



# LIFEGROUPS

Series: Respect What?

Scripture: Exodus 20:14-15

Date: May 21 & 22, 2016

## —[ LET'S TALK ]—

- What is one of the most meaningful gifts you've ever received? What made it so meaningful?

## —[ LET'S WARM UP ]—

- How prevalent is adultery in our culture? Why? What motivates adultery?
- Do you think adultery is accepted as "normal" in our culture?
- Is stealing the greatest sin, and at the root of all other sin? Why or why not?
- Do you think some stealing is worse than others? Explain your answer.

## —[ LET'S DIG | CHOOSE 1 ]—

- Read 1 Corinthians 6:14-20 and talk about adultery.
  1. What characteristics of our bodies are described here?
  2. Why is sexual immorality uniquely against our own body?
  3. How significant is the "two will become one flesh" concerning sexual sin?
  4. How might this apply to adultery through pornography?
- Read Romans 13:8-10, Ephesians 4:20-28 and talk about stealing.
  1. What are various motivations for stealing? Is stealing ever ok?
  2. According to Ephesians, what should we do instead of stealing? Why?
  3. How do we learn to "put off our old self," and "put on the new self?"
  4. Why shouldn't we steal? What is the core value we uphold by not stealing?

## —[ LET'S ACT ]—

- Sexual sin is a very private thing. It can be extremely difficult to deal with because of the shame and assumption of judgement. If you know someone struggling, encourage them to get help. Be like Jesus in John 8:7-11 for them, not condemning them, but encouraging them to turn from sexual sin.
- If you know of anyone struggling with sexual sin, or anyone hurt by someone else's sin, please know you can always recommend the Stephen Ministry here at Wooddale Church. Stephen Ministers are trained lay people who support others in difficult, even defining moments of their lives. Contact [pastoral.care@wooddale.org](mailto:pastoral.care@wooddale.org) for more info.

Not in a Wooddale teaching based LifeGroup? Visit [www.wooddale.org](http://www.wooddale.org) to get involved!

—[ SERMON REVIEW ]—

- Scriptures referenced: [Gen 39:6-9] - [Prb 6:32-33] - [Mt 5:27, 19:4-6] - [Jn 8:7-11] - [1 Cor 10:12-13] - [Rom 12:1-2] - [Heb 13:4]
- God expects us to keep sexual intimacy within the context of marriage. Sex outside of marriage is an act of theft on multiple levels.
- How can we protect ourselves from sexual sin?
  1. Trust God’s will; don’t let feelings run your life and tell you what to do.
  2. A committed marriage—where husband and wife choose to love—fosters the truest and best sexual feelings; not adultery.
  3. Be careful to guard your mind.
  4. Be conscious of the consequences of sexual sin.
- How do we fall into sexual sin? A distraction turns into an attraction, which leads to interaction, and ends in a transaction. Try the 4-R method when you are being tempted to sin:
  1. Re-label: Call the thought what it is...a sinful temptation.
  2. Re-attribute: Temptation isn’t sin, but you *must* act or temptation *will* lead to sin.
  3. Re-focus: Put your focus actively on something wholesome and enjoyable.
  4. Re-value: State your value(s) that the temptation would conflict with.

—[ NOTES ]—

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