



SEXUAL BONDAGE Psalm 61:1–3

CONNECT

1. Take some time and process with those around you the ways in which the church has, in your experience, helpfully or not helpfully talked about sex and sexuality.

CELEBRATE

2. God sets forth His vision for sex and sexuality in Genesis 2:24–25. Carefully read those verses and then read Jesus' words in Matthew 19:4–6. Explain how you see Jesus affirm and elaborate on God's vision as presented in Genesis 2. What are the implications for us today regarding this vision?
3. A stronghold could be defined as "a destructive spiritual citadel from which there is no escape except by Christ's intervention." In what ways might sexual sin be a stronghold from which there is no apparent escape? Why?
4. 2 Corinthians 10:3–5 finds the Apostle Paul addressing the reality of spiritual strongholds in our lives. What is the primary means by which we dismantle these—including sexual bondage—in our lives? See Colossians 3:1–4.
5. In Psalm 61:2, King David asks God to "lead [him] to the rock that is higher" than he is. Explain the opportunity being sought after in this plea, correlating it to sexual brokenness. Read Isaiah 28:16, Acts 4:11, Romans 9:33 and 1 Peter 2:6 for further insight. And importantly, based on Galatians 5:16–25, what role does the Holy Spirit play in helping us reach for "the rock that is higher"?

CONTRIBUTE

6. A person becomes what he or she thinks about all day long. With the Holy Spirit's help, how might you think about (reach for) the higher, better things—ultimately Christ himself—as the object of your greatest affections? How could you encourage others in this as well?
7. For help to dismantle spiritual strongholds in your life, see the available resources at newhopechurchmn.org/strongholds.