

## **Myth Busters: Sex & Relationships**

### **WEEK 4: WHY WE REJECT GOD'S PLAN - PART 2**

1 Corinthians 6:12-20; Proverbs 5; Matthew 5:27-30; James 5:16

**-MYTH: You need to experiment with sex while single/dating in order to know about it for marriage**

**-TRUTH: Flee from sexual immorality!**

#### Discussion Questions:

1- Share with the group your experience from last week's personal exercise.

2- Read Proverbs 5 as a group. How would you summarize the text? How does it make you feel?

3- The best way to flee from something bad is to run to something good. What are one or two things you'll commit to do to this week to fill your time with something that glorifies God?

4- One way to flee sexual immorality is to set up guardrails that keep you from unnecessary temptation. Examples might include: not taking a computer/tablet/phone into a closed room alone; leaving doors open; not watching shows/movies/videos, listening to music, or reading books that get you thinking about sex or relationships in an unhelpful way; not hanging out with a boyfriend/girlfriend/someone you like in private places alone. What guardrails could be helpful for you?

5- As we saw in James 5:16, part of God's plan for his people to overcome sin is for them to confess sin to each other and pray for each other. Who is one person in your life who might help you stay accountable by regularly hearing your confessions and committing to pray for you?

Personal exercise: Read 1 Corinthians 6:12-20 and Proverbs 5. Commit to three things this week. (1) Pray daily for God's Spirit to help you resist temptation to sin. You may want to use Ephesians 6:10-20 to help you pray. (2) Ask God in prayer what guardrails you should put in place in order to avoid unnecessary temptation to sin. Begin to put them in place. (3) Ask God in prayer to help you identify a mature Christian that you could ask to help you stay accountable for sin. Reach out to that person and ask him/her to help you by regularly hearing your confession and praying for you. Set up a system for you to check in with him/her regularly.