

Distorted

Sex Leads To Intimacy (Week 4)

LifeNotes

TALK IT OVER

Main Idea

Fulfilling the desires of our bodies will never lead to fulfilling the needs of our souls.

Key Scriptures

Just as death and destruction are never satisfied, so human desire is never satisfied.
Proverbs 27:20

When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" ... Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." ... Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." ... The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water." He told her, "Go, call your husband and come back." "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true." John 4:7-18

For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. Galatians 5:17

Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:24-25

Our soul's need for intimacy is only fulfilled in the belonging found in Jesus.

How do we take ground in this?

- You need a vision.
- You need discipline.
- You need profound connection.

Start talking.

- What are different physical ways people try to fill the longing in their souls?
- Read Proverbs 27:20. What practical ways have you seen this verse proven true?
- Why is sex often portrayed as a short-cut to intimacy?

Start thinking.

- Read John 4:7-18. Why did Jesus open with a question?
- Why is she at the well in the middle of the day?
- How would you describe the "gift of God" Jesus offers?
- How does the "spring" Jesus offers lead to eternal life?
- How did the woman feel when Jesus revealed he knew the situation she had been in with men?
- What point was Jesus making by bringing that up?

Start sharing.

- Joel mentioned that he has at times wrestled with, "eating his feelings". How have you sought a physical solution for a spiritual ache?
- Read Galatians 5:17. The sinful nature, our human desires are our enemy. How have you made agreements with that enemy in the past?
- Read Galatians 5:24-25. What does it mean practically to "crucify" our sinful human desires?

Start doing.

- What vision does God have for your future?
- What is one disciplined step you can take toward saying "yes", to the right things?
- What is one way you can draw closer to God this week?

Closing prayer.

God, I am tired of trying to fill the emptiness inside me through physical means. I need your acceptance, love, and peace. Help me to walk away from my unlimited human desires and instead received your unending grace. Give me the courage and discipline to say "yes" to the things that will bring my soul life.