

A SPIRITUAL DETOX – WEEK 4 – TOXIC SEXUALITY

1. How have you seen the landscape of sexuality change over the course of the past few decades? (I.e. the sexual revolution, no-fault divorce, TV and media etc).
2. How has Church abuse and clergy scandals negatively affected our witness towards those who struggle with sexual sin?
3. READ the most *beautiful* verse in scripture: Genesis 2:25, and then read the most *devastating* verse in scripture: Genesis 3:7. How has the event of the Fall damaged our view of sexuality as humans?
4. READ Matthew 5:27-28. What does this tell us about Jesus' view of sexuality and lust?
5. On Sunday Pastor Sam outlined the three “diets” we can have towards sexuality: **Starvation diet** (suppressing sexual desire/refusal to talk about it), **Fast-food diet** (satisfying our sexual longings with experiences from culture) and **the Banquet** (redeeming our sexual longings in God-honouring ways). Briefly discuss each of these and share your personal experiences in regards to each one.
6. Name some ways in which we, as the Church, can lovingly help those who struggle with shame due to sexual sin.
7. Name some ways the Church can become a place of healthy and flourishing relationships of all kinds (marriages, singles, community groups).