

Cultivate Reflection Guide

Unbreakable: Healing from Sexual Brokenness Pastor Matt Brown | August 13-14, 2022

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NEW SERIES: King Solomon was blessed with the wisdom of God, and from that wisdom he wrote a short book of his greatest advice for his son to live by. Studying Proverbs has given people throughout history the wisdom to navigate a godly, secure, blessed life, and we need that wisdom today, more than ever.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

Kindly Note: If you are reflecting and responding as a group this week, ask God to cover you with grace as you create a safe space for one another. Give each person room to be honest, listen well and honor their level of comfort with the topic of sexual brokenness, even offering to have men and women split up if you're in mixed company.

There is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. Romans 8:1-2 NLT

Reflect & Respond:

1. Read [1 Peter 2:11 NIV](#). Our culture would have us believe that we have authority over our body. But God has given us, His children, specific instructions for sexual behavior SO THAT we can live a whole and healthy life where sex is reserved for the covenant of marriage between one man and one woman.
 - What or who has most influenced and informed your ideas and opinions about sex?
 - Are your current views on sex more in line with God's word or present-day culture? If you're aligned with God's word, what has most helped you hold fast to His truth? If you find yourself aligned, or even tempted to align with culture, what is it about God's word that you find unclear or disagreeable?
2. The **first step** to healing is admitting **we are all** sexually broken.
 - Consider your thought life, experiences (good, bad or unwanted) and desires around sex. How have you personally struggled with brokenness – this could be physically, emotionally, spiritually or relationally?
 - As you reflect on that brokenness, how has your relationship with God brought healing in your life?
 - Who else has helped you heal? What have they done that has been most meaningful to you?
3. Healing continues when we **make a decision** to honor God sexually.
 - [Read Proverbs 25:28 ESV](#). What boundaries do you have in place OR do you need to set to honor God and protect yourself sexually? Whether you are single, married or in a committed relationship, this might include self-control around what you watch, read, talk about or how you spend time with the opposite sex.

Prayer: Jesus, I admit that I am broken, but I'm so grateful that you bind our wounds, giving us grace that restores and forgiveness that heals us from the inside out. I want to honor you with my thoughts, my desires and my body. Search my heart and show me the path of wisdom, then give me the courage to align my life with your word and walk away from temptation. When I fall short, draw me back to you and remind me what is true. Amen.

Dig Deeper Opportunity

[Read Proverbs 5](#) – words of wisdom handed down to help us steer clear from sexual sin. Do you need to have an open and honest conversation with someone about sex? This could be in the context of a relationship or in the context of discipleship – sharing what you've learned, both good and bad, to help someone else pursue a life that honors God.