

# Preparing for LifeGroup

1. Prepare for each LifeGroup session by praying for:
  - A. Each group member
  - B. That God would make His Word (the Bible) clear to people in the group.
  - C. That God will help you as you lead
2. Personally prepare for the LifeGroup Discussion by:
  - A. Reading through this LifeGuide and becoming familiar with the content.
  - B. Make sure you take time to read and study the Scripture that is used in this LifeGuide.
3. Create a positive LifeGroup Environment by:
  - A. Serving Food! (Snacks or a meal – rotate who provides) - \*optional
  - B. Arranging the seating where everyone can see everyone's face
  - C. Setting the room temperature @ 69 degrees (cold keeps them awake)
  - D. Placing pets in another room
  - E. Supervising and placing children in a remote room
  - F. Keeping room bright with natural and artificial lighting
  - G. Having light/fun music playing (low to medium sound volume)
  - H. Having pens available
  - I. Keeping extra Bibles on hand
  - J. Making sure everyone knows each other
  - K. Making sure you don't go too long. (Try aiming for 30 minutes of fellowship at the beginning and 1 hour of group time.)

**Now you are ready for group time!**

# LifeGuide for Seven – Sex

## Ice Breakers

Use one or more of the following “Ice Breakers” to get them talking:

- A. *What is your favorite household chore or task? What is your least favorite?*
- B. *How much did your parents talk to you about sex?*
- C. *How would you describe the way the “church” handles the topic of sex?*

### Leader Tips:

Remember that the purpose of the ice breakers is to get everyone involved and ready to talk. Try to make this a natural transition into your Bible study time.

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## Setting the Stage

**Leaders:** The purpose of “setting the stage” is to effectively transition from the icebreakers to a discussion of the current weekend message. This section reminds everyone in your group of the overall theme and purpose of the sermon series, and gets their minds prepared for the subject matter.

Micah has started a new sermon series on relationships called Seven. Lawyers in California came up with the top seven reasons why marriage relationships end in divorce. There is no doubt that relationships are difficult and we need help to understand how to make them last. Good thing we have the Bible to help guide us in through the relationship challenges in our lives. God wants us to have meaningful relationships that bring Him the glory that He deserves. Our marriage relationships paint a beautiful picture of God’s love and redemption through the person of Jesus Christ.

This sermon series will provide much needed help for married couples and good foundational truth for singles. God’s Word speaks with authority and power to the challenge of making marriage relationships last a lifetime. We hope this series encourages each of you to work hard to make your marriage relationships God honoring. You will not be able to do it alone, but with the help of God’s Spirit speaking through His Word, you will have everything that you need.

# Discussion Time

**Leaders:** Let me take a moment to make you aware of the content found in each LifeGuide, and how you can use it. Remember this is a “guide” so you should not feel compelled to read every word and follow it in perfect order. Basically, I want this guide to provide you Scripture that you can read and study together, explanation and commentary, and discussion questions to get the group talking. The questions are bulleted so that you can locate them easily. The guide does provide you with a general flow for the evening, but you are free to adapt the guide to the needs of your group. You are always welcome to call or email me if you have any questions. Please don’t feel like you are bothering me. It’s my pleasure and my job to help you.

Have someone in your group read Matthew 19:4-6.

FACT#1. Sex is God’s idea.

FACT#2. Sex is designed for pleasure and procreation.

FACT#3. Sex is for married couples only.

- How do these three Biblical facts compare to the “facts” that the world would come up with about sex?
- Why is it difficult for some to really grasp the concept that God came up with the idea of sex?
- How does selfishness affect the purpose of pleasure in sex between a married couple?
- Why do you think God designed sex for only married couples?

*It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable. (1Thessalonians 4:3-4)*

*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)*

## **1. Great sex begins way before the bedroom.**

*How beautiful you are, my darling! Oh, how beautiful! Your eyes behind your veil are doves. Your hair is like a flock of goats descending from Mount Gilead. (Song of Solomon 4:1)*

- What kinds of things outside the “bedroom” make sex great for the husband and the wife?
- How do married couples sometimes cheapen the sexual experience?

## **2. Great sex is tender.**

*Your two breasts are like two fawns, like twin fawns of a gazelle that browse among the lilies. (Song of Solomon 4:5)*

- Why is it important for men to take the lead in being tender toward their wives?

### 3. Great sex is acceptance.

*All beautiful you are, my darling; there is no flaw in you.* (Song of Solomon 4:7)

- How can husbands affirm the beauty of their wives? Even after their bodies have changed from giving birth to several children?
- How can wives affirm the attractiveness of their husbands? Even after their college eating habits finally catch up with them?

### 4. Great sex is passionate and creative.

*Your lips drop sweetness as the honeycomb, my bride; milk and honey are under your tongue. The fragrance of your garments is like that of Lebanon.*  
(Song of Solomon 4:11)

- How can married couples be creative in the midst of such busy schedules?

### 5. Great sex is holy.

*You are a garden locked up, my sister, my bride; you are a spring enclosed, a sealed fountain.* (Song of Solomon 4:12)

- Watching porn (of any kind) is never a healthy part of a holy sex life. Why is this true?
- How should couples decide what is appropriate behavior during the sexual experience?
- How has the culture tainted our perspective on what holy sex should look like?
- Remember that God is always present in our lives, even while we are having sex. How should that affect the way we view the sexual experience?
- How do sexual experiences outside of marriage affect the sexual experience within marriage?
- How can we get better at talking about this stuff with our kids and the young couples in our church?
- How do you think the next generation will view sex if we don't start talking about it more?
- What is the best way for Christian parents to handle the sex education debate within public schools?

**Assignment:** Single: Commit to purity (wait)

Couples: Commit to passionate monogamy (date)

*So if the Son sets you free, you will be free indeed.* (John 8:36)

# Wrap Up

Sum up the lesson by re-capping the main point and challenge the group to apply the truth to their life this week.

1. Ask for praise reports from previous prayer requests
2. Ask for prayer requests
3. Ask each person (or couple) to volunteer for part of next week's meal/snack.
4. Make any announcements
5. Close with prayer and praise

☺ Let me know if you have any questions.

[scottm@reallifefellowship.org](mailto:scottm@reallifefellowship.org)

361-877-1996