

PMC SERMON "LIVE IT OUT" GUIDE

Date: 26 Apr 2015

Text: Matthew 5:27-30

Title: Sex in the City

Preacher: Mr Justin Ang

Series: Shining Like Stars

[**For Group Leaders:** The following serves only as a guide. Please feel free to adapt according to the needs of your group.]

1. SERMON RECAP

(Visit pmc.org.sg to listen to the sermon and download a copy of the Powerpoint slides)

- a. Sex is a gift from God as a means of glorifying Him as we fulfill its design for procreation, intimacy, comfort, and physical pleasure.
- b. Sexual temptation is everywhere and nowhere more evident and lurking than in the workplace where majority of us spend most of our waking hours.
- c. Infidelity begins in the heart and mind.
- d. The biblical story of David and Bathsheba provides useful warning signs to us against falling prey to sexual temptation.
- e. We must stand together as a kingdom community and not only live by God's standard individually but also shine forth as a community of stars to refute and to debunk the sexual practises of the world at our workplace, with our families and beyond.

2. LIVE IT OUT (For this week's session, it would be helpful to divide the group into men, and women, for sharing and prayer)

- a. *"Sin will take you farther than you want to go, keep you longer than you want to stay, cost you more than you want to pay."*
Have you experienced this personally? Share as honestly as you can.
- b. In the case of King David, he exposed himself to opportunities to temptations and sins when he 'was loitering' in Jerusalem rather than at the 'battlefield'.
 - i. Is there a "battlefield" that you should be at rather than 'loitering around' in your current station of life?
 - ii. What are some proactive measures that you can take in order not to be subjected to sexual temptations?

c. [For married couples]. Focus on the Family provides a quick checklist of factors that can lead to unfaithfulness:

- Looking for ego boosts outside your marriage
- Neglecting to talk openly with each other
- Resisting conflict resolution
- Discounting fun and relaxation together
- Increasing the time you spend apart
- Allowing daily stresses and fatigue to sabotage your intimacy
- Living in denial
- Forgetting your commitment to each other

Are any of these things standing out in your marriage, and what can you do about it right now?

d. [For married people]. 1 Corinthians 6:18 warns us to “flee from sexual immorality.” Consider the following scenarios, and take immediate action to “flee” if they apply to you.

- When you find yourself thinking about a “friend, co-worker, ministry partner, counselee” and how much you enjoy being with this person.
- When you look forward to spending more time with this person and you make sure you look especially nice if you know you might see your “friend” that day.
- If you begin to fantasize about being with this person or knowingly start touching your “friend” in “innocent “ ways.
- When you become more secretive about your interaction with your “friend”.
- If you receive cards, e-mails or presents from this person that you would not want others to see.
- When you find yourself comparing your spouse in an unfavorable way to your “friend.”
- If you start confiding in your “friend” about your marital problems!

3. **PRAY**

- a. Pray for group members who might be struggling in their work or workplace (esp. in the area of sexual temptations). Ask them to share, and pray for them specifically.

4. **GOING DEEPER**

- a. Beyond ourselves, we have a role to play in influencing the people around us and shaping their views on sex that is more in line with the word of God rather than the world's.
Think about our children, our close relatives, our spiritual children in church, our colleagues, and our friends.
