HOLINESS & HONOR Godly Discipline for Love and Intimacy



Lesson 1

Spiritual Self-Discipline

Defining the Terms

Gender

- Refers to the expression of our sex
 designation
- Influenced by sex—our biology—and by our culture and environment

Sexual Activity

- Acts by which people express physical attraction toward each other
- Actions and words intended to stir up or fulfill sexual desire

Is it OK to flirt with others?

Sexuality

• Our capacity to offer or respond to sexual activity

Self-Discipline

 The control we exercise over our body, words, thoughts, actions, and desires in order to reach a goal

God's Brilliant Design

Intimacy, Not Selfishness

 When God created humans—their sexuality included—He declared that act of creation as good.

Interdependence, Not Conflict

- God designed men and women with differences.
- These differences form a more complete picture of His image.
- 1 Corinthians 11:11–12



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Lesson 2

Wrong Views of Sexual Activity

Wrong Views: Sexual Activity Gives Power

- A means to power
- A display of strength
- Sexual encounters are "conquests"

Wrong Views: Sexual Activity Gives Power

- This view reflects a belief that people are merely objects to be used, rather than persons made in God's image.
- 2 Samuel 13:11–17

Wrong Views: Sexual Activity Gives Power

- Christ calls on His followers to control their strength and use it to serve others, not to abuse them.
- Sexual intimacy only works when spouses willingly submit themselves to each other.

1 Corinthians 13:4–7

What does love looks like?

Wrong Views: Sexual Activity Gives Worth

- "A sexually active person is more socially adjusted or capable."
- "Without sex, a person can't understand love or joy or human intimacy."

Wrong Views: Sexual Activity Gives Worth

• In this view, sex isn't just *accepted* in a dating relationship, but *expected*.

Wrong Views: Sexual Activity Gives Worth

- This view is part of our old flesh and the world system—the corrupt mass of philosophy and culture that naturally opposes God.
- Colossians 3:5–7

Is it possible to accept the world's values as well as God's?

• Proverbs 6:30–32

 "Since our bodies have sexual components, then sexual activity is a mere bodily function."

- Emphasizes our physical nature to the exclusion of the spiritual
- "Humans are animals acting on instinct."

• 1 Corinthians 9:24–27

1 Corinthians 6:12–13

How would you explain the principle of this verse in your own words?

Wrong Views: Sexual Activity Is Impure

- "Privacy exists only for bad things."
- Sex as a "necessary evil"
- "Sex should be rejected as a hindrance to spiritual purity."

Wrong Views: Sexual Activity Is Impure

- Sexual activity in marriage is private because it is exclusive.
- Illustration: The Song of Songs

Wrong Views: Sexual Activity Is Impure

- God designed women and men with the capacity to enjoy each other through sexual activity.
- 1 Corinthians 7:1–5



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Lesson 3

Marriage, Part 1

What Is Marriage?

How would you define marriage in your own words?

Definitions of Marriage

• For some couples who have lived together for a long time, marriage might just be an extra sign of commitment.

Definitions of Marriage

- Even when we look in Scripture, we find so many poor examples of marriage—polygamy, infidelity, forced marriage.
- Matthew 19:3–9

An Ideal

- An exchange of vows between a man and woman
- To reflect God's love and truth to each other
- Thereby forming an existential bond
- That can often support both spouses
- While also perpetuating society

How is marriage different than a long-term relationship?

Purpose of a Godly Marriage

 To glorify God by reflecting His love and truth—to each spouse, to the children produced in the marriage, and to the rest of the community.

• Functions explain what the thing *does* or *produces*.

- Support and Cooperation
- Genesis 2:18

- Companionship and Enjoyment
- 1 Corinthians 7:3–4

Childbearing and Childrearing

Qualifications About Marriage

- Marriage Isn't for Everyone
- Marriage Is Tough

Do you think the idea of "falling in love" is legitimate?



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Lesson 4

Marriage, Part 2

Forms of Intimacy

- Intellectual Intimacy
- Emotional Intimacy
- Spiritual Intimacy
- Physical Intimacy

But is sexual activity moral so long as it takes place between a husband and wife?

• An environment of grace, created through self-discipline

- Obedience to the Spirit
- Understanding
- Fidelity
- Discretion

- Protection
- Love

The Commitment to Honor

- We assure our spouse that we will love and accept all of them.
- We assure our spouse that we will not force them to do what they should not do—or do not want to do.

The Commitment to Honor

- We assure our spouse that they can open up to us completely.
- We assure them that we want to attune our sexuality to theirs.



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Lesson 5

Moving Forward

The Severity of Sexual Sin

- Proverbs 6:27–29
- Sexual sin offends God.
 - God grieves over our sin.
 - God judges sin.

The Severity of Sexual Sin

- Sexual sin harms you
 - Proverbs 7:6-27

The Severity of Sexual Sin

- Sexual sin harms others
 - Sin can destroy the trust that others place in us.
 - It can lead others to pursue the same sin.

Responding to Our Sin

- Repentance
 - A change in belief, a choice to acknowledge and accept God's truth about our sin
- Rejection

2 Corinthians 7:8–13

According to verse 10, what is the difference between a godly response to sin and a worldly one?

Responding to Another's Sin

- You are not responsible for other people's sin
- People may harm you, but no one can defile you

– Mark 7:14–23

Responding to Another's Sin

• Christ loves the hurting

- Trace sin back to your heart
- Put up a fight

Matthew 5:27–30

Is it possible to sin even if you arguably haven't hurt someone else?

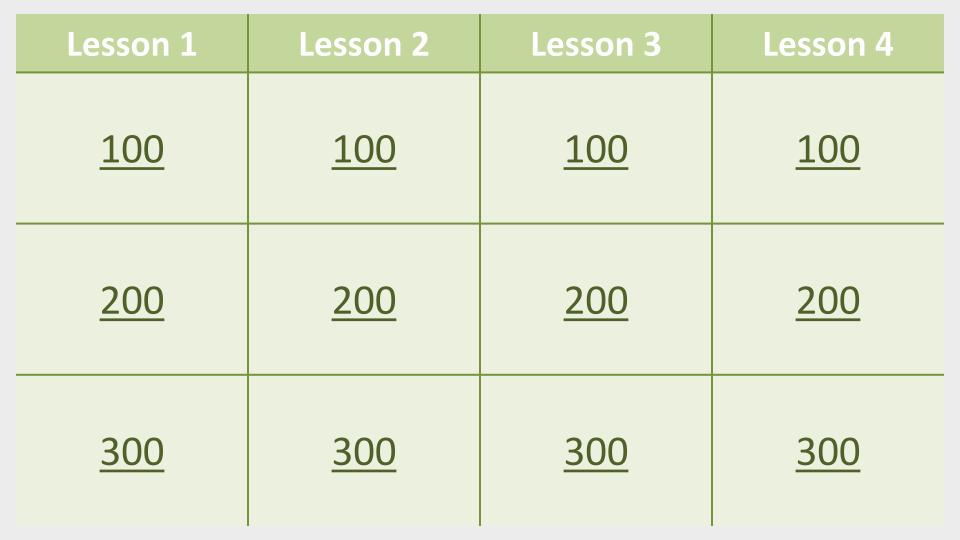
- Focus your thoughts instead on something good.
- Don't make it easy to give in to temptation.

– Consider the consequences of giving in.

– Get help.

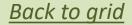
- Rely on God's Grace
- Exercise Self-Control
 - 1 Corinthians 6:15-20
 - Romans 6:11–23





Final Question

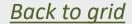
According to 1 Thessalonians 4:2–8, what is the goal of abstaining from sexual immorality, or fornication (vv. 3, 7)?



What word does Romans 8:5–8 use to describe the part of us that desires sin?



What is self-discipline?



In which chapter of 1 Corinthians does Paul talk about the interdependence of men and women?



Name one of the wrong views of sex discussed in Lesson 2.



What book in the Bible expresses the love between King Solomon and his Shulammite wife?



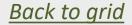
What person in 2 Samuel 13 illustrates the sex-as-power view?



What's the difference between "purpose" and "function"?



What's the purpose of a godly marriage?



Name one function of marriage discussed in Lesson 3.



What is intimacy, according to Lesson 4?



What's one area of intimacy within marriage that we discussed?



Name one of the ways to nurture intimacy in marriage.

