



Sexuality  
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Life Group Leader Notes  
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**Quick Thoughts**

Human sexuality is a broad topic that seems to matter to everyone. However, since our fundamental assumptions about sexuality often go unchecked, it is helpful to critically examine our foundational beliefs. We will consider two competing perspectives that seek to explain our sexuality and influence our decision-making; the first perspective is narrow & self-centered, the second is broad & God-centered. This biblical 'bird's eye view' of sexuality helps us to not only think with needed clarity but also flourish sexually.

**Scripture**

2 Timothy 3: 1-5a  
2 Timothy 4: 1-4  
Colossians 2: 8  
2 Timothy 1: 7

**Links/Resources**

- *His Needs, Her Needs: Building an Affair-Proof Marriage*, by Willard F. Harley, Jr.
- *Heaven Is a Place on Earth: Why Everything You Do Matters to God*, by Michael E. Wittmer
- The Best Porn-Free Filters for Mac, PC, Android, iPhone & iPad (blog post)

**Questions**

1. How would you define sexuality?
2. What is the purpose(s) of sexuality?
3. How has the fall & sin impacted human sexuality?
4. How can the Gospel redeem our sexual dysfunction?
5. In what ways does your life indicate that you trust/not trust God with your sexuality?