

The Naked Truth – What’s the Big Deal

(Personal/Group Study – Week 1)

What was said in this week’s message that gave you a better understanding of God’s plan for us in the context of sex?

MY STORY:

How have you gotten it wrong in the past? Contrast your former [or current] thoughts, ideas and understanding against what you now know as God’s plan for sex.

DIGGING DEEPER:

Many people are afraid to talk about sex (especially in a church setting) and to be sure, a lot of us just “figured it out” and have never understood that sex is a plan from God for our lives. Some of us find ourselves completely off track in our thoughts, habits and ideas about sex, intimacy and yes, even just what love really is. As you think about and discuss (reflect) over this week’s message, be real with yourself and your group, be honest about your attitudes and then let the Holy Spirit speak to you and teach you about His perfect plan.

Read Genesis 2:18-25 again and think back on the weekend notes: community, intimacy, no shame.

- What does God say in verse 18?

God doesn’t want Adam to be lonely, so He fashioned a helper comparable to him. This phrase indicates that this helper (or partner) would be truly fitting and fully adequate – just right. This term “one who helps” isn’t demeaning; in fact it’s used to describe God when He comes to our aid.

- How well does God understand Adam’s needs and desires? How well do you feel that God understands yours? Consider Genesis 2:24. In the New Testament, Jesus refers to this text as the foundation of the biblical view of marriage (read Matthew 19:5 and 1 Corinthians 6:16).

The words “be joined” speak of both a physical embrace and more general aspects of marital bonding and “one flesh” suggests both a physical, sexual bonding and a lifelong relationship.

- How were Adam and Eve able to be naked before each other and yet not ashamed?

They were comfortable in their physical bodies, in their sexuality, in their relationships, and in their work – with no wrongdoing and the wording of vs. 24, 25 suggests the couple experienced sexual relations in the garden as a part of their God-intended experience.

Read Genesis 3:1-6 and then look one more time at Genesis 3:7-11.

- All of the sudden with no one around but the two of them, they were ashamed (see 2:25). Why?

Fear, shame and lack of intimacy are now present in verses 9-11. Adam and Eve, who have “become wise,” hide in the trees to avoid being seen by the Creator of the Universe who comes into the garden for an evening chat. What had been a perfect, shameless fellowship has turned into a dreadful fear of God – a terror of being discovered in the wrong.

TAKING IT HOME:

Sex God’s way isn’t a very popular notion in today’s society. Which life would you rather live? One filled with fear and shame or one filled with intimacy and community?

If you’re married, how are you and your spouse a gift to each other spiritually? Emotionally? Physically? If you’re single, how does the Genesis 2:18-25 story make you feel? Do you believe that God’s plan for sex can work in today’s world? Why or why not?

ENCOURAGEMENT:

Luke 7:36-50

Optional Related Bible Reading: 1 Corinthians 6:12-20
1 Thessalonians 4