

M4+ Podcast
MADE FOR GREAT SEX
Study Guide

BIBLE VERSE

1 Thessalonians 4:2-8 ESV

“For you know what instructions we gave you through the Lord Jesus. For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God; that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. For God has not called us for impurity, but in holiness. Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.”

QUESTIONS FOR REFLECTION

1. Kari says, “God created sex, so we, His children, should be the experts.” What would change if you really saw your sexuality as something good that God created and entrusted to you, rather than simply an area of temptation to control?
2. Kari talks about how our understanding of sex is shaped by many voices—culture, films, pornography, romantic ideals, family, church and our own experiences. Which voices have shaped your understanding of sex the most? Where might you need to rethink what you have learned in light of God's design?
3. The episode distinguishes between guilt—recognising that “I did something wrong”—and shame—believing that “there is something wrong with me.” Is there an area of your sexuality where shame, regret or past choices make it difficult for you to receive God's grace? What would it look like to bring that area honestly to Jesus and choose sexual integrity today?

AN UNCOMFORTABLE QUESTION

If your private choices about sexuality were visible to Jesus and to someone you deeply respect, is there anything you would want to hide? What might that reveal about an area you need to bring into the light?

CHALLENGE

Think of one way to experience healthy non-sexual touch to help you feel connected to others.

PRAYER

Father,

Thank you for sex and sexual desire. They come from you; you have created these things. Continue to work in my heart and show me how to honor you through my sexuality. I want to bring integrity to this area of my life and be a testimony of your love and grace.

Bring me nearer to you in Jesus' name.

Amen.