

# Life Hacks

## Life Group Leaders Guide

### Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

### Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

### Series Overview

Life Hacks: Strategies or ideas adopted in order to solve everyday problems in an inspired, ingenious manner. More simply, uncommon solutions to common problems. Having trouble opening sealed plastic packaging, try using a can opener. Want to fix a scratched DVD, simply rub a banana peel on it. Life hacks are simple, creative, and very effective. But this concept of life hacks isn't a new idea. In this new series, we will look at several times in the bible where Jesus gives us uncommon solutions to some of our most common problems.

### Life Hacks Series Schedule

Week	Sermon Date	Topic
1	8/11/19	Work
2	8/18/19	Time
3	8/25/19	Sex
4	9/1/19	(GROUP SOCIALS)

# The Point Church Life Group Curriculum

## Sex

### The Big Idea

Change your sex drive (i.e., change what is driving you when it comes to sex).

### Flow of Study

**Icebreaker:** Tell us about your first crush. Who was it? How old were you? What happened?

**Move #1:** Let's begin the discussion with some questions unpacking this Sunday's sermon.

1. What stood out most to you from the message this weekend about approaching sex unselfishly?

**Move #2:** Next, let's dive into Paul's first letter to the Corinthians where he gives advice about sex within marriage.

#### Read 1 Corinthians 7:2-5 (NIV)

2 But since sexual immorality is occurring, each man should have sexual relations with his own wife, and each woman with her own husband. 3 The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. 4 The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. 5 Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

2. What are some of the problems that people face because of following our culture's views on sex?
3. How is sex within a committed marriage relationship a remedy for many of those problems?
4. What are some difficulties that even married couples sometimes face in this part of their relationship?

Human nature eroticizes and romanticizes sex. In referring to it as a "marital duty," Paul isn't intending to rob it of its pleasure and excitement. He is shifting our focus from our own needs and experience to the needs and experience of our spouse.

5. How can it change things for the better when both partners are even more focused on how they can please and satisfy the other than on their own needs and desires?
6. What does it mean to yield authority over your body to your spouse (Verse 4)? What doesn't it mean?

**Note to Leader:** Verse 4 is not a license for abuse. Note that the instruction is for a wife and husband to lovingly yield *their own* bodies rather than to force themselves on an unwilling spouse.

7. How does viewing pornography feed a selfish view of sex?

**Note to Leader:** For Move #3, have your group split into male and female groups (unless your group is already one gender). Some things are just hard to open up about in mixed company. Make sure that both groups have someone to lead the questions, and ask your host ahead of time if there is a separate space for both groups. It would be a good idea to let leaders know in advance so they can familiarize themselves with the questions and be prepared.

**Move #3:** For the next section, we are going to split the group between male and female. Sex is a touchy subject, so we want to create a safe environment for people to open up. Before we start. Let's reiterate that whatever we say here in Life Group is not to be shared outside of our group, especially things of a personal nature. Now, let's pick up later on in Paul's letter as he describes the characteristics of love.

### Read 1 Corinthians 13:4-7 (NIV)

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

8. How is Paul's description of true love different from what our culture often deems sexy?
9. How can loving your spouse (or future spouse) in the way Paul describes lead to a better sex life?
10. Looking back through these verses, if we applied these beautiful characteristics of true love to the act of sex itself, what might that look and feel like?

We have all failed to love others perfectly and many of us have been deeply wounded by others. Sometimes regrets and hurts from our past can affect our ability to have positive sexual experiences with our spouse.

11. Has anyone struggled with a regret or hurt of this nature that you'd like to share?

**Note to Leader:** If anyone shares, thank them for trusting the group with that and offer to pray over them if that feels appropriate.

12. How can a relationship with Jesus Christ help to heal sexual wounds and regrets?

**Next Steps:** The following are things you could challenge your members to do in order to take what you studied in this curriculum farther.

1. If you're married, talk with your spouse about your sex life. Be honest and open. Pray with each other about ways to sustain or improve this aspect of your marriage. Consider scheduling selfless sex.
2. If you're single, commit to God to guard your heart and condition your mind now to view sex from an unselfish perspective as you anticipate the possibility of marriage in the future.

**Prayer:** End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you've discussed today.

## Notes and Commentary

The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them to help supplement your group time or for your personal preparation.

### On 1 Corinthians 7:2-5

Once we view verse 2 as Paul's qualification of the Corinthian slogan in verse 1, we become less likely to accuse Paul of taking a dim view of marriage and sex. Even if verse 2 is taken as a reason for getting married, it is not the only or even primary reason for doing so mentioned in this chapter (cf. vv. 26–35). But as noted above, verse 2 more likely prepares the way for verses 3–7 by commanding those already married not to withhold sexual privileges from their partners. Notable here too is the first of numerous statements in this chapter about the mutuality of marriage: husbands and wives have equal privileges and equal responsibilities (cf. vv. 3–5, 8–9, 10a/11b, 12–16, 28, 32–34). This strongly suggests that such mutuality is implied in other statements even when it is not made explicit (e.g. 10b–11a) and that other gender-specific references should in fact be treated generically—that is, applying equally to husband and wife (vv. 1, 7, 25, 29, 36–38, 39–40).

Against the highly patriarchal societies of antiquity, this mutuality stands out in sharp relief. Most non-Christian husbands would have been horrified at the notion that their bodies belonged to their wives (v. 4). These verses do not prove that Paul could not have envisioned any role differentiation—other texts will have to determine the outcome of that debate (e.g. Eph. 5:21–33). But the emphasis surely rests with his strong affirmation that both partners are essentially equal in God's eyes and must treat each other with the mutual respect such equality merits.

Verses 3–5 prove crucial in understanding the role of sex in marriage. It is something each partner “owes” to the other. So it should never be used as a bribe or reward for good behavior or as something to be withheld as a threat or punishment. Husband and wife alike must be sensitive to the emotional and physical states of each other and not insist on sex on demand. But neither should one partner consistently try to get out of satisfying his or her spouse's conjugal needs. The mutual agreement and submission Paul commands here should in fact apply to most all areas of marriage (cf. Eph. 5:21). The exceptional situation in which Paul permits temporary abstinence highlights, in passing, the central role spiritual disciplines (prayer, meditation, Bible study, etc.) should play in believers' lives. As with fasting, limited asceticism can free up time and energy for particularly focused prayer. But as with fasting, the New Testament nowhere commands sexual asceticism as a practice required of all believers and, indeed, seriously questions its overall religious value (see esp. Col. 2:20–23; 1 Tim. 4:1–5). (Craig L. Blomberg. *NIV Application Commentary: 1 Corinthians*)