

Sex: Misconceptions and Truth | Matthew 5:27-30 Sermon Discussion Guide

Purpose of Discussion: To reveal the misconceptions we have about sex so that we can better relate to it as a good gift given by God.

Sermon Refresher: Sex is designed by God as a good gift to be enjoyed in the context of marriage. Because of sin however, we often have wrong views of sex that lead us to either avoid it (see it as dirty) or use it to meet our needs (see it as god). Because of the gospel, we can repent of these wrong views and uses, receive grace and forgiveness and be empowered by God to fight sexual temptation.

Icebreaker: Share a funny/embarrassing dating or first kiss story.

Transition: Whether we've experienced embarrassing moments in dating or not, we can all relate to having wrong views of sex and/or relating to sex in ways that is shaped more by our culture than by Scripture. In Matthew 5:27-30, Jesus teaches that not only should we address our outward sexual patterns, but also our inner thoughts and heart attitudes regarding sex as well.

Discussion:

1. Whether single or married, this can be a difficult topic for discussion. Why is that?
2. Our misconceptions about sex come from a variety of places including our families of origin, the culture and even our churches. Share how one of these three might have influenced you to see sex differently from how God designed it- as something dirty or something of which we should be embarrassed.
3. In the movie Vanilla Sky, Cameron Diaz's character says: "Don't you know that when you sleep with someone, your body makes a promise, whether you do or not?!" Why do you think we prone to reduce sex to a merely physical act?

4. Read Matthew 5:27-30. Discuss Jesus' use of hyperbole in this passage and a situation where you've gone to extreme measures to remove yourself from a tempting situation.

Bible Speaks Today Commentary: "Again, if your hand or foot causes you to sin, because temptation comes to you through your hands (things you do) or your feet (places you visit), then cut them off. That is: don't do it! Don't go! Behave as if you had actually cut off your hands and feet, and had flung them away, and were now crippled and so could not do the things or visit the places which previously caused you to sin.' That is the meaning of 'mortification.'"¹

5. The culture teaches us that sex is crucial to our human experience and to deny ourselves sex means that we are less human. How does the reality that Jesus was single and celibate push back against that cultural narrative?

6. Read the quote: "Most people have made peace with their sexual sins." If you're willing, share a specific example of how you have personally experienced the damage the comes from "making peace with sexual sin" - either from your own choices or choices made by those around you.

7. How has knowing Jesus allowed you to both experience and extend grace in these situations?

Sharing and Prayer:

Split up as men and women. Share how you are showing up to this conversation and relating to the topic of sex (ie: disappointment, embarrassment, unmet desires, feelings of shame, unhealthy habits, patterns of sin, etc.). After sharing, spend time praying for one another.

¹ Michael Green, *Bible Speaks Today: The Message of Mathew*, pg. 89