

Dear Leaders & Parents of Watermark Students,

This letter is meant to inform you all about an upcoming series we're doing in our Junior High Ministry at Watermark Community Church. We intentionally address the topic of sexuality in Wake and our Small Groups once every three years with a series entitled:

# EXPOSED!

naked truth about sex

There's no denying the fact that sexualized messages embedded in our culture (movies, radio, television, internet, magazines, store windows, billboards, text messages, lunchroom conversations, etc.) continue to undermine biblical morality and destroy young lives. Junior High students are bombarded with culture's messages of sex but often have far less exposure to the biblical view.

Very few topics are as tough to talk about to young people about as the topic of sex. We recognize that this is an especially sensitive subject for this age group and want to invite you into the conversation with us or give you an appropriate "heads up" to make the choice to wait on some or all of these conversations.

This series certainly won't answer all possible questions about sex (in fact, it may serve to raise a bunch of new ones), but it will expose Watermark's students to 1) a biblical understanding of God's plan for sex, 2) where society has gone wrong, and 3) what a young person can do about it all.

I want to encourage everyone to visit [www.watermarkstudents.com](http://www.watermarkstudents.com) and click the "Exposed" icon to view a detailed summary of the material that we will cover in Wake and Small Groups on February 7, 14, and 28. I can assure that we will follow these outlines and address this topic in a very straight forward and tactful manner. Take some time these next few weeks to work through these outlines and discussion questions and figure out exactly how it applies to the specific situations and students you are invested with. Because of the subject matter, parents and leaders may need to adapt the discussion topics to fit specific individuals and groups.

Please feel free to contact us if you have any questions or comments about the topic. Also, please join us in praying that this will be a helpful and impactful time in our students' lives.

In Him,



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## Week 1 - What Was God Thinking?

### Sex is Created by God

Matthew 19:4-6

*"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one. Therefore what God has joined together, let man not separate."*

God is the creator of sex. He had sex in His mind when he made us male and female. Since God created it, He is an expert on the topic of sex. We see and hear so much about sex every single day but sometimes the messages we're receiving can be incomplete or confusing. If we want to understand the whole truth about sexuality we should turn to nothing else but the source. This week we're going to study the Bible and take a look at 5 purposes God had in mind when he created sex.

Next week we'll talk about what went wrong with sex and the week after that we'll cover how a teenager can handle the topic according to God's plan.

### What was God thinking?

#### 1. Sex is Meant for Marriage

Matthew 19:4-6

*"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one. Therefore what God has joined together, let man not separate."*

#### 2. Sex is Meant for Man & Woman

Genesis 2:20-24

*But for Adam no suitable helper was found. So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.*

*The man said,*

*"This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.*

#### 3. Sex is Meant for Intimacy

Genesis 2:24

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

#### 4. Sex is Meant for Reproduction

Genesis 1:27-28

*So God created man in his own image, in the image of God he created him; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number"*

#### 5. Sex is Meant for Teaching about Us & Jesus

Ephesians 5:31-32

*"For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." This is a profound mystery—but I am talking about Christ and the church.*

## Week 1 - What Was God Thinking? (continued)

### Week 1 - Discussion Questions

1. Everybody try to think of (and maybe write down) at least 3 ways you've been exposed to sex through the media in the last week. Think about what you've seen on TV, in a movie, in a magazine, on the internet, in a store window, or on a billboard. Think about what you've heard on the radio or on your iPod.
2. Where have you gotten most of your information about sex?
3. Do your friends ever talk about topics related to sex? What do people say?
4. Answer these 3 questions: 1) Have you ever seen any form of pornography - either on purpose or by accident? 2) How old were you the first time you were exposed to pornography? 3) Did you ever look at pornography again or was it just the one time?
5. Why do you think it is difficult to talk about sex in situations like this? Why do you think it is important to discuss this topic?
6. What do you think most of the world believes about sex?
7. Does anyone remember the 5 purposes God had in mind when he created sex? Look up the following passages from the Bible and see if you can't discover some of the things God has planned for sex.

Matthew 19:4-6

Genesis 2:20-24

Genesis 1:27-28

Ephesians 5:31-32

*(Sex is meant for marriage. Sex is meant for a man & a woman. Sex is meant for intimacy. Sex is meant for reproduction. Sex is meant for teaching us about Jesus & the church.)*

8. What do you think about God's purposes for sex? Do you think it would be difficult to follow God's plan for sex? Do you think it would be worth it to follow God's plan for sex? What are the pros and the cons of following God's plan for sex?

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## Week 2 - What Went Wrong?

Last week we talked about God's plan for sex by covering 5 of the main purposes God had in mind when he created man and woman for each other. Unfortunately, a lot of people out there have completely lost sight of God's intentions for sexuality. Most of what we see on the media and most the things teenagers are experimenting with is based on some really messed up lies about sex. People have tried for many years to make sex fit their plan instead of God's plan. The consequences to believing these lies about sex are tragic.

Today we're going to discuss the 4 biggest lies about sex. Buying any of these lies could really lead to loads of pain, disappointment, and tragedy...so pay close attention.

### Lie #1 - Sex is Limited to "Going All the Way"

People have tried to put sex in a box and convince themselves that they are still following a good path as long as they don't "go all the way." The Bible does not support this viewpoint at all! The Bible clearly says that we shouldn't even have a "hint" of sexual immorality and Jesus says that even "looking" at someone in a lustful or sexual way is a sin.

You need to know that things like passionate, long kisses, grinding/freak dancing at parties, looking at pornography, any level of undressing or touching of private parts, sexual joking, conversations about sexual experiences, fantasizing, "sexting" and other things like this are all parts of sex and are inappropriate for someone who wants to follow God's plan for sex. You can't separate different pieces of the sexual experience and say that they are okay...it is all tied together.

Ephesians 5:3

*But among you there must not be even a hint of sexual immorality, or of any kind of impurity,*

Matthew 5:27-30

*"You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*

### Lie #2 - Sex Can Serve Whatever Purpose I Choose

Last week we learned that sex is for 5 things: 1) Marriage, 2) Men & Women, 3) Intimacy, 4) Reproduction, and 5) Representing Jesus & the Church. However, much of the world has tried to make sex fit with their own purposes instead of God's purposes. A person might agree with purposes 2 & 3 but completely ignore the others. They might say, "If two people are in love, then it is okay." The problem is, you can't just pick and choose what sex is for...God made it and he has a plan for it, we can't just change his plan and make up our own.

The world has come up with its own purposes for sex. Check out what they've come up with:

Sex is meant for Recreation/Fun (Hooking Up)

Sex is meant to be a Step in a Relationship

Sex is meant to Represent Rebellion against Authority (Sex, Drugs, Rock & Roll)

Sex is meant to Prove Maturity (Become a Man)

Sex is meant to Fulfill Instincts

Sex is meant to Help a Person Feel Loved

Unfortunately, anytime any part of God's plan is ignored, there are physical, mental, emotional, and/or spiritual consequences. Sex is only appropriate, free of consequences, and truly fulfilling when it fits within the context of all 5 of God's purposes.

It's worth mentioning that God does not want to deny us the opportunity to have fun, deepen relationships, grow in maturity, feel loved etc. He has graciously provided other ways for us to celebrate these parts of life without the destructive side effects that come with sexuality outside of his purposes.

## **Week 2 - What Went Wrong? (continued)**

### **Lie #3 - Sex Leads to Love**

Many people will engage in sexual relationships in their quest to find love. A guy might say to a girl, "If you really loved me you would..." A girl might think to herself, "Maybe he will love me if I just..." They have confused love with sex, thinking that by having a sexual relationship with someone, they might somehow manufacture the loving relationship they long for. Love is something so much more than sex. Love is a verb that is characterized by actions and commitment.

1 Corinthians 13:4-7

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.*

You can never manufacture love. Love is a choice. Love is an action. Love is a sacrifice. Love is permanent. Only a wedding ring and the vows that go with it is proof of love because it means that the other person will always be there. Anyone who is not willing to commit to forever cannot be trusted in any sort of a sexual relationship.

### **Lie #4 - Sex Can Be Safe**

Our society talks a lot about "safe sex." The truth is, sex is never safe outside of marriage. No matter how much caution you use, giving yourself to another person is always vulnerable. Your body, your heart, and your soul are always on the line when you get involved physically with another person. Always. Sex can only become safer when it is with someone you can really trust. Remember not to be deceived, you can only really trust someone that is willing to give their life to serve you in a committed, loving marriage relationship.

Proverbs 4:23

*Above all else, guard your heart, for it is the wellspring of life.*

## **Week 2 - Discussion Questions**

1. Look up and read together the following passages from the Bible: Ephesians 5:3 & Matthew 5:27-30. How would you define "a hint of sexual immorality"? What are the actions people take that might not seem too bad by themselves but seem to hint towards sex?
2. What are your biggest temptations when it comes to sex? Is it more about what you look at in secret? Is it more about what you're doing with other people? Is it more about your thoughts?
3. Why do you think sexuality is so popular in our culture? Why is it cool that Justin Timberlake recently sang about "Bringing Sexy Back"? What are the reasons people might give for getting involved in sexual situations?
4. How do you think sex & love are connected? (*Look up 1 Corinthians 13:4-7 if needed*)
5. People will try to tell you that there is such a thing as "safe sex". What are the reasons why sex is never safe outside of marriage? (*You can discuss STDs, pregnancy, etc but also be sure to focus on the emotional, mental, and spiritual aspects...guard your heart*)

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## Week 3 - What's a Teenager to Do?

In the last two weeks, we've talked about God's purposes for sex and the lies we often hear about sex. If we're honest, most teenagers have several years of avoiding those lies until the time comes for God's purposes for sex to be fulfilled in a marriage relationship. In light of the last two weeks, today we're going to talk about specific actions that students can do to occupy their time while their waiting for God's purposes for sex to be fulfilled in their lives.

### 1. Know Your Bible & Know Your Standards

Do you agree or disagree with God's purposes for sex? Do you understand the lies that most of the people in our society believe about sex? Are you willing to stand up for and follow God's plan? Based on what you know the Bible says, what are your limits when it comes to physical relationships with members of the opposite sex?

### 2. Let Your Standards be Known to Others

Once you've decided where you stand, let others know all the exact details so they can encourage you and support you. Tell your Parents and your Small Group for sure. Also, you must make certain that you talk about your personal standards to anyone who wants to date you before you begin a relationship. If they don't agree 100% with what you believe based on the Bible, do not date them! Lastly, tell the Whole World about your standards. Buy a purity ring that represents your commitment to wait for God's plan for sex to be fulfilled in your life.

### 3. Flee from Any & All Sexual Immorality

You're going to be tempted in many, many ways. The temptations to believe all the lies about sex will never go away but you can learn to deal with them by learning to run away from them.

Ephesians 5:3

*But among you there must not be even a hint of sexual immorality, or of any kind of impurity,*

1 Corinthians 6:18

*Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.*

1 Corinthians 10:31-33

*So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God— even as I try to please everybody in every way. For I am not seeking my own good but the good of many, so that they may be saved.*

Job 31:1

*"I made a covenant with my eyes not to look lustfully at a girl."*

Genesis 39:11-12

*One day Joseph went into the house to attend to his duties, and none of the household servants was inside. Potipher's wife caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and ran out of the house.*

### 4. Wait on Relationships Until You are Ready

Don't let yourself fall in love with someone until you are ready to follow through with serious commitment. If you get in a deep emotional relationship, you are really asking for more temptation than you can handle.

Song of Solomon 2:7, 3:5, and 8:4

*I charge you: Do not arouse or awaken love until it so desires.*

## **Week 3 - What's a Teenager to Do? (continued)**

### **5. Prepare for Your Future Role**

While you're waiting for God's purposes to be fulfilled, spend that time preparing yourself to be the kind of husband and wife God intends for us to be. Instead of fooling around with sexual things, pour your life into serving other people. By serving others you can prepare yourself for a great marriage.

Ephesians 5:24-25

*As the church submits to Christ, so you wives should submit to your husbands in everything. For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her.*

### **Week 3 - Discussion Questions**

1. Do you agree or disagree with God's purposes for sex? Are you willing to stand up for and follow God's plan?
2. Based on what you know the Bible says, what are your limits when it comes to physical relationships with members of the opposite sex?
3. Who are the people that know about or need to know about your standards for purity?
4. Have the group look up Ephesians 5:3. What do you think are the hints of sexual immorality that you need to work on getting rid of in your life? *(Guys might want to talk about lustful eyes using Job 31:1 as a cross reference. Girls might want to talk about dressing modestly using 1 Corinthians 10:31-33 as a cross reference. Everyone might want to talk about what they're watching and listening to.)*
5. Have the group look up 1 Corinthians 6:18 & Genesis 39:11-12. What do you think are some practical ways that a teenager can run away from sexual immorality?
6. Have the group look up Song of Solomon 2:7, 3:5, and 8:4. Then look up Ephesians 5:24-25. In our society it is more common for people to get married in their 20s or 30s. This means that teenagers often have what seems like a long, long time to wait before sexual stuff becomes okay. What are some things a teenager can focus on and do in the next 5 to 10 years to prepare themselves to be a good husband or wife someday?