



How to Ruin a Perfectly Good Relationship: Spend Years Developing Unhealthy Sexual Habits

DATE: November 20, 2019

SPEAKER: Josh Storie

Use the following as a starting point for conversation:

1. Read Genesis 2:24 and Psalm 8:3-4 aloud.
2. Is talking about sex hard for you? Do you feel awkward or shameful or dirty when thinking/talking about it? When do you think your attitudes about it started and why?
3. What are some ways you can begin to think and talk about sex in a biblical, not casual way? How can you encourage others in your community to take it seriously?
4. Josh said 'If our desirability is associated with physicality we can feel rejected when we should feel honored.' How should we begin to define honor? Brainstorm ways you can honor others outside of physicality.
5. How does the gospel answer any of your bad thoughts/habits in regards to sex? What truth do you need to remember in order to change the ways you think about it?
6. In what specific ways can you move forward with good boundaries for your physical and thought life in this area? How can your community help?