

HOW TO RUIN YOUR LIFE

Week 2 - How to Ruin Your Sex/Romance

RECAP FROM LAST WEEK:

Were you able to complete last week's application steps?

- ❑ How were you able to ensure that you were poor in spirit?

LEADER'S NOTE: In a word, "repentance". Repentance will always keep us poor in spirit because in order to repent we have to take a real honest look at our sin. That is a humbling thing. Once we see it then we can confess and repent, knowing that we have salvation given as a gift rather than something that is earned. It is the ones who refuse to acknowledge their wickedness that are self righteous and unable to receive the "kingdom of heaven."

CONTENT:

Who is your favorite person to do life with? Why?

LEADER'S NOTE: Could be a spouse, best friend, brother sister, etc...

Read Eccl. 4:9-12.

Based on this text what are the benefits to doing life with someone else?

What does all of that mean?

How would you describe a good friend?

LEADER'S NOTE: If people don't reference back to the passage point them back to it.

Let's take this to a deeper level. How do you know when someone should become more than a friend? i.e. When do you know it is right to start a dating relationship with them?

LEADER'S NOTE: A few questions to ask are:

Are you both Christians? Or even better are you both passionately pursuing Jesus?

If the answer is no you have your answer. Stop and don't pursue the relationship, introduce them to a mature person of the same gender in the church and let that mature believer mentor and disciple them.

Are your lives headed the same direction?

If not, are either of you willing to give up that dream or direction?

Are you friends? If you don't even have a friendship with the person how do you expect to live life together?

How is their character and yours?

What should the purpose of dating be?

LEADER'S NOTE: Dating should be about gaining clarity if this person could be the person you want to live in a Christ-centered covenant with.

What does the Bible teach us we should be looking for in a spouse? Can anyone think of a few passages?

LEADER'S NOTE: Proverbs 31, Ephesians 5, 1 Peter 3.

Read Eph 5:31-32.

What does Paul relate marriage to in this passage?

What does intimacy look like in a romantic relationship? What should we consider to be healthy growth in intimacy?

LEADER'S NOTE: Intimacy comes in different ways: emotional, spiritual, and physical. Growth should be gradual. And when it comes to sex should be reserved for the marriage covenant.

What things can damage the intimacy of a relationship?

Read 1 Cor 6:15-20.

What reason does Paul give in verse 16 for abstaining from sexual sin?

Where else do we find that phrase "The two shall become one flesh."? What makes that significant?

LEADER'S NOTE: Paul is referencing back to the first marriage in Genesis. That phrase points us to the fact that God designed sex to be the glue that helps hold a marriage together. Thus sex outside of marriage is like gluing two people together and then tearing them apart over and over again which leaves each person with wounds and scars.

How does Paul tell us to handle sexual temptation in verse 18? Why do you think that is?

What qualifies as sexual immorality?

LEADER'S NOTE: All forms of sex outside of marriage as well as pornography, and lust.

Does verse 19 and 20 encourage you to abstain from sexual immorality? Why?

LEADER'S NOTE: We are reminded in verse 20 that “you were bought at a price” by the very blood of Jesus Christ. He laid down his life so that you can have eternal life with the father. Now because of that it is an act of worship to abstain from sexual immorality to honor God.

APPLICATION:

How do we ensure we do not inflict these wounds from sexual sin on our own lives?

LEADER'S NOTE: Obey the scriptures, take thoughts captive, flee from temptation, remember Christ's sacrifice.

How do we find healing if we have committed these sins?

LEADER'S NOTE: We find hope in the gospel. We have never been accepted and received by God because of our good deeds. This means we are also free to bring our sins to Jesus and lay them at the foot of the cross and have our shame and guilt and remorse taken away. Thus we can be set free to live a new life in Jesus!

PRAYER:

Thank you God for the beautiful thing that intimacy is in the context of a marriage covenant. Help us to flee from any sexual temptation and focus our eyes on you. You bought us at an extremely high price with your own blood. Help us to honor you with our bodies as an act of worship. In Jesus' name, amen.