



# Sexpectations

## Part 4 – Broken Sex Study Guide

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No matter the situation, sexual sin brings with it shame. This shame can drag us down to the point that it might seem impossible to find freedom and hope. Thankfully, it doesn't have to end with hopelessness. Through Jesus, we can find new life and freedom from the mire of sin.

1. What are some of the things that you've learned from this *Sexpectations* series? In what ways has this series helped shape your view of sex?

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“But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.”  
1 Corinthians 6:11 (ESV)

2. **Read 1 Corinthians 6:9-11.** Why is it often difficult to see beyond our past sins? Do you tend to establish your identity based on past mistakes or sins?
  
3. **Read Psalm 51:7-12.** Why does shame have such a powerful influence in our lives? How does trusting in Jesus transform us into something new and free us from shame?

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“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.” 1 Thessalonians 5:23 (ESV)

4. **Read 1 Thessalonians 5:22-24.** The word sanctification is sort of a “church word.” Do you know what that word means? Why is it important to understand the concept of being sanctified, especially when we talk about it in light of sexual sin?
  
5. In what area(s) of your life do you have a hard time feeling forgiven even though you know you are? Are there people in your life that you have a hard time forgiving because of the hurt they’ve caused you? How can your Life Group help and be there to support you?