

Love, Sex and Dating

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What does the culture around you tell you about sex? List it all out below:

What makes sexuality so uncomfortable to talk about, especially within the church?

We typically deal with one of these two views of sexuality:

Unrestrained Sexuality

- Animalistic, controlled by appetite and instinct. Sex is good and we have a right to partake in it any time we want.

Restricted Sexuality

- Robotic, controlled by shame, fear. May even believe that sexuality is bad and should be suppressed.

Which of these two views do you fall into?

Read Genesis 1:26-28

1. **What does this teach you about God's original design?**
2. **How should this scripture change the way that you view sexuality?**

Read John 4:7-26

1. **How does Jesus treat a woman who is living in sexual sin?**
2. **What does this teach us about who God is and how He sees us?**

Read Matthew 16:24-27

1. **What does it take to be a disciple of Christ?**
2. **How does this command relate to our sexuality?**
3. **What is the cost of choosing the desires of our flesh over submission to the Lord?**

God's design for our sexuality, like everything else, is that it would be submitted to Him. That we would trust Him and His perfect plan and timing for our sexuality. Sexuality is a good thing that He created for a good purpose, but it is only good if it is within His boundaries.

Why is it so hard to trust in the Lord's plan for your sexuality?

How can you pursue "submitted sexuality" this week? (ex. prayer, go to scripture and truth when you have sexual urges, seek accountability in struggles like pornography, get out of a sexually impure relationship, etc.)

Create a challenge for yourself this week in pursuing submitted sexuality, find a cell group leader to share this with so that they can join you in prayer and accountability!