

PRAYER

- Pray for God to renew your mind and help you understand sex through His perspective.

- Ask God for grace for every member of your group to fully grasp His ordained purposes for sex and be able to develop godly convictions in this area.

- Intercede for the married couples in your circle of relationships, that they will have the grace and wisdom to protect the exclusivity of their marriages.



NOTES

CONNECT

- Who are the couples you consider as role models on married life? Why do you look up to them?
- When you buy a new gadget, do you read its manual before using it or do you prefer to figure out how it works on your own? Why?
- What are the things or activities that you know are exclusive only to your family? What makes these things special for you?
- In your opinion, what does popular culture (movies, music, magazines, etc.) teach about sex?

WORD

WHAT

What does the Bible say?

²⁴For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. ²⁵The man and his wife were both naked, and they felt no shame.

Genesis 2:24,25

Sex or lovemaking is God’s idea. Our creative and loving God made it to be a beautiful culmination of an intimate relationship shared by a husband and wife in the privacy of their love. But because of sin, this idea has been tainted and corrupted. Its misuse and abuse makes us tend to think that it is dirty. However, what does His Word say about sex?

- **Sex is God’s idea.**

²⁷So God created man in his own image, in the image of God he created him; male and female he created them. ³¹God saw all that he had made, and it was very good. . . .

Genesis 1:27,31

God saw everything He created as good. This includes sex. It will be unreasonable for God to equip His creation for such an activity (Genesis 1:27) and give them the appropriate desires for it, only to forbid it. God does not condemn sex—He initiated it. In the Bible, what boundaries did God place on sex? Why do you think did He place these?

- **Sex is God-ordained for the purpose of both procreation and pleasure.**

God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. . . .”

Genesis 1:28

Now Adam knew Eve his wife, and she conceived and bore Cain . . .

Genesis 4:1, ESV

God’s first commandment to man, which is to “be fruitful and multiply,” shows that sex is created sacred by Him. However, procreation is not the only purpose of sex. Lovingly, God also created it for people’s pleasure within the boundaries of marriage. What does it say in Genesis 4:1?

How does the truth that God created sex to bless His children and for their enjoyment change how you see Him?

- **Sex is exclusive between a husband and his wife.**

²⁴For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. ²⁵The man and his wife were both naked, and they felt no shame

Genesis 2:24,25

Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

Hebrews 13:4

The Bible has always approved of sex as long as it is confined within the commitment of marriage between a man and a woman. The only prohibition God’s Word says about it is when it is used outside of marriage, like in adultery or fornication. Other than the wedding ceremony, this “one flesh” act or relationship truly unites a couple as husband and wife—a union where both are interested in satisfying the other person’s needs than their own. What benefit does a loving and unselfish relationship bring (Hebrews 13:4; Genesis 2:25)?

SO WHAT

What is the relevance of the Word to my life?

- How did this lesson challenge your thinking about sex?
- Since God created sex for both procreation and pleasure within the context of marriage, how does this affect the way you see sex? How about the way you see God?
- What benefits will making sex exclusive within marriage bring?

NOW WHAT

How do I apply the Word to my life?

- Are there thoughts or notions you have on sex that are not in line with God’s Word? What can you do starting today to allow God to renew your mind?
- How will you apply the truth that God created sex for both procreation and pleasure within the context of marriage?