

SEXUAL INTEGRITY

INTRODUCTION

In the last few weeks, we've been on a journey to learn what it means to be filled with God's Holy Spirit. Today, we turn particularly to an area of struggle for many people regarding our sexual desires. Most of us at university are unmarried young adults. In Student Life, we hold to the normal Christian conviction that any sexual activity outside of a marriage relationship is not God's intention for his disciples. What do we do with these desires when we are not in a marriage relationship? Sexual content is prevalent and accessible to us all the time online. Many books are written with the intent of piquing our interest around sexual tension and encounters. University is also a time in life when many of us become romantically involved. How we conduct ourselves in those relationships is important. Can disciples of Jesus live in a way pleasing to God in light of the sexually charged world we live in? Let's pray now for a great conversation regarding these things

PROMPT

Pray at the end of the introduction

LEADER'S NOTES:

Remember to book or think of the space you will meet. Notify students in your AG of the time and place. Pause, take a moment right now to pray for your group - commit it to God!

SUMMARY

Today we are broaching a sensitive, yet very important subject. Today's topic of sexual integrity is designed specifically to help young single adults at university consider what it looks like to live pure and holy lives in this area. The discussion will be shaped by three key bible passages that will speak into our lives regarding how to deal with our sexual desires and temptations. The hope is that your group can have an honest discussion about how things are going in this area for them. It may be the first time people in the group have ever talked about this subject. Hopefully, for many in the group, it will be the beginning of a journey towards honoring the Lord in their lives in this area. You as the leader need not feel like you have to fix everything if things come up that are concerning in this area. The hope is that the group can encourage each other after today in this area rather than you having to come alongside everyone. Be prepared as a leader to be transparent. How have you struggled/are struggling in this area? Your willingness to let people see your struggles may encourage others to share theirs. Note also, there may be other older members of Student Life and the Christian Community wider who could be better placed to help people if any more complex issues are raised through this conversation. Success today is simply raising this issue.

AT THE START

- Remember to welcome any new people.
- Remember the Action Step from last week? We were going to ask for the Holy Spirit for more of a specific fruit of the Spirit. How has that gone?



KEY PASSAGES

Our conversation will be shaped by three key bible passages. They are not the totality of what God's Word has to say on this subject. But our hope is that they will create an opportunity for great conversations around this topic. Let's see what God's word has to say to us as disciples wanting to please God in this area.

Read **1 Thessalonians 4:3-8**

- *What does verse 3 reveal about God's desire for disciples of Jesus?*

Think about v4-5

- *What are the different ways 'passionate lust' is expressed in the lives of people in our world?*
- *How do you think a disciple might 'control their own body' in a holy and honourable way?*

Verse 6 talks about 'wronging' or 'taking advantage' of one another in the area of sexual immorality.

- *How might this happen?*
- *What does it look like to rather look out for one another in this area?*

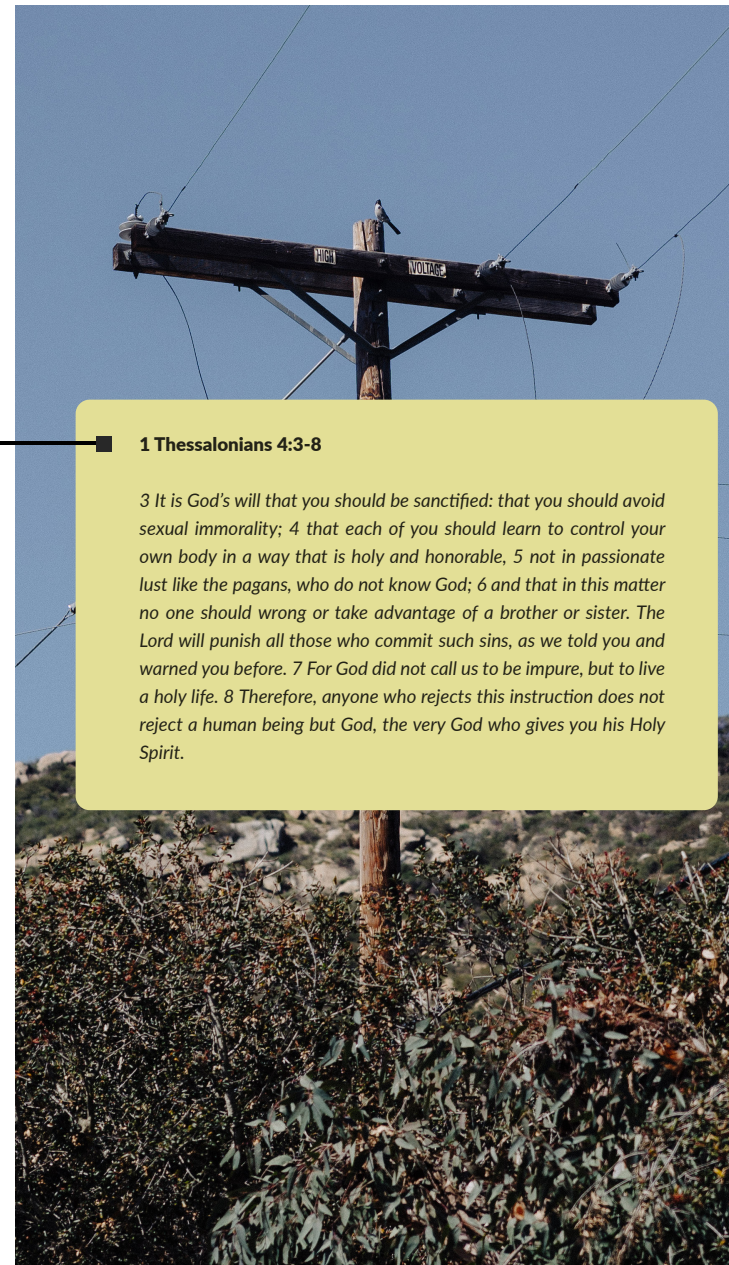
It's clear in this passage that God desires us to be free of sexual immorality. His will is for us to live holy and pure lives! Interestingly, the Holy Spirit is once again mentioned in this passage! We hope to return later to the idea of being filled with the Holy Spirit in this area. But first, Jesus himself broached this topic in his teaching. Let's see what he has to say.

HELPFUL ANSWERS

- We should be sanctified, avoid sexual immorality, we should learn to control your own body in a holy and honourable way, no one should wrong or take advantage of a brother or sister in this area. We are called to live a holy life
- Pornography, any kind of sex outside of marriage, descriptive sexual encounters in books, hooking up at parties, etc...
- There's no right or wrong answer here. Maybe taking themselves away from tempting situations? Perhaps regularly talking with someone about what's happening in these areas for us? Hopefully, asking God to fill us with his spirit in these areas?
- Enticing a girlfriend, boyfriend, or anyone actually to do something sexual with you?
- Having good boundaries in our relationships? Creating safe conversation spaces to ask ourselves the hard questions about what's happening in our lives regarding these things?

1 Thessalonians 4:3-8

3 It is God's will that you should be sanctified: that you should avoid sexual immorality; 4 that each of you should learn to control your own body in a way that is holy and honorable, 5 not in passionate lust like the pagans, who do not know God; 6 and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. 7 For God did not call us to be impure, but to live a holy life. 8 Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.



Read **Matthew 5:27-30**

- What does this passage reveal about the origin of sexual sin?
- What does Jesus advise us to do with things of a sexual nature that cause us to sin?

Sometimes Jesus can be so practical. His advice for us is to cut out the things in our lives which cause us to sin. Maybe that could be what we need to consider for ourselves in order to be free from sexual immorality. Our next passage takes us to the Old Testament Character Joseph. We find no greater example of someone resisting sexual temptation than his account in the Bible. Let's find out what we can learn through his experience.

Matthew 5:27-30

27 "You have heard that it was said, 'You shall not commit adultery.'
28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

Read **Genesis 39:6-12**

- What do we learn about Joseph's motivations to resist temptation in (v8-9)?
- What action does Joseph need to take in the end to resist temptation (v12)?
- What lessons would you like to take from the story of Joseph into your own experiences of sexual temptation?

Having turned to the bible to see what it teaches us, let's now think about our own lives. Discuss the following questions with one another

- Is sexual immorality coming in between us and our relationship with Jesus? If so how?
- Are there any steps we need to take in order to become sexually pure? If so what?
- How could we support one another in our journey to be sexually pure?

Genesis 39:6-12

6 So he left all that he had in Joseph's charge, and because of him he had no concern about anything but the food he ate. Now Joseph was handsome in form and appearance. 7 And after a time his master's wife cast her eyes on Joseph and said, "Lie with me." 8 But he refused and said to his master's wife, "Behold, because of me my master has no concern about anything in the house, and he has put everything that he has in my charge. 9 He is not greater in this house than I am, nor has he kept back anything from me except you, because you are his wife. How then can I do this great wickedness and sin against God?" 10 And as she spoke to Joseph day after day, he would not listen to her, to lie beside her or to be with her. 11 But one day, when he went into the house to do his work and none of the men of the house was there in the house, 12 she caught him by his garment, saying, "Lie with me." But he left his garment in her hand and fled and got out of the house.



PRAYER

Hopefully today's conversation has been a good start to an on-going conversation for us all. Let's pray together for God to fill us with his spirit with regards to this area. Think back to the idea of Spiritual Breathing as a way of shaping our prayers at this time.

ACTION STEP

Today's convo may have hit us all in different ways. Is there something you would like to do in light of this discussion? Maybe it looks like talking to a trusted friend further about this topic? Maybe you need to make a firm decision about something you recognize needs to change for you? Today, take a moment for yourself to decide what your action step will be in this area of Sexual Integrity.

Campus Notices

Share any campus notices people will need to know about.