



THE ELEPHANT IN THE ROOM

We all have "elephants in the room" that we usually don't want to discuss and don't want anyone to know about. But leaving them unaddressed doesn't lead to a life of flourishing. Last Sunday, we addressed the topic of sexuality and how the world's view of God's gift is distorted; today, we'll discuss what sex is supposed to be like in a healthy, God-centered marriage.

Warm Up:

1. What's something big or small that happened this week that you're thankful for?

Key Passage: 1 Corinthians 7:1-5

Discussion Questions:

2. In their book "Secrets of Sex and Marriage," Shaunti Feldhahn and Dr. Michael Sytsma write, "Every marriage deals with sexual issues and concerns." What are some sexual issues or concerns that married couples face? Why is it helpful to know that issues related to sex in marriage are typical?
3. In his book, "On Marriage," Tim Keller writes, "From its very beginning, Christianity brought a revolutionary new understanding of sex into the world. It was seen as just one part – one uniquely joyful, powerful, and inseparable part – of mutual self-giving. To be loved and admired but not truly known is only mildly satisfying. To be known but rejected and not loved is our greatest nightmare. But to become vulnerable and so fully known and yet accepted and fully loved by someone we admire – that is the greatest possible satisfaction." How does the Christian view of sex elevate intimacy and lead to the greatest possible satisfaction within marriage?
4. Consider each of the following statements from the sermon and discuss them as a group:
 - a. Sex is a safeguard against sexual immorality for married couples (v2, 8-9).
 - b. Self-control is still a responsibility, even within marriage (v5).
 - c. Sex is about what I can give to my spouse, not what I can take from them (v3).
 - d. Sex is to be a consistent part of the marriage relationship (v5).
 - e. Depriving in the bedroom is usually connected to issues outside the bedroom (v5).
 - f. Sex should never be used as a weapon (v3-4).
5. Why are most marital problems helped or solved by growth in your walk with Jesus?
6. Conclude with prayer for the marriages in our church that need to recommit to their walk with Christ, for those in our church who are single (teenagers, college students, adults) who need to commit or recommit to following God's design for sex, and for others who need healing in this area of their lives.