



Part 3: Intimacy

Our sexuality is such a big part of who we are. There are so many ideas about what healthy sexuality looks like. Our culture has a lot to say about it and so do most religions. In this message we look at what Jesus has to say about it.

Scripture: Matthew 5:27-30

Bottom Line: Feed what you want to grow. Starve what you want to die.

Discussion Questions

1. What are some of the common messages that our culture (media, our peers, Canadian law, etc.) promote? Which of those message do you think are positive and which are negative?
2. What approach did your parents have towards teaching you about sexuality and sexual expression? Was sex talked about in your home in a positive or negative light (or was it talked about at all)? How do you think that environment shaped your views as an adult?
3. Read Matthew 5:27-30. What do you think Jesus wants his audience to understand about the nature of sexual behaviour? What questions do you have about Jesus' teaching in these verses? Discuss them together.
4. Jesus uses a pretty graphic illustration in this passage (gouging out an eye or cutting off a hand). What do you think he is (and isn't) trying to teach in these verses?
5. Jesus often points us to the root of issues that we have (not just our behaviours). How do you think we can address our hearts so that our behaviour becomes more healthy and positive?
6. On Sunday, Pastor Dave encouraged us to feed what we want to grow in our lives, and starve what we want to die. What are some of the ways that this teaching could be applied by people who are single, dating or married?
7. Many people carry around a lot of regrets when it comes to sex. What would you say to someone who has struggled with guilt over past or present sexual sin? Are there passages of scripture that you can think of that might be helpful in this circumstance.

Moving Forward

Are there things in your personal life or marriage that you need to feed so that they will grow (for example: trust, intimacy, respect, honesty)? Are there things that you need to starve (selfishness, lust, etc.)? How can you do those things?