



THE SEXUAL REVOLUTION

with Ps Sy Rogers

STUDY GUIDE

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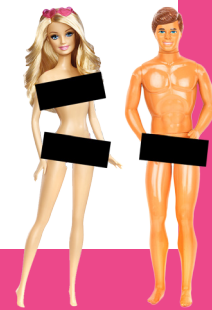
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LEADER'S GUIDE:

This study guide is here to help you lead a fun and transformative eGroup study over the next few weeks that will see each person progress and grow.

Use this guide, along with the DVDs and weekly Study Guides, for a life-changing, interactive experience.

BEFORE YOU MEET:

Ask God to prepare the hearts and minds of the people in your eGroup. Ask Him to show each of you how to apply what you learn to your own heart to see growth and to move forward.

Preview the DVD and read through the study guide for that week. Think about what you might answer for each question. Make notes in your study guide if you want to.

SETTING UP:

Take time before everyone arrives to prepare some snacks to share with everyone, set up the room you will use, check that there are enough seats, and try to create a relaxed and comfortable environment to meet in. You might want to play music quietly to create a relaxed atmosphere when everyone arrives, or move the furniture in your living room to make the space inviting.

Have a Bible handy for verses that you might want to look up during discussion.

HOW TO HOST YOUR GATHERING AND USE YOUR STUDY GUIDE:

ENGAGE: Welcome each person as they arrive. Spend time chatting, getting to know one another, or just sharing about the week. Your relationships as a group are as important as the time you spend watching the DVD or in discussion. A relaxed and friendly environment is an easy place to learn and hear from God.

RECAP: After the first session you may wish to spend a bit of time each week recapping how your last seven days has been, inviting members to share any opportunities they had throughout the week to apply what they learned and how their individual activation went.

WATCH: After you have spent some time engaging with each other watch the DVD for the week.

DISCUSS: Read out each question in the study guide, allowing time for everyone to share their thoughts or experiences if they desire.

When a question arises, ask the group for their input, and resist the urge to answer it yourself straight away. Your primary role is to create an environment where people feel comfortable to be themselves and participate, not to provide all the answers to all of their questions. Don't be afraid of silence as participants think of their response to the questions.

Remember, the goal is not necessarily to 'get through' all of the questions. The main priority is for each person to learn and engage in dynamic discussion.

PRAY: Ask the group to pray for each other from week to week, especially about key issues that arise during your discussion time. This is how you begin to build authentic relationship, and encourage spiritual growth within the group.

ACTIVATE: As a group, read out and talk about the action in the study guide for that week. Decide together to commit to doing this action during the week to help you each grow and engage with God individually.



SUGGESTED TIME FRAMES FOR YOUR GATHERING:

ENGAGE: 15 minutes

RECAP: 10 minutes

WATCH: 10 minutes

DISCUSS: 30 minutes

PRAY: 5-10 minutes

ACTIVATE: 5 minutes

(Please note that these are just suggested times, you may wish to take longer in certain areas. However, we do recommend keeping your gathering to a maximum of one and a half hours in consideration of others' time)

KEYS TO A DYNAMIC eGROUP

Relationships: Meaningful, encouraging relationships are the foundation of a dynamic eGroup. Discussion and prayer are important elements of a gathering, but the depth of each part is often dependent upon the depth of the relationships between members.

Availability: Building a sense of community within your group requires members to prioritise their relationships with one another. This means being available to listen, care for one another, and meet each other's needs.

Mutual Respect: Mutual respect is shown when members value others' opinions (even when they disagree) and are careful to never belittle or embarrass others in the group (including their spouses, who may or may not be present).

Openness: A healthy group environment encourages sincerity and transparency. Members treat each other with grace in areas of weakness, allowing each other room to grow.

Confidentiality: To develop authenticity and a sense of safety within the group, each member must be able to trust that things discussed within the group will not be shared outside the group.

Shared Responsibility: Group members will share the responsibility of gatherings by using their God-given abilities to serve at each meeting. Some may greet, some may prepare food, some may pray, etc. Ideally, each person should be available to care for one another as needed.

Sensitivity: Dynamic eGroups are born when the leader consistently seeks and is responsive to the guidance of the Holy Spirit, following His leading throughout the meeting as opposed to sticking to the "agenda". This is especially important during the discussion and prayer time.

Fun! Dynamic gatherings take the time to have fun! Create an atmosphere for fun, and be willing to laugh at yourself every now and then!



Week One:

THE STRUGGLE IS REAL

ENGAGE: Spend time connecting with each other.

WATCH: Watch Session One of the DVD

DISCUSS:

"For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh."

Ephesians 5:31

Many Christians don't receive the level of education about sexuality that would have been helpful to them. It's never too late to learn more and learn better.

Question: Where did you do most of your learning about sex? Who was one of the most influential people in shaping your view of sex?

Often we learn about the biology of sex without understanding the wisdom and responsibility that it involves.

Question: Why is it important to have a good balance of both?

Sometimes the desire for sex comes from a place of fear/insecurity/vulnerability. We doubt our value and can be looking for ways to answer this question that's in our heart.

Question: Why do you think sex is such a powerful communicator of value?

Having sex creates a chemical imprint in the brain that associates the other person as a source of both physical and emotional pleasure.

Question: In light of this, what do you think of the idea of having one sexual partner? Is it wisdom, or is it 'old fashioned'?

God is a loving father, and He doesn't want us to be hurt or to hurt others. He wants to go on a journey with us to help us mature and grow.

Question: How might inviting God to be involved in your sex life help you to avoid hurting yourself and others?

PRAY: Pray that God would give you a new perspective on sex in the coming weeks. Ask Him to reveal His design and give you His wisdom.

ACTIVATE: Read over Ephesians 5:31 again. Ps Sy said, "Sex started in the imagination of God." Consider how God, as the designer of sex, wants sex to be used.



WRONG EXPECTATIONS

ENGAGE: Spend time connecting with each other.

RECAP: Has your perspective of sex changed at all over the last week?

WATCH: Watch Week Two of the DVD.

DISCUSS:

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

John 10:10

Many people think that when they become a Christian, God will take away all of their sinful thoughts. The truth, however, is that God takes away our guilt but not our humanity.

Question: Why do we expect Jesus to remove our struggles? What is a more realistic expectation?

Many people are afraid to be vulnerable with God because they think He's mad at the fact that they're struggling with their sexuality. We're human and struggle is inevitable.

Question: How do you think God feels about our struggles and flaws? Is He angry when we mess up?

God is always in the process of developing us into the sons and daughters of His purpose. We have to believe in His advocacy, and run to God, not from Him.

Question: Why do you think that we often isolate ourselves from God or avoid Him when we're struggling, or have made a mistake?

At times we expose ourselves and make ourselves more vulnerable to struggles by what we allow ourselves to see and absorb.

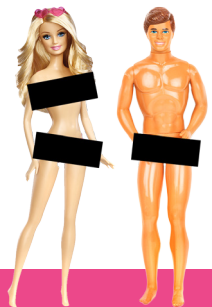
Question: What kind of goal should we have for our sexuality? What's best; perfection, improvement, or maturity?

Our mistakes don't have to be the end of our journey, they can be an event that begins a process of growth. Ps Sy referred to this verse, Ecclesiastes 8:6: "For there is a proper time and procedure for every matter, though a person may be weighed down by misery."

Question: Why does God take us on this journey when He could just fix our mistakes or relieve our struggles in an instant?

PRAY: Pray for each other that God would help you shape expectations of yourself and of Him that are realistic and healthy.

ACTIVATE: Think about John 10:10. Ask God to reveal some of the wrong expectations that you've had of sex, and to help you develop new, healthy expectations based on this promise in scripture.



STAYING ABOVE THE LINE

ENGAGE: Spend time connecting with each other.

RECAP: Has God revealed any views that you've had about sexuality that have been incorrect so far in the series?

WATCH: Watch Week Three of the DVD.

DISCUSS:

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 (MSG)

Sexuality is often one of the biggest struggles that people face in their lives. Everyone should be able to identify with one of the four categories that Ps Sy talked about.

- **SATISFIED.** Their sexuality is not putting them under great pressure.
- **RANDY VIRGINS.** More of a present sexual struggle with recurrent issues, but they can keep it under control.
- **STEALING THIRD BASE.** Crossing the line into sexual conduct.
- **ALL THE WAY.** Christian but having sex.

Question: What do you think of these categories? Is anything/anyone missing?

There is the grace of God that loves you, and there are also the guidelines of God, to groom and grow us into a place of responsible conduct.

Question: What does it mean to be 'responsible' for how we use sex? What happens when we don't take responsibility for our sex lives?

We never outgrow risk, but we can get better at managing it. Ps Sy used the metaphor of the car: even if you've been driving for years, if you take your eyes off the road you will 'end up in a ditch'. But we can learn to better attend to these risks.

Question: If a person is struggling, what can they do to make it easier or manage the risks better?

Learning over time to manage your mind on the sexual struggle provides a payoff that is worth it. We must learn to master our body and mind instead of letting them master us.

Question: What makes managing your sexuality worth the effort?

You don't need to try managing your sexuality alone. When you bring your struggles to God, He'll make it easier. Read the key verse together again.

Question: What's the goal of a follower of Jesus when it comes to our mind and our body? How does Jesus help?

PRAY: Pray that you'd each experience an intimate relationship with Jesus that brings strength and freedom, rather than trying to live in a "behavioural modification programme."

ACTIVATE: Read over Matthew 11:28-30 again. Spend time with God this week and ask Him to carry any burdens that aren't 'easy and light.'



MANAGING YOUR STRUGGLES

ENGAGE: Spend time connecting with each other.

RECAP: How has walking with Jesus this week made a difference in your sense of freedom?

WATCH: Watch Week Four of the DVD.

DISCUSS:

“It’s not enough to have a goal - we need to have a plan.”

Question: What do you think of this statement? Why is having a plan to help reach goals powerful?

When we understand our own humanity, it will allow us to see that the struggles we face are normal.

Question: Before doing this series, did you think that it was common for people to struggle sexually? How has your understanding of sexual struggles changed?

It’s important to identify that there is a problem before trying to solve it. Ps Sy talked about five factors that can influence our sexuality. These were: our vulnerable human nature, cultural influences, our biology, our hunger for love, and spiritual forces.

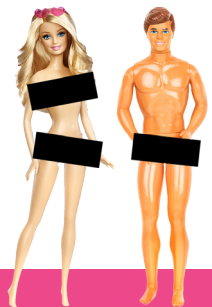
Discuss: Take turns to summarise how each of these factors influence a person’s sexuality. What did Ps Sy say about them, and what is your understanding of these factors?

When we understand the factors that influence us, and the struggles that they create, we’re better prepared to make choices.

Discuss: As a group, discuss some strategies that someone could put in place to manage these factors that influence our sexuality. Try to think of at least one or two helpful strategies for each of the five areas.

PRAY: If there’s anyone in your group in need of healing or a miracle, gather around and lay hands on them and pray for breakthrough.

ACTIVATE: Continue to look for opportunities to step out in these spiritual gifts and bless other people in doing this.



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