

LIFE GROUP DISCUSSION GUIDE



WEEK OF: July 5/6, 2008
SERIES: Good Sex
SERMON: “The Purpose of Sex”
SPEAKER: Matt Giebler
Big Idea: God created sex (for a husband & wife).

(LEADERS’ NOTE: Don’t try to use every question. Based on your knowledge of your group, choose 1-3 items from each section to customize your own discussion guide.)

CONNECT (10 minutes):

- What—if anything—did your parents do to teach you about sex?
- From what other sources did you glean information about sexuality as you grew up? How helpful and accurate was this info?
- Does sex seem like an appropriate topic to talk about at church? Why or why not? How comfortable are you discussing this subject? Why is that?

EXPLORE (20 minutes): (Discuss these scripture texts and questions together)

- Read **Genesis 1:27-28**. What do the phrases “male and female” and “be fruitful and increase in number” tell us about God’s design for sexuality?
- Read **Genesis 2:18-20**. Was Adam alone at this point?
 - Adam was surrounded by animals, and yet God described him as “alone” because he had “no suitable helper.” What does this say about God’s purpose for marriage?
- Read **Genesis 2:21-25**. What do you make of the fact that God created man and woman separately?
 - What does it mean for a husband and wife “to become one flesh?”
 - Nakedness is a state of extreme exposure and vulnerability. We lock restroom doors, shower behind opaque curtains, and wear robes from the shower to the bedroom, all to keep from being seen “in the buff.” By comparison, how uncomfortable were Adam and Eve about being naked?
 - Does the physical act of sex alone make for closeness and intimacy? Why or why not?

APPLY (20 minutes):

- How does our culture define “good sex?” What adjectives are often used to describe sex in our culture?
- Give a quick description of how the Biblical view of good sex differs from the world’s view of good sex...
- Respond to the following statements:
 - Married couples should engage in sex only for reproductive purposes.
 - Sex is just something you do for fun when the opportunity presents itself; trying to confine it to marriage is a sure-fire way to mess it up.
 - Sex is really just a guy thing.

PRAY (10 minutes):

- Praise God for creating us, male and female.
- Pray for your spouse. (or your future spouse)
- Thank God for allowing us to enjoy sex within marriage.
- Ask the Lord to help your sex life to honor Him at all times.

DIGGING DEEPER:

- **Resources to read:**

- Sheet Music, by Kevin Leman (uncovering the secrets of sexual intimacy in marriage)

- The Truth about Sex, by Kay Arthur (interactive Bible study on the topic)

- Intended for Pleasure, by Ed & Gaye Wheat (basic physiology and mechanical help)

- God’s Design for Sex, a series of 4 books for parents to discuss the topic with their children.

- Navpress publishes these age-appropriate and straightforward books with illustrations.

- NOTE: Each parent should determine how much information their child should have and when the time is right. For some children, the recommended ages may be later than suggested by the authors.