



Cuyahoga
Valley Church

SERMON STUDY GUIDE

Week of 3.3.24
Exodus 20:14 // Matthew 5:27-30 // Rick Duncan

Please take the opportunity to revisit the CVC Equip
Portrait of a Healthy LifeGroup on a regular basis

*We would suggest that if you are in a mixed group, you split up by gender for this conversation.

CONNECT (10 MIN)

- 1 Have you ever faced a situation where what was culturally acceptable clashed with your personal or religious beliefs? How did you navigate that?

EXPLORE (30 MIN)

Create Context (5 min):

[Watch the weekly sermon recap video HERE.](#)

Study & Discussion (25 min)

- 2 Exodus 20:14 emphasizes the sanctity of marriage and prohibits adultery. Pastor Rick shared that “sex within marriage is good for the stability of a society”. How would you defend this statement biblically and winsomely?
- 3 Pastor Rick gave an illustration of “getting too close to the edge” as a way to describe how we often approach our sexual sin. Read 1 Corinthians 6:11-20
 - a. How does this passage influence how “close we get to the edge?”
 - b. What “edge” do you need to move away from?
 - c. How do we glorify God in our body?
- 4 Pastor Rick made this statement, “guard your thoughts because your thoughts become your actions, and your actions become your habits, and your habits become your character, and your character becomes your destiny.”
 - a. In what ways does this manifest itself in your past? Current life?
- 5 Read 1 Peter 5:8-9. Pastor Rick mentioned that our experience of sex is broken and, therefore, makes us prey for our enemy.
 - a. In what ways have you become prey for the enemy?
 - b. How might you be watchful and resist him?



⑥ Read Matthew 5:27-30. Jesus expands the understanding of adultery to include lustful thoughts and calls for “radical amputation”.

- What does this tell us about the significance of mental purity in addition to physical actions?
- What might radical amputation look like in your own life?

⑦ Read 1 Thessalonians 4:3-5. Here Paul calls believers to live a life of sanctification, particularly in abstaining from sexual immorality.

- Why might there be specific focus on sexual sin as opposed to other areas of sin?
- Discuss the challenges and practical steps of living out this command in today's sexually charged culture.

⑧ Read John 8:1-11. Pastor Rick shared a powerful story from Matt Chandler and finished with the powerful statement that “Jesus wants the rose!”

- Do you respond to sexual sin like the religious leaders or like Jesus?
- How does Jesus' response to her provide insight into God's grace and call to repentance and holiness in the area of sexual sin?
- Pastor Rick shared that he would love to CVC become a place where people can openly and honestly wrestle with and find freedom from sexual sin.
- Are we that kind of place?
- Are you comfortable bringing your sins in this area into the light? Why/Why not?

APPLY (30 MIN)

(Find best place to tie this to Scripture). Pastor Rick shared that an important part of the healing process is to “unpack your baggage.” LifeGroup might not be the best place to do this. However, we want to encourage you to consider leveraging one of the resources/counselors in the section below. Is there one person in your group that you’d be willing to share with offline and that would walk with you through the healing process?

PRAY (15 MIN)

Spend time praying for strength and wisdom to honor God with your body and relationships. Pray for those struggling with sexual sin, that they would experience God's grace and the power of the Holy Spirit to live in purity.

Meditate on the truth that your body is a temple of the Holy Spirit (1 Corinthians 6:19-20 How does this influence your decisions and behavior in the area of sexual purity?



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ADDITIONAL RESOURCES

Week of 3.3.24

In Pastor Rick's Sermon on the 7th Commandment this week, he mentioned several resources that we thought it would be helpful to share. Below you will find 4 steps that can be a great way to begin the process of healing and restoration. We've provided several resources under each step.

- Self-Assessment
 - He/She needs a baseline of understanding where he is at with sexual integrity issues. Lust, Porn, Masterbation, Physical and Emotional Affairs.
- Fellowship & Community
 - He/She needs others who have been in the fight and battle of addiction, infidelity, and spiritual warfare. ie: 12 steps/support groups
- Professional Christian Counseling
 - While meeting with an elder or an accountability partner can be helpful, we suggest meeting with a professional Christian Counselor.
- Listen & Read
 - There are lots of books, podcasts and websites that will help both the betrayed and the betrayer in all phases of recovery. I've linked many below.

STEP ONE Self-Assessments

- [Dr. Patrick Carnes Material \(Sexual Addiction Screening Test\)](#)
- [Sex Addicts Anonymous Self Assessment](#)

STEP TWO Fellowship & Community (All Free)

- [Samson Society \(Men\)](#)
- [Sex and Relationship Healing Groups \(Men and Women\)](#)
- [Alcoholics Anonymous \(Men and Women\)](#)
- [Sex Addicts Anonymous \(12 Step\) \(Men and Women\)](#)
- [Sex and Love Addicts Anonymous \(12 Steps\) \(Men and Women\)](#)

STEP THREE Therapists

- Dr. Walt Broadbent - drwalt.broadbent@gmail.com
- [Daring Ventures \(Jake Porter\)](#)
- [Northcoast Family Foundation](#)
- [Counseling Alliance](#)

STEP FOUR BOOKS FOR THE BETRAYER

- [Unwanted: How Sexual Brokenness Reveals Our Way To Healing](#)
- [The Twelve Steps for Christians](#)
- [Out of the Shadows: Understanding Sexual Addiction](#)
- [Out of the Doghouse: A Step-by-Step Relationship-Saving Guide for Men Caught Cheating](#)
- [Worthy of Her Trust: What You Need to Do to Rebuild Sexual Integrity and Win Her Back](#)

STEP FOUR BOOKS FOR THE BETRAYED

- [Intimate Deception: Healing the Wounds of Sexual Betrayal](#)
- [Help Her Heal: An Empathy Workbook for Sex Addicts to Help their Partners Heal](#)
- [The Betrayal Bind: How to Heal When the Person You Love the Most Hurts You the Worst](#)
- [It's Not Supposed To Be This Way](#)

STEP FOUR PODCASTS FOR BOTH SPOUSES

- [Pirate Monk Podcast \(Men\)](#)
- [Sex, God, & Chaos \(Men and Women\)](#)
- [The Place We Find Ourselves \(Men and Women\)](#)
- [Betrayal Recovery Radio \(Men and Women\)](#)
- [Pure Desire \(Men and Women\)](#)
- [The Covenant Eyes Podcast \(Men and Women\)](#)
- [Redemptive Living Radio \(Men and Women\)](#)

Websites for Christian Based Couple Centered Recovery

- [Affair Recovery](#)
- [Redemptive Living](#)
- [Daring Ventures](#)
- [The Journey Course \(Jay Stringer\)](#)
- [Michelle Mays](#)
- [Bloom for Women](#)
- [Ken Adams \(Men's Enmeshment with their mothers\)](#)

Movies and Programs about Addiction, Adultery, etc.

- [The Heart of Man](#)