



FINDING PEACE IN CHAOTIC TIMES

OCTOBER 3 | OUR DISCONNECTED BODIES

START TALKING | Ask a question to get your group thinking.

- When you were growing up, how did your parents handle (or not handle) the “birds and the bees” conversation?
- How may have their approach shaped the way you view sexuality?

START THINKING | Ask a question to get your group thinking.

- Read Genesis 3:1-10
- 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?
- Adam and Eve hide from God, fearful and carrying shame. How does fear and shame about our bodies impact our relationship with God, ourselves, and others?

START SHARING | Choose a question to create openness.

- Rich highlights the three diets of sexual formation (starvation where we never discuss issues around sexuality;; fast-food reduces our deepest longings to just the physical, whatever feels right, do it; and the banquet, where God offers us a life of communion, joy and delight, single or married). Which of these diets do you need to prayerfully wrestle with? Why?
- What would it look like for you to be “naked and unashamed” as it pertains to your relationship with your body?
- To sum it up, our sexuality is perverted by a powerful root of shame.

START PRAYING | Be bold and pray with power.

- Lord Jesus, help us to realize that you offer us the full banquet of communion, life and joy found in you. Help us to our see that our bodies and our sexuality were meant to point to something outside of ourselves, to point to You. May we live this week, whether single or married, living in full union with us, as we seek to fully integrate our spirituality and sexuality together. In Your resurrected name we pray together, Amen.

START DOING | Commit to a step and live it out this week.

*To dive more into shame and our sexuality, check out this 5-day reading plan:
<https://www.bible.com/reading-plans/24361-healing-from-sexual-shame>*