

Cultivate Discussion Guide

How to Have a Blessed Sex Life March 2 and 3, 2019

If you missed this weekend's message, view it at cultivate.sc/discussion

A Note for Leaders: As the group leader, you have the freedom to rephrase or modify these questions to meet your group's unique needs. Remember, it's okay if you don't answer every question. The goal of your time together is to have REAL conversation about the topics that are most meaningful to your group. Lead the conversation, while being inclusive and giving everyone the opportunity to participate.

Reflect: Think about this weekend's message. What did you learn? Were you encouraged or surprised? Did something frustrate you or make you feel uncomfortable? Take a few moments to share your thoughts and feelings with your group.

Cultivate Truth: Part of cultivating God's word into our lives is checking our feelings against His truth and trusting that He knows more than we do. Sometimes that choice feels simple, other times it's much harder. Read a few verses (see below) from this weekend's message out loud as a group. You can even look them up in a different bible translation for a better understanding.

#1: What would it look like for you to choose obedience to God's word over your feelings and emotions? How have you seen God's word about sex and marriage prove to be true, either in your life or in the lives of those around you?

He who commits adultery lacks sense; he who does it destroys himself. Proverbs 6:32
ESV

The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. 1 Corinthians 7:3 NLT

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 1 Corinthians 6:18 NLT

Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people. Ephesians 5:3 NLT

#2: Pastor Matt asked us to consider if we got our sexual instructions from God or someone else. How have your past experiences, family, culture or even learning about other's sexual experiences contributed to your understanding of sex - either negatively or positively?

If you're married...do you struggle with God's design for sex in marriage; that it be intentional and regular? Do you feel pressured to compare your marriage and/or sex life with other couples? Share your heart.

If you're not married...do you struggle with God's command that sex be reserved for marriage? Do you feel pressured by the choices other single women are making or do those cause you to question God's plan for you? If you're in a committed relationship, how does waiting to have sex impact your relationship? Share your heart.

#3: Pastor Matt challenged us that if we're engaging in sex outside of marriage we need to break up or get married. Do you need to make either of those choices now? Do you need to turn away from a sexual sin? Do you need to forgive someone else?

Be REAL with your group about your struggles. Encourage each other that no matter where you've come from or what you've done, God loves you, He has a plan for you, and He offers you forgiveness and restoration.

The Cultivate Podcast: On the Bonus episode of the Cultivate Podcast, Melody Workman shared that today's culture views sex as an extracurricular activity, which is the opposite of God's plans and purpose for it. How has today's culture - social media, tv, movies, magazines, music - impacted or altered your opinions of sex and marriage?

Cultivate Prayer: Close your time together in prayer, inviting women to pray about their specific needs and to pray for each other as you apply what you've learned this week and work out our vision of being REAL with self, God and others. Ask God to bless marriages and help us to obey His word and plan for sex.

We're Here to Help: If anyone in your group needs healing in their marriage or help dealing with sexual sin or sexual abuse, encourage them to reach out to our Soul Care Team for prayer and council. Visit [move.sc/help](https://cultivate.sc/help).