex becomes a pure physical act that fulfills a natural appetite, like hunger.
- 3. Expressive Individualism** elevates the self above all else and creates a personal set of values and morality, the only rule being that they must resonate with who we feel we *really* are.

Qu: what do you think are some implications regarding sex and relationships if we hold to these values?

REFORMING OUR VISION OF HUMAN SEXUALITY

The Church hasn’t always offered a compelling vision of human sexuality and flourishing which

is a shame since God is the creator of our sexuality. Here are 5 ways we can begin to rethink and reform our view on sexuality:

1. Core to our identity is our humanity made in the image and likeness of God. (Gen 1:26)

2. As humanity, our bodies are neither accidental nor incidental. Maleness and femaleness is part of God-given sexuality. (Gen 1:27-28)

3. Human sexuality is complex yet holistic: body, soul and spirit. What we do sexually with our bodies profoundly affects our lives. The “one-flesh” metaphor for sex speaks to this.

4. Sexuality encompasses far more than physical sex. It expresses our longing for love and intimacy with others, and reveals our ultimate longing for God—to be fully known and fully loved.

Qu: based on 1-4, what are some implications if we hold to these values?

5. We are all sexually broken and in need of transformation.

Qu: when you think of sexually broken people, what comes to mind? Do you see yourself as sexually broken? Why or why not?

Sin’s distorting effect on all that God’s created good means we all need to look to, trust in and follow Jesus as a way to wholeness, especially in the area of our sexuality.

RESPOND & PRAY

- What encouraged/challenged you the most from this discussion?
- If appropriate, separate the men & women and pray appropriately for one another in the area of your sexuality.

If you are interested to find out more about how to rethink and be reformed in the way you think about sexuality, we recommended checking out these resources first:

[Love Thy Body: Answering Hard Questions About Life and Sexuality](#)

— by Nancy Pearcey

[Divine Sex: A Compelling Vision for Christian Relationships in a Hypersexualized Age](#)

— by Jonathan Grant

[7 Myths About Singleness](#)

— by Sam Allberry