

The Talk  
How We Think About Sex  
February 25, 2024

- **Did a parent/adult have “The Talk” with you? How did it go?**
- **Was there something from this weekend’s message that encouraged you?**
- **Was there something from the message that challenged you?**

### **Consumers vs. Cultivators**

In a consumer mentality, sex is about personal pleasure and desire. Consumer sex turns physical bodies into commodities to be used. In Christ, we are being formed not to consume but to cultivate. We work with Jesus to cultivate a healthy, thriving, flourishing world.

- **What has been the biggest influence on your views about sex?**

#### **1. Self-control**

#### **2. Submission to the Spirit**

Christianity forms us not to be mastered by anything but to have self-control. Jesus said a lot of controversial things. Something that would be controversial to us is restraint and self-denial.

### **Mark 8:34-35**

“Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.”

Jesus believed that restraint-built character and formed people. Giving into every desire deforms people. Self-denial must be a choice; it cannot be forced. Transformation and formation come through resistance, not indulgence. God’s presence empowers, and through submission, forms us. Submission is about opening space and discerning God among us.

- **How do we create space for the Spirit to work in our lives?**
- **How do you see the Spirit working in your life?**

### **Bounded Set vs. Center Set**

A ranch with fences versus a well. FCC is center set and our center is Jesus.

- **Talk about your understanding of the differences between these views of the church. What has been your experience?**

### **John 13:1-5**

"...Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.... so, he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet..."

- **Jesus washes feet. How does this challenge you?**

Resources available at [www.fcchb.com/recap](http://www.fcchb.com/recap)

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### **PRAY FOR YOURSELF AND YOUR GROUP**

How does this message lead you to pray?

### **PRAY FOR OUR OUTREACH PARTNERS**

Pray for FCCHB's local outreach partner, Lifeline Christian Mission. Last year we packed almost 36 thousand shelf-stable meals (oatmeal and beans and rice) to be distributed to FCCHB's local non-profit network. Pray for the folks receiving these meals to feel loved and cared for by the church.