

Sexual Wholeness— Sex Before Sin

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Genesis 1 and 2

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Reflection & Discussion Questions

We can feel harassed and helpless in the area of sexuality

We are pulled in all different directions on this issue.

*What are some of the reasons the conversation about sex has become so toxic and difficult to engage with?

*Why hasn't the church been the safest place to talk about this topic?

*Where do you feel harassed on this issue? Helpless?

Sex predates sin – it's relevant to know what that was like

Read and discuss the following passages:

Genesis 1:1-2 *1 In the beginning God created the heavens and the earth. ² Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.*

Genesis 1:26-28 *²⁶ Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,^[a] and over all the creatures that move along the ground."*

*²⁷ So God created mankind in his own image,
in the image of God he created them;
male and female he created them.*

²⁸ God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

Genesis 2:7 *⁷ Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.*

Genesis 2:15-25 *¹⁵ The Lord God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶ And the Lord God commanded the man, "You are free to eat from any tree in the garden; ¹⁷ but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."*

¹⁸ The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."

¹⁹ Now the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰ So the man gave names to all the livestock, the birds in the sky and all the wild animals.

But for Adam no suitable helper was found. ²¹ So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. ²² Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man.

²³ The man said,

*"This is now bone of my bones
and flesh of my flesh;
she shall be called 'woman,'
for she was taken out of man."*

²⁴ That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

²⁵ Adam and his wife were both naked, and they felt no shame.

- *What do these passages show us about God? About Adam and Eve?
- *What can we see about the creation of people?
- *What do we observe about God's ideal for sexuality?

Sex before sin:

Was an expression of covenantal love.

Was about walking in oneness.

There was mutuality.

Adam and Eve were not defined by their sexuality, nor detached from it.

*Are any of these observations new to you? What stands out to you about His ideal?

*How are you seeing that sex is not just about sex?

The standard of sexual righteousness is impossibly high

Sex is about covenantal love for one person characterized by total oneness, intimacy, unity, and vulnerability.

*Where might we be missing understanding about true sexual righteousness?

*Where does it leave us if we are more sinful sexually than we can imagine?

“You can't live without intimacy, but you can live without sex”

Ultimately the quest for sexual wholeness is not a quest for the right version of sexuality. Sexual wholeness is about rediscovering a secure relationship with Jesus and walking with him back toward the beautiful life we were created for. Experiencing the unconditional love of Jesus Christ is the single greatest practice we can engage in.

*What areas of pride about this topic might you need to surrender?

*What areas of shame about this topic might you need to surrender?

*What is the Holy Spirit showing you about sexual wholeness and the way He defines it?

For further resources about sexual wholeness check out our Resource Center in the Gathering Place. Many of these have been curated for this series especially.

Surfing for God by John M. Cusick

The Freedom Fight by Ted Shimer

Unwanted by Jay Stringer

Understanding Sexual Identity by Mark Yarhouse

Understanding Gender Dysphoria by Mark Yarhouse

It's Great to Be a Guy by Dannah Gresh and Jarrod Sechler

It's Great to Be a Girl by Dannah Gresh and Suzy Weibel

God's Design for Sex book series by Stan and Brenna Jones and Carolyn Nystrom

Good Pictures Bad Pictures and *Good Pictures Bad Pictures Junior* by Kristen Jenson

Redeeming Sex by Deb Hirsch

Love is an Orientation by Andrew Marin

The Soul of Shame by Curt Thompson

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