



## TALK IT OVER

Sexual Healing

### BOTTOM LINE

Sex is not just a physical activity.

### CONVERSATION STARTER

What's a favorite song from your teenage years that you still rock out to when you're alone? If you could hang out with a celebrity for a day, whom would you choose and why?

### THINGS TO CONSIDER

*What did you hear?*

*What do you think?*

*What will you do?*

### RESOURCES

- The Daily: [newpointeorg/daily](http://newpointeorg/daily)
- [Designer Sex](#) by Andy Stanley

### KEY VERSES AND QUOTES

*There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, "The two become one." Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one." There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for "becoming one" with another. Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body. 1 Corinthians 6:16-20 MSG*

"Sex is more than physical, it's a spiritual connection." – Dwight Mason

"Unhealthy marriages make excuses. Healthy marriages make it happen. God created us for intimacy." – Dwight Mason

### TALK IT OVER

God has designed sex for our blessing and growth. But if you ask most people, their greatest regret in life is in the area of their sexuality. How do you know this to be true? How can a person not let regret haunt them in this area? Do you believe having regular sex is truly necessary to keep us from temptation? If so, what helpful guidance can you find for widowed, divorced, single, or those for reasons they cannot help will never be married? The context of the message was for married people—what are takeaways that apply to everyone, married or single? What would you tell a single person besides "don't do it"? Most people have some kind of brokenness. How can a person find sexual healing? How does the one command of Jesus (love others the same way I have loved you) have the ability to be the supreme guideline in sexual relationships?

### ACTION STEPS (This or one of your own)

I know God has created me as a sexual being for my good. I will work with God to be healthy, unselfish, and increasingly healed in this area of my life. I will make any brokenness or dissatisfaction a matter of prayer and honest evaluation by \_\_\_\_\_

My Action Step: \_\_\_\_\_