

BENEATH THE SURFACE

SEXUAL BROKENNESS || CONVERSATION GUIDE

Dr. Derwin L. Gray
01/31/2021

Sermon Recap:

Sex can be a taboo subject in the church world, but sex is actually a gift from God. Sex within the sacred covenant of marriage is for our enjoyment and procreation, which reflects Jesus and His Church. When we come to a right understanding of sex, we can worship because all of life is worship. The problem is that sin has distorted the gift of sex. Unfortunately, we live in a world of sexual brokenness. Many of us are walking around with trauma or wounds from our past sexual experiences. Some might even be battling guilt and shame. How do we find healing from this brokenness? The answer is in Jesus. Remember, in Christ, you were washed in the blood. Remember, in Christ, you are forgiven, and your sins are forgotten. Remember, in Christ, you are accepted by Abba. Remember, in Christ, you are new and holy. Remember, in Christ, you are the very righteousness of God. Thanks to Jesus we can go from sexual brokenness to sexual wholeness, no matter our history. As new creations in Christ, we still experience the brokenness of the world around us but as sons and daughters of God, we gain a new perspective on how to view ourselves and others.

Discussion Questions:

Upward

- Read Song of Solomon 5:1. Why do you think God included this book in the Bible?
- Read Ephesians 5:28-33. How is marriage a reflection of Jesus Christ and His Church?
- How do we love God well with our bodies and with our sexuality?

Inward

- Reflect on your own sexual history. We know this can be difficult if you have experienced trauma. Remember that in Christ there is no condemnation. Remember also that this group is a safe place to be vulnerable and share your struggles. What ideas have you internalized about sex (whether through your parents, church teaching, media, etc.) that may be not reflective of God's truth?
- As you reflect on your sexual history, are you believing any lies about yourself as a result?
- Take time to reflect on the 5 "Remember, in Christ..." statements above. Is there one that resonates with you personally?
- Read 1 Corinthians 6:11. What is the truth being spoken about in this verse? Have you accepted that truth for yourself?
- How can you work towards sexual wholeness and honor your body?

Outward

- How do we honor the bodies of others?
- Is there someone you need to forgive when it comes to this topic?
- Is there someone you can share this topic with?
- Ask the Holy Spirit to empower you to forgive, have needed conversations, and move forward in the freedom found in Christ.

Prayer:

Abba Father, I stand before You washed in the blood of Christ by the power of the Holy Spirit. When You look at me, You see holiness and righteousness. Help me to replace the lies of sexual brokenness with the truth of Your Word. In Jesus' name, Amen.

Soul Tattoo:

Replace the lies of sexual brokenness with God's truth.