

Going Deep

Part 4: Sexual Wholeness

Introduction:

Sex and romantic love are the ultimate goals in our culture. It fuels everything. But what if that desire and longing that drives you is supposed to drive you into the arms of God? When we reunite our spiritual and physical components without the artificial separation, we move towards wholeness. If you can understand your sexuality in the light of your identity as a child of God, it becomes a blessing instead of a curse.

Discussion Questions:

1. When you were growing up, how did your parents handle (or not handle) the “birds and the bees” conversation? How may have their approach shaped the way you view sexuality?
2. Read Genesis 3:1-10. Which words or phrases from this story stand out to you? In this chapter, after Adam and Eve eat the fruit from the tree prohibited by God, they became aware (perhaps overly preoccupied) with their bodies. How has this story continued to be lived out in our culture? In your own life?
3. Adam and Eve hide from God, fearful and carrying shame. How does fear and shame about our bodies impact our relationship with God, ourselves, and others? What do you sense God inviting you to today, in light of this passage?
4. Brandon lays out three diets of sexual formation (starvation, fast-food and the banquet). Which of these diets do you need to prayerfully wrestle with? Why? What would it look like for you to be “naked and unashamed” as it pertains to your relationship with your body?
5. What are the spoken or unspoken messages from the Church regarding sexuality that has impacted the way you see this issue?
6. Read 1 Thessalonians 4:3-5. Paul’s words are direct, urgent, and culturally provocative for our day. How does one seek to live out these words without going down the path of legalism, shame, or judgmentalism? Paul writes that we have to “control our body.” How do you hear these words?
7. Of the practices for sexual wholeness mentioned by Brandon, which of these practices are most pressing for you in this season of life?

Scripture:

It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; (1 Th 4:3–5).

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girlFriends

Women's Ministry of Wabash Friends



*Come get fall ready
with Bethany Sizelove*

Friday, October 15th at 6:30 PM
WFC Atrium

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