



## THE BIG IDEA

Sex can be seriously fulfilling or seriously destructive.

## THE BIBLE

Proverbs 3:5-6; Matthew 5:28  
1 John 1:9; Proverbs 4:23-27

### WHAT?

## WE'RE BACK FOR WEEK 4 OF THIS SERIES

- For the last few weeks, we've been exploring what it means to have a dating relationship that's "meant to be" according to God's design.
- First, we said that if we want to have great dating relationships, we need to start by loving God well because staying close to Jesus makes every relationship better. Next, we talked about how you can know if you're ready to date or not. We said a big part of it comes down to understanding that the purpose of dating isn't just to have fun—it's to lead toward marriage. And then last week, we talked about being wise with *who* you date.
- Today we're going to finish this series with a conversation that most of you in this room have either been waiting for or totally dreading—maybe a little bit of both. Today we're going to talk about sex.

### PROP | Kale and Ice Cream

- **INSTRUCTIONS:** *Before you teach, set up a table on stage. You may want to drape a tablecloth over the table so you can hide your props underneath it until you're ready to use them. As you teach, set two bowls onto a table in front of you. In one bowl, place a large handful of kale. In the second bowl, place a few scoops of ice cream. Feel free to decorate the ice cream with sprinkles and whipped cream for an added effect.*
- We're going to talk about sex today. But first . . . I want to talk about kale. And ice cream.
- If you've spent some time around church, you might have a certain impression about God's plan for sex. You might think of it like a bowl of kale. "Everyone says it's good for me. I mean, yeah, it's a little plain . . . a little hard to chew . . . and it kind of tastes like dirt. But it's good for me—I think."
- At the same time, the rest of the world talks about sex like they talk about ice cream. "It's amazing! It's exciting! It's so delicious! It makes me happy! I'm going to post about it on Instagram!" (Ice cream. I mean they post about ice cream.)
- Sometimes when you're trying to follow God's plan for sex, you might wonder if you're stuck eating kale while everyone else is eating ice cream. But the truth is just the opposite.

## SO WHAT?

**SEX HAS THREE DIMENSIONS**

- God created sex. God created humans to enjoy sex in a way that honors Him.
- The world's understanding of sex is pretty upside down. It's often a purely physical thing.
- But God's plan for sex goes beyond just physical intimacy. God's plan for sex involves intimacy on three levels: **physical, emotional, and spiritual**. And it's fantastic!
- In our culture, sex is reduced to being one dimensional (physical). When people have sex outside of God's design, they might experience temporary pleasure but still feel unfulfilled and shameful.
- We're told a Biblical understanding of sex is old-fashioned, but I believe following God's design for sex will allow you to enjoy sex at a much more significant level—not just physical pleasure, but with emotional and spiritual fulfillment too.
- Let me take a moment to chat about God's Design for Marriage to give us a better reference.

**GOD'S DESIGN FOR MARRIAGE****SCRIPTURE** | **Genesis 2:23-25**

"At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'" This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame." Genesis 2:23-25 NLT

- **Covenant of Marriage: 1 man and 1 woman is united as ONE.**
- No shame in sex, in the context of marriage.
- Eden blessing of 'being fruitful and multiplying' as God's image bearers.
- Illustration: (idea, optional) glue a pink heart and blue heart together they got married and become one. That's the design.
- Outside of marriage if we have sex we started doing things that were only designed for married people and as we break up (pull apart those glued hearts) it leaves fragments of the two people—those scars lead to shame, and that's exactly what God is trying to keep us from or experiencing because sex in the covenant of marriage has no shame.
- It honors God to wait for marriage to have sex.
- We also teach its best to wait until marriage to live together.

**SCRIPTURE** | **Malachi 2:15** Supplemental verse:

"Didn't the Lord make you one with your wife? In body and spirit you are his. And what does he want? Godly children from your union. So guard your heart; remain loyal to the wife of your youth." Malachi 2:15 NLT

- This verse just re-shows the oneness we have in marriage and sex.



- Here are three things God's plan for sex is all about . . .

## GOD'S PLAN IS ABOUT TRUST

### SCRIPTURE | Proverbs 3:5-6

- You can't talk about dating without some discussion of sex, but sex isn't the only thing we're going to talk about today. We're also going to talk about some creative date ideas and how following God's plan for your dating life really comes down to trust.
- One of the best-known passages of Scripture is a passage about trust.
- **INSTRUCTIONS:** *Read Proverbs 3:5-6.*

### PROP | Hand Weights

- **INSTRUCTIONS:** *From underneath the table, remove a few weights of different sizes and weights. As you teach, lift the weights in a simple curl, starting with the lightest and moving to the heaviest.*
- "With all your heart" might seem like a big request, but trust is like building a muscle. You have to work it out for a muscle to grow. You start by trusting God with tiny things in your life and then, over time, you become able to trust Him with more—like His plan for your sex life.

### STORY | Talk about a time when you either struggled to trust God's plan for your relationships or when you decided to trust Him with it.

- **INSTRUCTIONS:** *Tell a story (or have another adult tell a story) about your experience with learning to trust God with your relationships, future marriage, or sex life. You might talk about a big mistake you made, what you learned from a failed relationship, or how someone else's story inspired you to choose God's plan for your sex life. Be transparent and authentic, but be sure to share a story that is appropriate and that your audience can identify with.*

## GOD'S PLAN IS ABOUT OVERCOMING LUST

### SCRIPTURE | Matthew 5:28

- God wants you to trust Him. He also wants you to guard yourself against lust.
- If "lust" isn't a word you use in your everyday life, here's what I mean by that: lust is a desire to do something you can't do in a Godly way.
- Maybe lust doesn't seem like that big of a deal, but check out what Jesus says about it.
- **INSTRUCTIONS:** *Read Matthew 5:28.*
- Wow. According to Jesus, even looking at someone who is not your husband or wife with lust is the same as actually committing the act you're thinking about committing!
- Pornography is a huge problem.



- There are so many reasons why it's harmful, but here are two: porn ruins lives because it only shows one dimension of sex (the physical aspect) and because it disrespects a person who is loved by God and made in His image.
- If you are feeling stuck in a pornography habit, I need you to know two things: first, it's sin. But second, you can ask for help anytime, including today, from God and people you trust.
- Maybe you're thinking, "But I can't help it!" Well, Martin Luther once said, "You can't keep birds from flying over your head, but you can keep them from building a nest in your hair."
  - **LOOK AWAY.** Whether it's someone in person, on TV, on social media, or on the internet, choose to look away.
  - **DON'T LOOK BACK.** Sometimes we're blindsided by lust before we realize what we're doing. When you find yourself in that situation, stop.
- In both your online and off-line life, one lustful glance can quickly progress into something more.
- Your tendency may be to ask, "How far is too far?" But we think a better question is this: "What will help me stay closest to Jesus?"
- This matters to God and it should matter to us. Because here's what's true: **sex can be seriously fulfilling or seriously destructive**, but God's plan for sex will never harm you.

## GOD'S PLAN IS ABOUT GRACE

### SCRIPTURE | 1 John 1:9

- This kind of stuff is hard to talk about, which means many of us enter our middle or high school years with very little guidance or information on what healthy, godly dating and sexuality look like.
- Because of that, I know many of you in this room are in very different places when it comes to sex and dating and relationships . . .
  - Some of you have never had a boyfriend or girlfriend, while some of you have had several.
  - Some of you may have never even looked at pornography, while some of you may have developed a habit.
  - Some of you may be virgins, some of you may not be, and some of you may not be sure which category you fit into.
- No matter which of these descriptions you identify with, here's what I need you to know: you are so loved. You're loved by the people in this room and **you're loved by the God who made you.**
- There is not a single thing you could ever do, or that you've ever done, that will could God love you any less than He already does. He loves you. Period.
- If you've sensed today that there are aspects of your life that don't line up with God's plan for you and your relationships, here's a second thing I need you to know: there are no "points of no return" with God. God always forgives and restores. You are never beyond His reach.
- **INSTRUCTIONS:** *Read 1 John 1:9. Then read it again, slowly, for emphasis.*

## NOW WHAT?

**YOU HAVE A CHOICE TO MAKE**

- When sex is kept in its proper context (the context designed by God, our creator) it can be seriously fulfilling and seriously fun. It's designed to be not just a physical act, but an emotional and spiritual connection too. It's powerful!
- But when sex is taken outside of its proper context, it can be seriously destructive. For both us and the people we date, sex outside of God's plan can damage our physical bodies, our emotional well-being, and our spiritual health.
- Why wait for marriage?
  - Blessing for living within God's design for sex and marriage.
  - It is honoring your relationship with God and others by waiting.
  - Choosing to submit to God's authority.
  - Our selfish desires, lies to us. Saying, I have a BETTER plan than God. Same as the original sin in Gen 3, Adam & Eve eating the forbidden fruit, they 'thought' their way was better.
  - Waiting keeps us trusting and depending on God.
- So you have a choice to make. Do you want to experience the amazing, fulfilling power of sex within God's plan? Or the destructive power of sex outside of that plan?

**PRAYER**

- **INSTRUCTIONS:** *Spend some time in prayer with your students. Allow them to pray silently, but guide them with a few prompts. You may want to start by thanking God for the gift of sex in its proper context, then move toward a time of confession, and then close with an opportunity to make a commitment to godly sexuality. Don't make this a public commitment; simply let students have this conversation with God on their own.*
- No matter where you're at with this subject, I hope you remember how much you're loved. We want to see you experience all that God has for you because what God has planned is good.
- My hope and prayer for you is that you'll build your muscles of trust and faith in God so sex can be what it's been meant to be—seriously fulfilling, not seriously destructive.
- If you want to experience the goodness of God's plan for sex, trust Him, run from lust, and let God's grace redeem you from any past mistakes.