

CrossPoint Community Guide

God and Sexuality | Sexual Discipleship

DINNER & DELIGHT 45 minutes

- During dinner, share a takeaway from Sunday's message.

LEARN & STUDY 15 minutes

Read together: 1 Corinthians 6v12–20

- According to the passage, what does Paul say our bodies are *for*? (v.13, 17, 20)
- According to God, why is honoring your body sexually, important? (v. 19-20)
- In what ways does God's design for sex go beyond how our culture views it?

Read out loud: Due to the personal and sensitive nature of the topics, we want to guide our conversations with vulnerability by establishing some shared agreements for engagement in this series:

- **Our Posture:** More will be brought up each Sunday than we are able to discuss, so if you need someone to process something we don't get to, please reach out to me (your Community Facilitator) to set up a time to do that.
- **Our Promise:** Honor everyone. As we discuss personal and vulnerable topics, we will build trust and safety and maintain each other's dignity by protecting confidentiality. If a Community member is absent during a particular conversation, the only person who gets to fill them in—if they choose—is the person who shared.
- **Our Practice:** Focus on our own bodies. There can be a temptation to use these topics to discuss other people's experiences and bodies, instead of our own. Our shared goal, though, is to understand God's good news about *our* bodies, so each of us is committing to limit our sharing to the context of our own experience.

SEPARATE INTO M/F GROUPS FOR THE REMAINDER OF YOUR TIME.

PRACTICE & IMPLEMENT 45 minutes

SILENT PRAYER (10min) – Guide your group through these questions, asking the Spirit to speak:

- Where am I experiencing the reality of sexual brokenness?
- Where is my sexuality out of alignment with God's view of sexuality?
- Where am I experiencing resistance when I think about my sexuality?
- Where am I asking sex/sexuality to do what only Christ can do?
- How has my sexuality become fragmented? How has it been detached from honesty, covenant, discipleship, and self-giving love?


COMMUNAL CONFESSION & PRAYER (30min)

- Spend the next 30 minutes in corporate confession, sharing what came up for us during that prayer time.
- Sexual discipleship (becoming like Jesus in my sexuality) is not about repressing or releasing desire, but learning to use our desires in a godly way. How is God inviting you to implement this reality into your life (think about the 4 pillars from Pastor Jon Tyson).

- Take home truth: **Jesus wants to heal and transform my sexuality so that my body and desires are surrendered to his love.**
- Practice living into these truths this week:
 - **Surrender your desires to Jesus** (confess)
 - **Rely on the Holy Spirit** (receive God’s forgiveness and walk in the light)
 - **Adjust your sexual practices to align with God’s design for your sexuality**
 - **Live in community that upholds Jesus’ way** (accountability with trusted people)

REFLECT & PRAY *5 minutes*

- This week, continue to pray, “Lord, here is my body. Here are my desires. Here are my wounds. Here is my shame. Here is my past. Here is the part of me I have tried to hide. Would you forgive me? Would you heal me? Would you restore what has been broken and teach me to honor you with my body?”
- What is one takeaway from your time in community today?

 **NEXT WEEK:** *Matthew 19v4–6; Romans 1v18–27; 1 Corinthians 6v9–11*