



## Guardrails—Week 1: Sex

At Celebrate, LIFE groups aren't something we do, it's who we are. God did not design us to do life alone. LIFE groups are the best way to help move from just attending a gathering, to connecting with others, and developing a deeper relationship with Jesus.

Any NEW person is the most important person! If you have a guest, make sure to have everyone introduce themselves, and welcome them. Review the group values on a consistent basis.

### Group Values

- We are all in the same boat (Romans 3:23)
- What is said in group, stays in group, unless permission to share is given (Proverbs 11:13)
- If they are NOT in the room, and it's NOT praise, **DON'T say it** (Proverbs 17:4)
- We don't need to see eye to eye, but we do need to walk hand in hand (Ephesians 4:15)
- If you don't feel comfortable sharing/reading/praying... THAT IS OK! (1 John 4:18)

**Ice breaker (10 minutes):** Share a time you have been in a traffic accident. How did it happen and what was the outcome? What, if anything could have been done to avoid it?

### Guardrails Campaign:

We are beginning an 8-week campaign called "Guardrails". During this time, all our LIFE groups will be walking through the Sermon Discussion Guide each week. We are also challenging everyone to be in a LIFE group for eight weeks. Who is someone you can encourage to come with you during this time? Make sure to encourage the group to be committed to attending each weekly gathering and LIFE group time.

### Discussion (30 minutes):

*HOST NOTE: Encourage members to attend the Sunday gatherings at 10am. If they are not able to attend, encourage them to watch the message:*

*Website: [yankton.church](http://yankton.church)*

*YouTube Channel: [celebrateyankton](https://www.youtube.com/channel/celebrateyankton).*

*Encourage members to also take notes and bring their notes with them to LIFE group.*

## Sex

**Guardrails** – Chances are we don't give much thought to guardrails while we are driving. But we are very grateful for them when we miss a turn or hit a patch of ice. Guardrails are placed WELL ABOVE the danger zone, so we can keep from going over the edge! In our lives, we need to establish guardrails so we can avoid the dangers and keep us on the road to success!

Sex is far more than just a physical act. This is why sexual abuse and rape can hurt so badly, and damage us for life. There is a deep connection between our sexuality and our soul.

Sex is a gift from God. It's not intended to be shameful or filled with regret. It's also not intended to be casual or shared with many partners. Why should we protect our sexuality? What can happen when we don't?

### **KEY OF AUTHORITY: Who is my Authority?**

Everyone has an authority by which you live your life. The question is what, or rather, WHO is your authority. How can allowing popular culture to be your authority be dangerous? What messages are given and why do they not hold up?

*Read 1 Corinthians 6:18.* How is sexual sin different from other sin?

Intimacy is to know and be fully known. Fearlessly, Passionately, and Securely. How can having multiple sexual partners hurt the intimacy between two people? Your intimacy with God? *1 Corinthians 6:19-20*

### **KEY OF ADJUSTMENT: Honor God with Your Body**

1. **Watch what you watch:** Studies have shown that exposure to pornography can permanently damage your sexual desires. It can also increase the demand in the sex trade market. Given these factors, why is pornography still an \$11 million per hour business?
2. **Watch what you wear:** Ladies—Discuss the tension between looking nice vs. attracting attention. Guys: How can you see ladies as more than just physical?
3. **Watch where you look:** Our eyes are the lamp of the body. How can we keep our selves free from sexual images *Matthew 5:28*

**KEY OF ACTION:** *Discuss these guardrails and pros/cons of each. Be open to discussion and push back*  
Single:

Decide what honoring God with your body look like.

Take the "One Year" Challenge (Don't date, if you are dating move out and stop having sex)

Determine the story you want to tell: So you won't have to lie later

Married:

NEVER travel or eat alone with a member of the opposite sex

NEVER confide with opposite sex (without the partner)

Share your guardrails with your spouse

**Prayer (15 minutes):** Ask if there are any prayer requests. If there are, write down the requests and then pray out loud for each request. Give an opportunity for others to pray if they would like, but NEVER force anyone to pray. Encourage members to write down prayer requests and pray for each other during the week.

- If "prayer request" turns negative, gently remind of group values
- If major life events, ask for permission to share with Celebrate Prayer team. Send these to Pastor Jeff.