

Series - Be Wise

Date/s - 14 July 2019

Topic - My Body, Sex and Spirituality (1 Corinthians 6:12-20)

Speaker/s - Pastor Dinah Lee

Welcome [15 min]

You may want to look up the following websites for *icebreakers* suitable for your cell.

www.thesource4ym.com/games/

www.christianitytoday.com/smallgroups/articles/icebreakersbeyond.html < go to LEAD, click on ICEBREAKERS >

Worship [15 min]

You may select songs like “This is Amazing Grace”, “All Hail King Jesus” or “Goodness of God”, “Great Is The Lord”.

Spiritual Objectives

At the end of the cell discussion, cell members will:

1. Know the spiritual gravity of sexual immorality and its far-reaching consequences; and
2. Choose and commit to purge sexual immorality from our lives.

Word [45 min]

According to the results of the Whole Life Inventory, a large number of church-goers face the issue of pornography and masturbation, while there are some who have engaged in sexual encounters, premarital and/or extramarital (either done it before or is still engaged in it). It also seems that some is alright with their child travel with their partners despite the prevalence of sexual temptations.

The church is buying into the culture of the world today. Today's culture applauds and condones the losing of virginity before marriage. Our sexuality is intertwined with our spirituality as sex involves our entire being – body, soul and spirit. So how does sexual immorality affect our spirituality?

#1: Our Body is Created by God for His Purpose (v. 12-14)

- The Corinthians had 2 arguments to defend their sensuality:
 - (1) They believed that “Everything is permissible” for them, “All things are lawful” to them, and they “have the right to do anything”.
 - (2) The Corinthians also believed that our sexual desire is a biological need, so to satisfy it is biologically natural, similar to how we satisfy our hunger by eating: “Food for the stomach and the stomach for food...”
- The freedom accorded to us by God does not give us the license or liberty to commit sexual sin. Sexual misconduct leads us into bondage. The freedom that we have in Christ is not to get us into bondage, but to be freed from it.
- Our God-designed body is ordained for His purposes, and sexual immorality is not part of His design. The body never finds real satisfaction and fulfilment until it is indwelt by God.
- As our bodies are indwelt by God, there is an eternal significance and our bodies will be resurrected by God in a glorified form. Therefore, we are to honour God with our bodies. It is an act of worship unto Him (Romans 12:1).

At this point, Pastor Dinah requested the ladies to check their motives in how they dress. “Are we deliberately inviting stares and unwanted attention?” She cautioned the ladies to be careful with our

dressing and not to lead our brothers in Christ to sin.

#2: Our Body is Part of Christ (v. 15-17)

- Christ lives in our bodies (Galatians 2:20) and illicit sex brings Jesus into sin. Sexual sin is profoundly dishonouring to Christ.
- Sexual intercourse is an act of oneness, in body, soul and spirit (v. 17). The sexual union within marriage is the closest parallel to the union believers have in Christ through faith.
- Our sexual desires are actually our innate desire for oneness with God. Therefore, God-honouring sex is an act of spiritual worship unto God, but an illicit sexual encounter is dishonouring to God.

#3: Our Body is the Temple of the Holy Spirit (v. 18-19)

- The enemy knows that sexual sin is ruinous to our bodies and brings enormous guilt. There is no sin quite like sexual sin, which has far reaching implications that deeply affect us inside. It grieves the Holy Spirit in us and we cannot escape the Holy Spirit's conviction.
- Many Christ followers live defeated lives by yielding to the flesh. We need to put in preventive measures to prohibit sin when we are alone or in situations where temptations are most present (Romans 13: 12-14). Stay vigilant. We are not to play around or lead people on. We should be careful not to do things that defeat the work of the Holy Spirit in our lives. We need to regard our bodies as His, designed as a temple to worship God. What we read, listen or watch affects how we think and this eventually plays out in our actions.
- Choose to honour God through your decisions: will this action dull my passion for the Spirit of God? (Galatians 5:16-17).

Conclusion:

- Sexuality and spirituality are part of our core personhood. Honour God with your body.
- God the Father created our Body, God the Son redeemed our Body, God the Holy Spirit indwells our Body. We are intimately related to the greatness and majesty of God.
- Choice must be made to stay away from sexual temptations before it becomes sexual sin. Every choice is an act of war against the devil and the enemy's schemes! Choice is also a key to spiritual transformation.

Discussion Questions

1. **What are the world's ideas about sex that the people around you are buying into? Share truthfully your personal perspective on these ideas.** [15 min]

Leader's Notes: *This is a recap question for members to reflect on the prevalent ideas of sex that they see in their environment. Leaders do encourage members to share honestly (not to be 'politically correct') on their viewpoints. Allow them a safe non-judgmental space to air their viewpoints, which may/can reveal certain tolerances towards today's ideas of sex (e.g., they might not have an issue with premarital sex or are fine with their child travelling with their partners alone). Follow-up with a discussion of the consequences that sexual immorality cause and use the opportunity to lovingly correct the mindset.*

The following are Bible references on sex (adapted from What Does the Bible Say About Sex? <https://www.learnreligions.com/the-bible-says-about-sex-712788>):

- a. *God created sex to be a beautiful and enjoyable expression of love within a marital relationship – Genesis 1:27-28; Genesis 2:24; Proverbs 5:18-19; Song of Songs 7:6; 1 Corinthians 6:13; 1 Corinthians 7:3-5.*
- b. *God calls us all to control our passions and wait for marriage – 1 Corinthians 7:2-3; Hebrews 13:4; 1 Thessalonians 4:3-4.*

c. *God calls us to rely on Him for strength to overcome temptation – 1 Corinthians 10:13.*

2. **Read 1 Corinthians 6:12-20. How do you develop integrity of the heart to live purely in the face of a sexualized culture?** [15 min]

Leader's Notes: *A reflect and relate question for members to think about cultivating integrity and how to apply it for daily in their lives. Integrity is not only for living purely, but also one of the chief virtues necessary for Christian Living (to be salt and light of the world). Leaders to also encourage members to think about how to instill integrity in their children.*

Here are some resources to help:

- 1) *Three Ways to Maintain Your Integrity & Strengthen Your Character:* <https://www1.cbn.com/3-ways-to-maintain-integrity-and-character>
- 2) *Fostering Integrity in Your Child:* <https://www.focusonthefamily.com/parenting/spiritual-growth-for-kids/character-development-integrity/fostering-integrity-in-your-child>
- 3) *10 Guidelines for Christian Living:* <https://billygrahamlibrary.org/10-guidelines-for-christian-living/>

3. **Read Galatians 5:16-17. Choice is a key to spiritual transformation. How do we, individually and as a cell, commit to the choice to stay vigilant and flee from all sexual temptations and immorality in today's highly sexualised culture?** [15 min]

Leader's Notes: *This is a response question. We can make the choice to stay away from sexual temptations and immorality, but do we practically commit to it? One suggestion is to be cautious in what we read, listen and watch as it affects how we think and it plays out in our actions. Another is to have an accountability partner to journey with you. Leaders can conclude with dedicating these suggestions to prayer as a cell group.*

Here are some resources to help:

- 1) *How to Live with True Purity:* <https://www.crosswalk.com/faith/spiritual-life/how-to-live-with-true-purity.html>
- 2) *Staying 'Pure' in a Sex-Crazed Culture:* <https://www1.cbn.com/family/staying-%27pure%27-in-a-%09%09-sex-crazed-culture>

Works [10 min]

Let's pray:

1. Every RiverLifer will make it their mission of life to honour God with their bodies and what they do with it.
2. God to bestow upon us the strength and perseverance to stay vigilant and eliminate all sexual immoralities.

Announcements

1. **We Belong**

RiverLife Conference
23- 24 Aug 2019

Sign up online at www.riverlife.org.sg/webelong by Sun, 4 Aug

2. **Joining The Family**

Sat, 27 Jul | 10am-1pm | Faith Chapel

Sign up at online at bit.ly/rlcjoiningthefamily by Sun, 21 Jul

Church Vision:

“A radiant disciple-making church catalysing Kingdom transformation in our communities and the nations.

Mission:

We exist to make disciples who behold Christ and reveal Him.