

Myth Busters: Sex & Relationships

WEEK 1: GOD'S GRACE HEALING ALL THINGS

1 Corinthians 1:8-9; 1 Corinthians 6:9-11

-MYTH: I'm "damaged goods" sexually, so I'm unfit for God, for marriage, or for sexual wholeness

-TRUTH: God can redeem and bring wholeness to all things, including sexuality

Discussion questions:

1. What questions do you have about God's plan for sex and relationships?
2. Why might people think that their past sin disqualifies them from God's good plan for sex and relationships?
3. How does it change things to know that God can bring healing and wholeness to every area of our lives, including sexuality and romantic relationships?
4. When we turn sin over to Jesus, Paul tells us that we're "washed," meaning we're clean and no longer need to feel any shame or guilt over past sin. How does that make you feel? Do you struggle with letting go of shame and guilt? Why do you think that is?
5. When we put our faith in Jesus, Paul also tells us that we're "justified." Here, that means that God declares us righteous (good) based on Jesus' perfection regardless of our own failures. How does that make you feel towards God? How should you respond to God in light of that?

Personal exercise: Read 1 Corinthians 6:9-11. Nobody is sexually perfect, but God can bring sexual wholeness to everyone. It begins with giving sexual sin over to God. Take some time this week and write out a list of sexual sin in your life, confess it to God in prayer, ask his forgiveness, thank him that you have it in Jesus, and ask him to free you from continued guilt and shame for past sin. Ask him to help you honor him with the new life he's given you in Jesus. Be prepared to share with your rGroup next week how this exercise impacted you.