



Share | Study | Serve | Support

SHARE (5-10 MINS)

- 1) When you hear the word “sex,” what messages or assumptions come to mind? From our culture? From the church? From your upbringing?
- 2) Do you think Christians tend to talk about sex too much, too little, or in the wrong way? Why?

STUDY (ABOUT 30-45 MINS)

- 3) Read **Genesis 2:18-25 & Proverbs 5:15-20**. What do you think God’s original design or purpose for sex is? Why is sex a good thing?

God designed sex as a one flesh union to bond married couples together and deepen their oneness, as a beautiful way to procreate, for mutual, marital enjoyment, and as a spiritually symbolic act.

- 4) Why do you think God designed sex to be tied to covenant (marriage), not just feelings? What are some of the consequences of removing sex from a marriage covenant?

Sex is so powerful and significant that it belongs within the safety and stability of the life-long marriage covenant (promise). When we remove sex from the marriage covenant, it makes sex transactional, comparative, and lacking the true intimacy that permanence brings.

- 5) Read **1 Corinthians 6:18–20**. How has our culture distorted the purpose of sex? How does Paul respond here to that distortion?

Lie #1: Sex is no big deal. Lie #2: Sex is the most important thing ever. Lie #3: Sex is all about me, my personal self-fulfillment. Paul says our bodies belong to God. We should honor God. Sex is sacred, but it’s not the most important thing in life.

- 6) Read **1 Corinthians 7:1-5**. Why should spouses make sexual intimacy a priority? What does mutuality and responsibility look like practically?

Sex is a gift to be given, never something to be demanded. It looks like putting my spouse’s needs and desires first, considering him or her all the time.

- 7) How can sex be a kind of “barometer” or “check engine light” on the health of a marriage?

Infrequent sex often reveals deeper and unresolved issues. It could be simple laziness or selfishness. But it might tie into pornography use, busyness, excessive phone use, history of sexual abuse, medical sexual dysfunctional issues, an emotionally unhealthy marriage, or one-sided, selfish sex. Some of these things may require wise, professional, outside help. And we also need trusted people in our lives who can speak truthfully and objectively with us about these sensitive topics.

8) How can couples improve communication to foster deeper emotional and physical intimacy?

Scheduled connection times to talk, walks, date nights, phone-free zones, spaces, places. Having fun together. Encouraging and having gratitude for each other.

9) Read **1 Corinthians 6:9-11**. How does God's grace offer freedom from past sexual sin or shame?

Jesus washes and justifies and sanctifies sexual sinners and those of us who have been sinned against. Which is all of us. Jesus took on our shame so we could be set free. Our past doesn't have to define us. We can change!

10) What part of today's conversation challenged or encouraged you most?

SUPPORT OPTIONAL SMALL GROUP TIME

We recommend that you break up into men/women groups for deeper discussion and prayer.

SERVING LEADERSHIP TIP

Make sure everyone gets an opportunity to speak. Some people will not talk unless specifically prompted or invited to speak, but once given the opening, they are often happy to share.

Prioritize people over tasks. When an individual shares something of a deeply personal nature, responding to that person in a loving, empathetic way becomes the priority of the group taking precedence over completing the lesson.

ANNOUNCEMENTS

Brotherhood Men's Potluck Breakfast

- Grants Pass Campus, 8-9:30am, Apr 25

Sister in Support - Infertility/Loss - Starting, Fri, May 1

- Learn how to heal with Jesus when coping with infertility or loss
- Visit rivervalleychurch.co/care for more info

Josephine County's Annual March for Life

- Walk from the courthouse to Riverside Park to advocate for the unborn
- Sun, May 3 @ 1pm - meet at JoCo Courthouse

Serve GP - Coming Sat, May 16

- An opportunity to join other local churches to help our community with projects
- Visit our Events Page or scan the QR to sign up for a project



Check the events page on the website for more!