

DISCUSSION GUIDE



[GUARDRAILS]

KEEPING YOUR LIFE OUT OF THE DITCH

May 18/21, 2017

Sexuality

BIG IDEA: Sexuality is not about opinion and desire; it's about truth and Lordship.

GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

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KEY VERSE

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

John 14:6

POTENTIAL NEXT STEP

Identify one area in your life where you need guardrails in sexuality. Find a trusted friend to pray with you and ask God to build up those guardrails in your life.

Do you have a story of someone taking a next step?
Share with us at
groups@valleycreek.org

MAIN POINTS & SCRIPTURES

Sexuality is about truth and Lordship, not opinion, perspective and feelings. (**John 8:32**) Truth is not relative or subjective; truth is a person and His name is Jesus. (**John 14:6**) The world doesn't get to define truth, only God does. (**Proverbs 30:5-6, 2 Timothy 3:16-17, Isaiah 40:8**) When we define our own truth, we become our own god. Either all of Scripture is true or none of it. (**Proverbs 3:5-6, Mark 8:34, Isaiah 55:9**) Solomon ended up in the ditch because he didn't have sexual guardrails. (**1 Kings 11:1-6**) Ungodly sexuality leads to idolatry, and idolatry leads to hostility because we can't have two gods. (**Proverbs 5:1-14**) Here are five guardrails around sexuality;

1. **God created sex.** God created sex and declared it was good. (**Genesis 1:31, Genesis 2:24-25**) We have to stop acting like the world and the powers of darkness own and define sexuality. God created sex and, as the creator, He gets to define how it's used: procreation (**Genesis 1:28**), pleasure (**Song of Songs**), comfort (**2 Samuel 12:24**) and intimacy (**Genesis 2:24-25**). God has put parameters around how sex is to be used to protect us and others. (**1 Corinthians 13:6-7**)
2. **Sex is designed to be between one man and one woman within the context of marriage.** God is not male nor female; He contains all the characteristics of both. When a man and woman come together, they reflect and reveal the image of God to the world. (**Matthew 19:4-6**) Jesus points back to the Garden as the reference point for God's original design for sex. (**Genesis 1:27, Genesis 2:24**) Only marriage is strong enough to contain the power of sex. Sex is not casual or transactional; it's sacred and spiritual. (**1 Corinthians 6:9-11, Exodus 20:14, Romans 5:19, 1 Corinthians 6:15-17, 1 Corinthians 6:11**)
3. **Our bodies are meant to glorify God.** We didn't create or redeem ourselves. (**1 Corinthians 6:18-20, Romans 12:1, 1 Peter 1:15**) We need to ask ourselves how to glorify God with our bodies. (**Ephesians 5:3**)
4. **Ask the Holy Spirit to help us establish personal boundaries.** Invite God into our sexuality. (**John 16:13, Psalm 25:4**) Most sexual guardrails are nonsexual in nature. We need to think about what/who we're looking at, listening to, hanging out with, where we are going, and situations we are putting ourselves in. (**Matthew 6:22-23, 2 Samuel 11:2**)
5. **Receive His grace.** Grace opens the door of our heart to receive the truth that sets us free. (**John 8:10-11, Titus 2:12**) Truth without grace is condemnation. Grace without truth is enablement. Grace and truth is freedom. When we find ourselves in the ditch: call for help, confess our sins, invite accountability, and focus on our identity in Jesus.

DISCUSSION

1. Jesus is the way, the truth and the life. What is an area in your life where you've struggled to allow Jesus to be Lord of all? (See points #1-5)
2. In what area of your life can you invite the Holy Spirit to help you establish personal guardrails? (See point #4)
3. Worldly thinking will never lead to Godly living. How is reading through Proverbs bringing freedom and wisdom into your life?
4. **What is the Holy Spirit saying to you? What is your next step?**