

The Battle Within | Week 6

Introduction

Sexual desire is a God-created gift meant for good, but can become destructive when misdirected. Freedom comes not from suppressing desires, but from channeling them wisely within God's design, focusing on whole-person relationships and healthy boundaries.

Conversation Starters (10 minutes)

- What's the most awkward dating or relationship advice you've ever received?
- What is something good that became problematic when it wasn't kept within proper boundaries?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

Group Discussion (45 minutes)

1. What are some boundaries you can put in place to protect yourself?
2. What messages about relationships and desire have been most influential in shaping your perspective?
3. Read [Matthew 5:27-30](#). How does Jesus redefine adultery to include heart attitudes? Why does he use such strong language about cutting off body parts?
4. Read [1 Corinthians 6:18-20](#).
 - What unique characteristic does Paul attribute to sexual sin? How does he connect our bodies to our spiritual lives?
 - What does Paul mean by 'glorify God in your body'?
 - Why might this teaching have been particularly important for the Corinthian church? ([Here's a short article about the Corinthian church](#) if you need some background information)
 - In what ways is our culture today like Corinth?
 - What does it mean to you personally that God values your physical body enough to make it His temple?

***We suggest that you split men and women separately for question #5 and prayer time.**

5. How does the truth that you were "bought with a price" bring comfort or conviction to you today? Is there anything you sense God wants you to receive healing from, forgiveness for, or to confess?

Prayer (5 minutes)

Thank God for his gift of healthy sexuality.

Ask for His wisdom and guidance in this area of your lives.

Pray for healing of anything that was shared. Pray for freedom in any areas of bondage.

Announcements (5 minutes)

- This is our final week of group notes for the semester.
- Group notes will resume the week of August 11.
- Start planning a couple of times for your group to connect over the summer. One social and one service gathering is a good guideline. Check our [Serve Your Community page](#) for some ways to serve together!