

Description: Today we are hit with messages and suggestions everywhere we go dealing with our sexuality and all the comes with it. Whether watching a movie preview, scrolling through your Instagram feed, hanging with friends, or walking in the mall, we are on sexual content overload. The reality is that these messages and our culture can put a lot of pressure on our dating relationships. In this fun, informative, conversation-style PowerTrax we will dig into what God says about our sexuality and how what he says plays out practically in the super-sexualized culture.

Key verses: Psalm 119:8; Exodus 20:14; 1 Thessalonians 4:3-5; Matthew 19:4-6; 1 Corinthians 6:18-20; Matthew 5:28; Ephesians 5:3; Mark 12:30-31; Proverbs 4:23; Romans 12:2

Prompt: Let students know you will discuss a topic they wrestle with every day, but don't always talk about in the home or at church. Yes, it is the Sex Talk. Alert them to the fact that God has much to say on the issue, and it's not simply, "No. No. No." God affirms sex in the right context. He created it. Read Song of Songs 4:1-7 to them as a sample of God's delight in marital sex before cuing the video.

Play: Video of Brad Deetscreek, "Sex Talk" www.buildmomentum.org/resources.html

Process: Select from the following questions to help students remember, rekindle and reengage.

- ‹‹ In the church and Christian families, Brad said the Sex Talk often goes like this, "Don't do it... Then silence." **How is this approach damaging?**
- ‹‹ "Sex is everywhere in our culture," Brad stated. **What examples did he and the students give? Where are you often confronted with sexual messages?**
- ‹‹ Brad listed the annual # of sexual acts on Primetime TV at 14,000. **How does this statistic pair with your experience? How often is sex portrayed among married characters? Why is this?**
- ‹‹ Review the list of verses Brad provided (Ex. 20:14; 1 Thes. 4:3; Matt. 19:4-6; 1 Cor. 6:18-20). **How would you define sexual immorality? What are specifics of God's sexual standard?**
- ‹‹ Our culture advocates following your feelings or emotions. **What feelings does sex provoke? How well does sex satisfy these feelings? How does God truly satisfy them?**
- ‹‹ Our culture says, "You have to date to get experience. You have to experiment sexually to prepare for your marriage. Porn doesn't hurt anyone." **How are these myths?**
- ‹‹ **What is "The Dating Effect"? Why do you think dating young increases sexual temptation?**
- ‹‹ Brad gave three principles for sexual purity. "Guard your heart. Honor God with your body. Renew your mind." **What are specific examples of each of these principles in your life?**
- ‹‹ Reread **1 Corinthians 6:18**. How is sexual sin in its own category? How does it hurt you?

Pray: Read Psalm 119:8. Remind students God can *make* us pure and *keep* us pure. Invite them to confess sexual sin silently. After a minute, pray God's mercy, purity, and power to stand over them.