

## **Series: 10 Commandments**

**Title:** “Receiving the Rest God Offers Us”: The 4<sup>th</sup> Commandment

**Text:** Exodus 20:14 and Matt. 5:27-28 (and various)

### **Breaking the Ice:**

OPTION # 1 - When (and who if you're so bold) do you remember experiencing your first “crush” [i.e., attraction]?

OPTION # 2 – How did the family you grew up in handle talking about sexuality?

### **Discussion/Study:**

1. Our sexuality [our natural attraction to the opposite gender and our desire to express it], like everything else God made, is and can be corrupted by the curse of sin. However, it is firstly an aspect of our humanity that is a good gift from God. Why is it so important for Christians to not let the corruption of sexuality prevent us from being able to talk about and celebrate it rightly as God's good gift? How do we do this at different ages/stages?
2. Michael talked about the important difference between what we learn from general revelation (nature/creation) versus what we learn from God's special revelation through the Bible. Why is it so important to make this distinction when we talk about issues of human sexuality?
3. Read Matthew 5:27-28 – Jesus ultimately shows us that we are all adulterers at some level by showing us the heart behind the law. By naming a look of “lustful intent” as adultery Jesus shows us that we all commit adult adultery in our “inner life” even if we never act on it outwardly. How does this change the way that you think about what “adultery” is and how you fight it?
4. Read James 1:13-15 – Our temptation is often to blame others for our sin – whether God or others – rather than taking responsibility for our own sins and temptations. How does James correct this blaming tendency? What does this mean for you personally?
5. Michael made the statements that “all affairs are affairs of the heart” and that most physical connection issues are much less about physical attraction as they are broader heart issues – communication, feeling respected, being noticed and admired, etc. How do you experience this personally?
6. 1 Peter 4:17 – Peter says that judgment should begin with the household of faith. However, Christians sometimes find it easier to point out and complain about the obvious sexual sins of the culture around them (LGBTQ issues, marriage, etc.) while failing to address the issues that are far more prevalent in so many churches, such as passionless and disconnected

marriages, pornography usage, etc. Why is it so important for churches to focus on their congregations primarily, rather than trying to win or complain about broader “culture wars”?

7. Michael gave examples of truths we need to remember when we are fighting temptation. Which ones stand out to you and why?
  - a. God can redeem anything – Rev. 21:5 & Rom. 8:38-39
  - b. My purpose in life is not my own glory and joy – Romans 11:36
  - c. My struggle is not unique – 1 Cor. 10:13
  - d. I am not my own –
  - e. Actions have consequences – Gal. 6 & Prov. 5:7-15
  
8. Michael also gave examples of questions that each of us should consider as we seek to take steps of new obedience. Which ones stand out to you and why?
  - a. **To whom do I need to confess to?** – spouse, friends, self, God, etc. children...
  
  - b. **What steps do I need take to fight sin?** How do I fight?
    - We fight by admitting weakness! – 2 Cor. 12:9
    - We fight by fleeing! – Joseph, Paul, – 1 COR. 6:18 – Flee Sexual immorality
    - We fight by taking thoughts & desires captive - James 1 & 2 Cor. 10:5
    - We fight by remembering what is at stake - Proverbs 5:7-15
    - We reap what we sow – Gal. 6
  
  - c. **Who do I need to involve?** - pastor, small group leader, mentor, elder, friend?
    - We are never called to walk alone
  
    - The critical question problem for so many of us is that we treat critical and “prescription sin issues” sins as “over the counter problems, and therefore rob ourselves of healing by robbing others of involvement. We never get the help we need and therefore never get the healing and change we long for.” – Michael