

Cell Notes Sunday 19th February

'How to be wise in our sexuality'

Welcome: Tell the group about a fun thing from your childhood that you used to do together as a family?

Worship : As part of your worship have a time of thanking God for his grace, mercy and love to heal and restore our lives.

Word: Proverbs 5:1-23

- 1) From Eph 5:1-21 and the above passage discuss how we can engage in the world we find ourselves living in but also set ourselves apart?
- 2) How does Jesus take the teaching from the old testament to a different level in the following passage Matt 5:27-30?
- 3) Whatever our married status what can we learn from the Proverbs passage, 1 Thess 4:3-8 and 1 Cor 7:1-9 about sexual purity?
- 4) Read 1 Cor 10:13 and 1 Pet 5:5-9 why can we never be complacent and how can we support one another to ensure we don't fall into sin?
- 5) For those who have experienced hurt, neglect or abuse in their relationships what hope can we draw from Jn 4:7-24 or Jn 8:1-11?

Witness: Pray for one another that we will be wise in our spiritual walk and our relationships with the opposite sex. Pray also for opportunities to be channels of Gods hope, love and grace to those we come into contact with who have been hurt through painful experiences in this area of relationships.

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