

IT'S COMPLICATED

2. You Complete Me

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Matthew 19.4-6

'Haven't you read,' he replied, 'that at the beginning the Creator "made them male and female," 5 and said, "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh"? 6 So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.'

- **The One.** Are Christians guilty of buying into the idea of 'the one' in an unhelpful way? What do you think of this and what's your experience been?
- **One Flesh.** A phrase usually confined to wedding services. Should Christians be making a bigger deal of this concept? Should we be talking more about the Bible's positive message on the power of sex to create the thing most people want – an intimate union where two become one?
- **No Shame.** Read Genesis 2.24-25. Why do so many people have such a negative perception on the Bible's attitude to sex? Is it fair?
- **Glued.** Do you agree that our *Experience* of sex and relationships, and our understanding of brain *Chemistry* (oxytocin!) bears out what the Bible says about sex as something that 'glues' people to one another? Or was Philip making too much of it?
- **Good Idea.** The Bible teaches that sex should be kept within the bounds of a committed, covenant relationship. Something not to be separated. Name as many reasons as you can for why this might actually be a good idea.

Big Idea: 'Sex is a key part of the way that the Creator joins two people together to create a brand new whole. Handled well, it can bring tremendous joy and help sustain lifelong partnership.'

Break down into smaller groups, maybe even dividing up into men-only and women-only units. Confess the areas where you find it hard to live up to the Bible's ideal principles for sex. Pray for cleansing and wholeness for each other's sexuality. Pray for a renewed confidence in the wisdom and power of Jesus' teaching on sex and relationships.

For more help, check out the Woodlands Wholeness Course starting this week
www.woodlandschurch.net/wholeness