

# Groups.

## Mates, Dates & Marriages: Godly Sex

Sex is God's idea - He designed it for intimacy, trust, and covenant within marriage. His ways are not restrictive, but protective, leading to joy, flourishing, and freedom. The enemy, however, seeks to distort this gift, and our culture normalises brokenness through counterfeits like pornography, which leave people wounded and disconnected.

Scripture, especially the Song of Songs, shows us how intimacy is meant to be cultivated - with gentleness, patience, affirmation, and honour. Men and women are wired differently, and our words carry power to build up or tear down, not only in marriage but in all relationships. True intimacy takes intentionality, time, and healthy boundaries; like fire, sex is powerful - life-giving in its proper context but destructive when misused.

Yet even in the midst of brokenness, there is hope. God's grace is greater than our past, and Jesus offers freedom, healing, and restoration. Through His Word, His Spirit, and the support of community, we can walk in purity and wholeness. As followers of Christ, we are called to raise the standard, honour His design, and trust Him to redeem every area of our lives for His glory.

## REFLECTION

*Share something that stood out from the Sunday message 'Godly Sex'.*

## MESSAGE POINTS

### One: God's Design for Intimacy Protects and Blesses

God's design for sex and intimacy is not about restriction, but about protection, flourishing, and blessing. The world and the enemy distort God's good gift, promoting counterfeits that lead to brokenness, insecurity, and regret. But when we honour God's boundaries - such as the commandment not to commit adultery - we find that His ways lead to trust, security, and lasting joy. God's heart is for us to experience intimacy in the context of covenant, where love is self-giving, safe, and deeply fulfilling. Embracing His design brings life, strengthens families, and builds healthy communities.

*Exodus 20:14 (ESV)*

*"You shall not commit adultery."*

## Discussion

**Why do you think God's boundaries for sex and intimacy - like the command not to commit adultery - are protective and life-giving, rather than restrictive?**

- *Think about how boundaries work in other areas of life (e.g., traffic laws, fire in a fireplace).*
- *What happens when God's design is ignored?*

- *How have you seen trust and security grow when His ways are honoured?*

**What are some of the “counterfeits” of intimacy that the world promotes, and how can we guard our hearts and minds against them?**

- *Consider things like pornography, casual sex, or relationships based on performance or convenience.*
- *How do these distort real intimacy?*
- *What spiritual practices, accountability, or boundaries help us resist these counterfeits?*

**How can embracing God’s design for intimacy strengthen not only our personal lives and marriages but also our families, friendships, and communities?**

- *What difference does covenant love make compared to consumer love?*
- *How does purity and faithfulness impact the next generation?*
- *Can you share examples of how godly intimacy has created blessing beyond just a couple?*

## Two: The Power of Words to Build Up and Bless

Words have the power to shape identity, heal insecurities, and build trust in relationships. In Song of Songs, Solomon spends time speaking words of affirmation, value, and beauty over his bride before any physical intimacy occurs, showing us the importance of honouring and uplifting one another with our words. Whether in marriage, friendship, or family, intentionally speaking life and encouragement can transform hearts and strengthen bonds. Let us be people who use our words to deposit love, dignity, and hope into those God has entrusted to us, rather than tearing down or cheapening their worth.

*Song of Songs 4:1-7 (ESV)*

*Behold, you are beautiful, my love, behold, you are beautiful! Your eyes are doves behind your veil. Your hair is like a flock of goats leaping down the slopes of Gilead. Your teeth are like a flock of shorn ewes that have come up from the washing, all of which bear twins, and not one among them has lost its young. Your lips are like a scarlet thread, and your mouth is lovely. Your cheeks are like halves of a pomegranate behind your veil. Your neck is like the tower of David, built in rows of stone; on it hang a thousand shields, all of them shields of warriors. Your two breasts are like two fawns, twins of a gazelle, that graze among the lilies. Until the day breathes and the shadows flee, I will go away to the mountain of myrrh and the hill of frankincense. You are altogether beautiful, my love; there is no flaw in you.*

## Discussion

**Why do you think Solomon chose to affirm his bride with words before any physical intimacy took place?**

- *What does this reveal about God’s design for intimacy and trust?*
- *How do words prepare the heart for deeper connection?*
- *In what ways can we apply this principle in our marriages, friendships, or families?*

**How have you experienced the power of words - either to build you up or to tear you down?**

- *Share a time when someone's encouragement shaped your identity or gave you courage.*
- *What impact did negative, or careless words have in your life?*
- *How does this help you understand the weight and responsibility of your own words?*

### **What practical steps can we take to become more intentional in speaking life, dignity, and hope into the people around us?**

- *What habits could help us pause before speaking so our words bring blessing, not harm?*
- *How can Scripture or prayer shape the way we speak?*
- *Who in your life most needs words of affirmation right now?*

## **Three: Set Boundaries and Pursue Holiness**

God calls us to set clear boundaries in our relationships, especially regarding physical intimacy, so that we do not awaken love before its proper time. The world offers instant gratification and cheap substitutes, but God's way is to wait for the right context – marriage - where intimacy becomes a powerful, holy, and lasting bond. Setting boundaries is not about missing out, but about preserving the fullness of God's blessing and avoiding regret. Even if we have made mistakes, God redeems and restores, inviting us to pursue holiness and wholeness in Him.

### *1 Thessalonians 4:3-5 (ESV)*

*For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honour, not in the passion of lust like the Gentiles who do not know God.*

### **Discussion**

#### **Why do you think God links holiness with boundaries in the area of intimacy?**

- *How do boundaries protect us rather than restrict us?*
- *What dangers come when we "awaken love before its proper time"?*
- *How does 1 Thessalonians 4:3–5 challenge the culture's view of instant gratification?*

#### **What boundaries have you found helpful (or need to set) to honour God in your relationships?**

- *Think about both physical and emotional boundaries.*
- *How do boundaries help us stay focused on God's will rather than our own desires?*
- *What role can accountability and community play in keeping these boundaries?*

### **3. How does God's redemption give hope if we have already crossed boundaries or made mistakes?**

- *Reflect on ways God restores and makes us whole again.*
- *How can past failures become part of a testimony of His grace?*
- *What practical steps can we take to walk forward in holiness and wholeness?*

## GROUPS PRAYER POINTS

### **Pray for each other's personal journey as a disciple and discipleship in our church**

- Being in the presence of Jesus, becoming more like Jesus and continuing the work He did.

### **Pray for the Holy Spirit's presence**

- That we would be led, filled and empowered to live surrendered, love God and serve others.

### **Pray for Decade of Destiny**

- **Debt Free on Sims and Stage One** Believe that we could be debt free on the purchase of Sims St and the stage one fit-out costs.
- **Launch Two New LIFE Campuses** That we would pioneer two additional LIFE campuses across Melbourne and continue to make room for more people to discover the wonder of Jesus, find their family and step into all that God leads.
- **LIFE Homes** To have short-, medium- and long-term accommodation navigable to enable emergency support, crisis help and essential care to key areas of vulnerability.
- **Education Services Engaged** It is our vision that we will have multiple pathways that we will be able to bring lasting transformation to our communities through learning and education and reverse the cycle of poverty.
- **Sims Street Revival** God is entrusting us to first and foremost lift up the names of Jesus and see many thousands upon thousands discover His eternal life.

## WHATS HAPPENING

### **FAMILY DISCIPLESHIP**

Our amazing Kids Team launched the *Bite Sized Bible* this week - and we're so excited to share it with you!

This resource is designed to help families explore God's Word together, one bite at a time. With simple, easy-to-read portions of Scripture, it's a fun and meaningful way to spark faith conversations and build lasting habits of engaging with the Bible as a family.

If you haven't picked one up yet, grab your copy from the Kids Connection desk or just outside the Base Camp room.

We believe this will be such a blessing to families, and we can't wait to hear the stories of how your child connects with God's big story - and how you grow together on the journey.

### **SISTAHOOD CONFERENCE**

#### **DIVINELY ASSIGNED**

Within every woman stirs a sacred ache—a yearning for our lives to matter, for our worth to be woven into something far greater than ourselves.

We are called to live in tune with a melody that echoes through eternity — a song God Himself placed deep within us. He etched it on our souls, marking us for His divine purpose. This is the melody He invites us to awaken — one that carries His heart, transcends our weakness and releases heaven's purpose.

It is divinely written. Divinely assigned.  
Ours to embrace.

We're honoured to have Ps Maree de Jong (Founding Pastor at LIFE) and Ps Jemima Varughese (Senior Leader at Kingdom city Church) with us for 2 powerful and destiny-defining days.

Schedule:

Fri 24 Oct  
Night session

Sat 25 Oct  
Full day from 9am till 6pm

Cost:  
\$80

Location:  
LIFE Melbourne (41-59 Sims St, West Melbourne)

We look forward to seeing you at the conference!

<https://lifeau.org/sistahoodconference/>

## UPCOMING DATES

**7<sup>th</sup> September** – Celebrate Father's Day with us at Life! 9am & 11:15am. No 6pm service

**9<sup>th</sup> September** – TEAM Night!

**15<sup>th</sup> September** – Expansion Builders Dinner

**28<sup>th</sup> September** – International Sunday