**Sexuality**

**Session Goal:** To help participants gain a biblical understanding of sexuality, explore Christian standards for sexual relationships, and be encouraged to live according to God’s perspective and plan.

**So What?**

As you view the video, consider these questions.

* Which of the characters in the video do you most identify with?
* How did your parents affect your view of sex as a healthy, God-ordained relationship? Were your parents positive or negative role models for you?
* Christina jokes that fairy tales should be banned. Do you think women today still expect to find Prince Charming and to live happily ever after?
* What was the most valuable impression you received by watching the video?

**What Does the Bible Say?**

Read Genesis 2:23-24 and Matthew 19:4-6.

What do you think is meant by “no longer two but one”?

How do you interpret the phrases “leaving father and mother” and “joined to wife”?

Read Ephesians 5:21-33. Paul’s writings in Ephesians 5 talk about the kind of mutual love God intends for healthy marital relationships. God’s plan in marriage begins with a willingness on the part of each person to be mutually submissive (v. 21).

Describe what you think it means to “submit to one another out of reverence for Christ.”

How do you interpret the wife’s responsibility in light of the words “as to the Lord”?

How do you interpret the teaching regarding the husband’s responsibility in light of “just as Christ loved the church and gave himself up for her” (v. 25)?

Read Psalm 139:13-16. The Psalmist makes it very clear that God values His human creation; we are “fearfully and wonderfully made.” We are each a wonderful testimony of God the Creator.

In the video, Jennifer feels the burden of changing roles and diminishing self-worth in how she views her body after having a baby and her relationship with her husband.

How do the different roles we have affect our view of sex?

If you were coaching a young mother like Jennifer, what would you do to encourage her?

What kinds of advice would you give to help Jennifer recover a personal sense of attractiveness and achieve a balance between her roles of wife and mother?

**How Does This Affect My Life?**

What messages do you hear about relationships from media?

Contemplate the reality and/or distortion of these messages.

Read Romans 13:12-14.

What instructions about boundaries do these verses provide?

What truth does this passage (v. 14) offer for helping to set boundaries?

What are some of the boundaries that maintain the spiritual integrity of a person’s sexuality?

When should these boundaries in a relationship be discussed?

Read 1 John 1:9. In the video, Christina reflects on engaging in sex before marriage and giving away that which she cannot get back. Why do you think she feels this way?

What does a person need to do about sexual sin in her life?

How does experiencing God’s grace help overcome the consequences of sexual sins?

**Now What?**

In times past, chasteness was something to be protected. Do you think that is true now? Why or why not?

How has this study shaped your thoughts about sexuality?

How would you define Christian sexuality in light of this study?

Option One

Form small groups for the purpose of holding each other accountable. Use the following adaption of Wesley’s questions for small groups.

* How well did you maintain the balance in your roles since our last connection? Or, how successful were you in stating and maintaining boundaries in your current relationships?
* In what areas do you need to become more intentional in this integration? Or, in what ways do you need to be more intentional in setting boundaries in your current relationships?
* How can the members of the group help hold you accountable to accomplish this?

Option Two

Read Psalm 139:13-16. Write a prayer based on these verses.