

HOLINESS & HONOR

Godly Discipline for Love and Intimacy

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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 look 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?

Wrong Views: **Sexual Activity Is a Need**

- Proverbs 6:30–32

Wrong Views: **Sexual Activity Is a Need**

- “Since our bodies have sexual components, then sexual activity is a mere bodily function.”

Wrong Views: **Sexual Activity Is a Need**

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

Wrong Views: **Sexual Activity Is a Need**

- 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 of a Godly Marriage

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

Functions of a Godly Marriage

- Support and Cooperation
- Genesis 2:18

Functions of a Godly Marriage

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

Functions of a Godly Marriage

- 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

Ways to Nurture Intimacy

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

Ways to Nurture Intimacy

- An environment of grace, created through self-discipline

Ways to Nurture Intimacy

- Obedience to the Spirit
- Understanding
- Fidelity
- Discretion

Ways to Nurture Intimacy

- 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

Dealing with Temptation

- 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?

Dealing with Temptation

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

Dealing with Temptation

- Consider the consequences of giving in.
- Get help.

Dealing with Temptation

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



Lesson 1

Lesson 2

Lesson 3

Lesson 4

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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.

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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?

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Name one function of marriage discussed in Lesson 3.

What is intimacy,
according to Lesson 4?

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

Name one of the ways
to nurture intimacy in
marriage.