



The Art of Living, Week #5
The Sex Talk

HIGH SCHOOL AND ADULT GROUP DISCUSSION QUESTIONS

GROUP PREP

In preparation for group, read [Proverbs 5: 1-14](#) (NLT) [watch Emmanuel's weekend service message](#), and answer the following discussion questions.

SOCIAL TIME (10-15 minutes)

Use the [Yes, I Have Done That!](#) icebreaker, choose from one of the other ice breakers on Emmanuel's [leader tools](#), or create your own.

CHECK-IN (15-20 minutes)

Ask that group what they learned after completing their action step. Last week's question was, "What specific steps will you take this week to develop the heart necessary to use your words for good?"

GROUP DISCUSSION QUESTIONS (45-60 minutes)

Everyone wants a successful life, but we often face hardships that lead to feelings associated with defeat. Statistics about depression, anxiety, and incarceration show that living a successful life is not automatic. Still, when we spend time in scripture, we discover that a successful life is rooted in using sexuality in a God-honoring way.

1. How is sex outside of marriage, pornography or other sexual sins portrayed in movies, television or other media sources not honoring to God?

For groups with single adults and students: How has the media influenced our attitudes about sex and singleness?

2. Statistics show that sexual sin impacts everyone. No one is immune and the impact can be absolutely devastating.

- There are 116,000 searches for child porn a day.
- 56% of divorce cases involve one person having an obsessive Internet pornography problem.
- There are around 68 million online searches for pornography a day.
- \$3,000 per second is spent on pornography.
- 89% of pornography videos are filmed in the US.

Sexual sin can be defined as any sexual behavior that is outside of what God intends between a man and a woman inside the context of marriage.

Read [1 Corinthians 6:18 \(NLT\)](#) and [Proverbs 5:22-23](#). These passages paint a powerful image of the consequences of allowing ourselves to fall into sexual sin. What are some specific consequences that can come from disobedience in this area both now and in your future?

- How could your marriage be impacted?
- If you are parents how could your children be impacted?
- If you are single, how can your potential future relationship with your spouse be impacted by your decisions today?



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3. Read [Matthew 5:29 \(NLT\)](#). It seems clear that we should avoid sexual sin, but Solomon warns to steer clear of all types of temptation. Describe a time when you chose to do something that may have been permissible, but ultimately it put you in a position where temptation could have led to sexual sin.

Sex has been a part of God's plan from the beginning. In its proper context, is a gift to be enjoyed. What are the positive effects of deliberately living away from sexual sin? What does this look like if we get this right?

4. Is there any sexual sin in your life that you need to flee from? What areas of temptation do you need to address this week?

ACTION STEP (10-15 minutes)

Choose one of the following or create your own.

- **Read** the book [Porn Nation](#) by Michael Leahy.
- **Ask** a friend or mentor to be an accountability partner to check in with weekly regarding your sexual purity and other areas of sin. Commit to a weekly honest check in on areas of struggle.
- **Read** one chapter from the book of Proverbs each day over the next 30 days. This could be a great challenge to focus on as a group.
- **Daily time with God.** Determine the type of routine you'd like to have to spend time learning about what pleases God. Here are some ways to do this:
 - o [Download the Emmanuel app](#) and read the One Year New Testament daily.
 - o [Download the YouVersion app](#) and find a devotion you can do daily.
 - o Purchase a [Jesus Calling](#) devotional and read it daily.
 - o Devote time daily to using the [Bible Project](#) and the video teaching offered.
- **Pray.** Seek discernment by devoting time every morning and night to praying on your knees. A penitent position can change our mental posture.

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is _____.

This coming week, I will encourage _____ to complete their action step.

Their action step is _____.

My memory verse is _____.

This coming week, I will pray for the group's following prayer requests:



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PRAYER (5-10 minutes)

Give everyone in your group an index card. Ask them to write their name and action steps on one side and a prayer request on the other. When finished, have everyone pass their cards to the left. Everyone in the group now has someone to connect with throughout the coming week for three reasons:

- 1) To build the relationship
- 2) To encourage to accomplish their action step
- 3) To pray for in a specific way

Ask them to place the index card on their nightstand or another place that would allow them to see it and use it every day.

GROUP SERVING OPPORTUNITIES

To determine how your group can serve together in the surrounding community, email Breanne Schafer, Emmanuel's Outreach Coordinator, at bschafer@eclife.org.

UPCOMING EVENTS

October 12 | [Impact Night and Impact 101](#)

If you have never served before, join us for Impact 101. Just text 101 to 65248 to reserve your spot. If you are already a part of our Impact Team, text TEAM to 65248 to let us know you will be there!

October 15 | [1824](#)

October 24 | [Help Build Hope](#)

October 30 | [Trivia Night For Singles](#) (for those 25 and older)

November 1 | [VERB](#)

November 6 | [Middle School Retreat](#)

More information on all of these events can be found at eclife.org.



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**MIDDLE SCHOOL OBJECT LESSON &
GROUP DISCUSSION QUESTIONS**

1. If you could only learn about relationships from what you see on television, YouTube or social media, what would you learn? In what ways do Americans mistreat their bodies?

ACTIVITY:

You will need several large sheets of paper (11X17 or butcher paper) and markers.

Divide your group into groups of 2-3 students. Together each group will create a poster advertising "the world you live in." Students should feel free to use words or phrases and to draw pictures. Consider the following questions.

- What is teen culture like?
- What is important to students your age?
- What is popular?
- What do relationships look like?

After 10 minutes, give each group a chance to share their work.

- What common themes did you see in all of our posters?
- What do the words and pictures listed show about what is important to teens today?

2. Read [1 Corinthians 6:18-20](#). Sexual sin can be defined as any sexual behavior that is outside of what God intends between a man and a woman inside the context of marriage. None of you are married yet so this topic is a really important one for you to consider.

What are some ways that students your age might experience sexual sin?

Read [Proverb 6:27](#). This verse isn't talking about literal fire in his lap. It is talking about actions that can lead to painful outcomes. What are some actions or thoughts regarding sexual sin that could be dangerous or painful like fire in your lap? What are actions that are not technically wrong but could still lead to sin?

3. What are some benefits if you choose to honor God with your body and your thoughts? How could your future be better if you do these things?

4. Give each person a notecard or piece of paper. Write down any circumstances or situations where you need to take extra precautions to protect yourself from being tempted to sin sexually. You won't be forced to share these out loud but it is important to be mindful of places that could lead you to a place that could bring you pain. Maybe it is at the party you are going to next weekend. It could be in the stands at the football game when you are with your friends or in the locker room with your buddies.

- Where are you most vulnerable to fall into sexual sin?
- How can you avoid these areas in order to protect yourself?



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