

Going Deeper

Your weekly guide to understanding God with others

GUNK - Part 4 Embracing Intimacy

TIM PIESSE

Introduction

The act of lust reduces its object to a commodity. Unfortunately, women are too often viewed and presented as objects of lust in our culture. Jesus told us to put away lust and temptation, but this requires more than will power. We must protect our mind and guard our heart - but only Jesus can change a heart - if we give Him access to it. One effective key is to never stand alone. We need to be vulnerable and accountable with trustworthy people. This kind of vulnerability is not a weakness but takes courage. Another effective strategy (for those who are married) is to grow your marriage by putting each other first, learning to find the most generous explanation when your spouse does something you don't understand, and learning from your failures. We need to give God access to our heart.

Read Matthew 5:27-30

Discuss

1. How do we explain Matthew 5:28 in a modern world? How can this be practically achieved now?
2. What does Matthew 5:29-30 tell us about the importance of our mind?
3. How can we win this battle in our mind? How can you control what you think?
4. How should we talk to our children or the younger generation about sex? Share your experiences or methods of doing so.
5. After hearing this week's sermon, describe 'vulnerability' in your own words. Discuss how being vulnerable can be part of the solution, and why not being prepared to be vulnerable can be a problem.

(continued on next page)

6. Have you ever experienced being vulnerable with a friend? What was it like?
7. Based on Pastor Tim's sermon, discuss practical steps people can take to improve their marriage or relationship with others.

Respond

Consider one thing you can change this week to give God better access to your heart. What is that one thing?