

PMC SERMON “LIVE IT OUT” GUIDE

Date: 14 Jun 2015

Text: 1 Corinthians 6:18-7:9

Title: Sex and Marriage

Preacher: Rev Chan Siew Chye

Series: Sex in the Bible

[**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 good, but it can be misused. It has to be completely contained within marriage.
- b. Sex outside of marriage (fornication) and sexual unfaithfulness in marriage (adultery) are opposed to God’s design for sex and marriage.
- c. The unity of man and woman through marriage and sex is meant to mirror the unity of Christ and the Church. Both relationships are exclusive and permanent.
- d. Word of Exhortation for:
 - Married People
 - Sex becomes a means of grace or weapon to fight against sexual sins.
 - There is no need to carry any guilt into the marriage bed.
 - Single People
 - Avoid unnecessary sexual stimulation.
 - Keep healthy physical boundaries.
 - Seek to grow in your passion for Christ.
 - Fill your mind with the Word of God.

2. LIVE IT OUT

- a. As a group, share one lesson you learnt from this week’s message – be it as a single, or a married person. More importantly, share one ACTION you are planning to take in the coming weeks.
- b. (For couples only) It is said that intimacy is *assumed* for sex to take place. On the other hand, problems with the sexual life of couples might be due to the lack of intimacy resulting in extra marital affairs and other problems.
 - i. What are some issues that affect intimacy between couples? Share practical steps that could be taken to prevent or overcome such issues.

- ii. One primary reason for poor intimacy between couples is the lack of a shared purpose (and/or common interests) in life. Take some time as a couple to revisit your goals and directions for your family. Share your struggles with each other. Listen, and seek to understand. Where necessary, forgive.
- c. (For singles only) Share with one another practical issues that you face as a single person. List down possible answers that could be derived from this week's message.

[On the issue of pornography, check out <http://www.thegospelcoalition.org/article/9-things-you-should-know-about-pornography-and-the-brain> or go to Youtube and search "The Science of Pornography Addiction (SFW)"]

3. **PRAY**

"You have made us for yourself, O Lord, and our hearts are restless until they rest in you." (Saint Augustine, 354–430)

- a. Take some time to pray for each other. If possible, let married people pray for singles, and let singles pray for married ones. (Note: do not preach in your prayer)
- b. Spend some time in silence, either personally or as a group, and let the Lord minister His grace to you. (Play a worship CD in the background if possible)

4. **GOING DEEPER**

- a. Consider the following passage:

"... If any brother has a wife who does not believe, and she is willing to live with him, let him not divorce her. And a woman who has a husband who does not believe, if he is willing to live with her, let her not divorce him. For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband; otherwise your children would be unclean, but now they are holy." (1 Cor 7:12-14)

What do these instructions from Paul say about the sacred nature of marriage and sex?
