

CrossPoint Community Guide

God and Sexuality | Love Thy Body

DINNER & DELIGHT 45 minutes

- During dinner, share about when you feel most comfortable (or uncomfortable) in your own skin.

LEARN & STUDY 20 minutes

Read together: *Genesis 1v26-31, Psalm 139v13-16*

- What does Genesis 1v26-31 reveal about our body/sexuality?
- How does Psalm 139 speak to your body being personally formed by God?
- What do you notice about how God creates and views the human body in these two passages?
- According to these texts, what might it look like to “receive your body as a gift” from God?

Andrew articulated the take home truth as, **because God made us as embodied persons, our bodies and sexuality are part of who we are—and part of what Jesus redeems.**

PRACTICE & IMPLEMENT 40 minutes

RIGHT NOW:

- Where have you believed a lie about your body and/or sexuality?
- Name one place where it’s hard for you to live at peace in your body right now.

Separate into men/women groups. Spend 15-20min praying (out loud) through the movements below:


- **Receive** your body as a gift.
 - Thank God for your embodied life (even where it feels difficult).
- **Notice** where shame or sexual indulgences have trained you.
 - Ask the Holy Spirit to reveal how you may see your body as less than what God intended.
- **Confess** the behaviors that have trained your desires.
 - Bring what is shameful into the light.
 - Pray, “Jesus, I confess I have believed the lie of _____ about my body.”
- **Practice** allowing grace to tell the truth.
 - Take turns praying over one another:
“_____ is created by God. _____ is fallen. _____ is loved. _____ is redeemable. In Christ, _____ is not condemned, rather _____ is invited to cooperate with the Holy Spirit’s transformation of his/her whole life, including their body and sexuality.”

THIS WEEK:

- Continue to pray through the four movements of Receive, Notice, Confess, and Practice.
- Thank Jesus for making you—believing that your body & sexuality are not random, not disposable, and not beyond redemption. All of it belongs to God and is part of his good design for you.

REFLECT & PRAY 15 minutes

- What is one takeaway from your time in community today?

 **NEXT WEEK:** 1 Corinthians 6v12–20