

Sex is Easy

4. Freedom is Hard

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 1 Corinthians 6.12-20

18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. **19** Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20** you were bought at a price. Therefore honour God with your bodies.

- v12. Paul says that sex out of context (porneia) doesn't do us any favours and can become controlling. In what ways can porn affect our behaviour, our mindset and our relationships?
- Simon talked about triggers that would lead him to taking comfort in porn – tiredness, relationship problems, bad day at work, rejection, insecurity etc. Can you identify with this? What triggers have you experienced and what would be a better response to them?
- What do you think about Paul's advice to simply 'flee' from sexual immorality and porn (v18)? Why doesn't he advocate resisting temptation or praying for strength or gaining will power?
- What does it mean in the real world to 'flee'? Have you had any experience with the things Alex recommended like phone apps, drawing in friends and so on? What things work for you and what things could you recommend to others?
- v19. '*your bodies are temples of the Holy Spirit*'. Do you live with the awareness of this? How can you collaborate with God so that His holiness and Holy Spirit fills you more and more and helps you live free?

Big Idea: 'The way to get free is to flee, knowing that the Holy Spirit is with thee.'

You might want to split down into small single sex groups to pray together. Pray for God's help in bringing total freedom. Pray for help recognising and dealing with those triggers that can send you 'down the rabbit hole'. Pray for cleansing and a release from shame and secret guilt. Pray for a fresh and powerful filling with the Holy Spirit. Offer help and accountability to one another.