

HOME CHURCH GUIDE:

- CHECK-INS: Introduce, check-in
- CARE: Needs in the group
- COMPASSION: What is the group planning? Are you inviting your neighbours to join in?
- GROUP ANNOUNCEMENTS Church-wide and group-only
- DIG IN: "Breaking the Ice" question (group facilitator), discuss questions as a group
- PRAYER: Final questions, prayer huddles for personal requests. Consider breaking into small groups (huddles) of 2-4, by gender, if large enough.

FOR REFLECTION AND DISCUSSION:

(From Deeply Formed Life Study Guide)

1. When you were growing up, how did your parents handle (or not handle) the "birds and the bees" conversation? How may their approach have shaped the way you view sexuality?
2. What are the spoken or unspoken messages from the Church regarding sexuality that have impacted the way you see this issue?
3. GENESIS 3:1-10 Read the text. Which words or phrases from this story stand out to you?
4. In this chapter, after Adam and Eve eat the fruit from the tree prohibited by God, they became aware (perhaps overly preoccupied) with their bodies. How has this story continued to be lived out in our culture? In your own life?
5. Adam and Eve hid from God, fearful and carrying shame. How does fear and shame about our bodies impact our relationship with God, ourselves, and others?
6. [Read this question aloud, but self-reflect vs. group.] Villodas lists the three diets of sexual formation (starvation, fast-food and the banquet). Which of these diets do you need to prayerfully wrestle with? Why?
7. What would it look like for you to be "naked and unashamed" as it pertains to your relationship with your body?
8. Read the 1 Thessalonians text. Paul's words are direct, urgent, and culturally provocative for our day. How does one seek to live out these words without going down the path of legalism, shame, or judgmentalism?
9. Paul writes that we have to "control our body." How do you hear these words?
10. Where does the church need to grow in it's theology of the body? Why?

FOR PRAYER:

What are you mad about? What are you sad about? What are you anxious about? What are you glad about?



CONNECT WITH US ANYTIME!

- Get information, make comments, ask questions, share thoughts
- Prayer requests
- Sign-up for our weekly e-newsletter
- Join a Home Church

2021 ADVENT SERIES

Good Gifts

Naked and Unashamed

We are exploring more about the gift of the body, and in particular how the church often ignores our ongoing sexual formation, leaving it up to purity culture or swiping culture. Leaning into teaching from both the Deeply Formed Life, by Rich Villodas, and a bit more from Dr. McBride, we will hopefully learn new ways to think about the gift of sexuality and the body.

TAKE OFF: Quotes and Quips

- *[The] body is good in a kind of moral sense and not because of appearance, function, or labels I use or others give...Your body is good simply because it is your home* (HLM, 133).
- "In Jesus's incarnation, death, and bodily resurrection, God unequivocally sanctified creation. Because God touched the world (literally), all that is seen and unseen radiates divine presence. That is why our response to the coming of God in Jesus is to see our bodies and the created order with profound sacredness" (Villodas, 143).
- "Yes, Adam and Eve hid behind a tree, naked and conquered by shame. But Jesus hung on a tree, naked, and conquered shame. This is the good news of the gospel. In Jesus, shame doesn't have the last word. Our desires no longer need to be disordered. We can live in the freedom that comes in his name" (Villodas, 147).
- Swiping vs purity

Provoking the Texts

Genesis 2:4, 25; 3:7 (1-10)

1 Corinthians 6:19

1 Thessalonians 4:3-5

DESTINATION [BIG IDEA/S] Moving away from purity culture and swiping culture, to a Holy Spirit guided view of body and sexuality/expression.

“Consuming bodies” Objectification

FLIGHT/CRUISE
What is Sexuality?

Sober Sexuality - Sobriety is about honesty—being truthful and transparent. Laying down our false self. How do we get real?

Speaking of Shame

Social Sexuality

Sexual Formation: Three Diets

1.

2.

3.

DESCENT & LANDING

Sexual De-Formed Messages: Four Promising Questions (149)

- How do we honour our bodies? How do we honour the bodies of others?
- In our daily lives, how can we reject the scripts, lies, and disordered appetites that entrench us in deeply de-formed ways?
- How can we work toward wholeness, healing, integrity, and love in this area of our lives?
- How do we love God well with our bodies and our sexuality?

Sources: Bible; The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living, Hillary L. McBride; Play, Tongues, and Liberation Power, Shelby T Boese; The Deeply Formed Life: Five Transformative Values To Root Us In The Way Of Jesus, Rich Villodas; <https://craigkeener.com/pauls-perspective-on-the-flesh-in-the-book-of-romans/>; Others.