

THEME VERSE

“Run away from evil and lustful desires and give your positive attention to goodness, faith, love and peace in company with all those who approach God in sincerity.” – 2 Timothy 2:22

- What does it look like to “run away” from evil and lustful desires?
- Why is running, all by itself, an incomplete strategy?
- Why are we commanded to “run” and “pursue” along with others, instead of doing so alone?

BOOK

1. What is your personal key takeaway from this book?
2. How does what we believe about God impact how we think about sex?
3. Is God a prude? Why or why not?
4. What are your thoughts about this statement from the book?
“I am sad to think that when it comes to sex, we still buy into the legalism that says if we can organize people’s lives, give them the right set of rules, and attach them to efficient systems of accountability, we can deliver people from their sex insanity. The fact that we can look at the power of sexual sin to deceive and enslave people and feel comfortable in our reliance on the scant power of human intervention is itself insane.”

5. Can you identify with this statement? Why do you think it’s true?
“Sex can’t deliver the promise that we think it makes, and it’s more dangerous than we tend to think. ... It seduces you with the prospect of contentment-producing pleasure but leaves you empty and craving more. ... Sex is powerfully pleasurable but it cannot satisfy your heart.”
6. “The words insanity, addiction and glory point us to the fact that our problems with sex will never be solved horizontally. Sex problems are a matter of the heart. Our problems are deeply spiritual.”

Mark 7:20-23

“It is what comes from inside that defiles you. For from within, out of a person’s heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you.”

Based on the above quote and verse, what is the key to transforming our sexual desires from selfish to holy?

7. According to the book, what is the difference between “big picture sex” and “little picture sex”?

8. What is the key to an enjoyable and fulfilling married sex life?

9. **Personal application**

What practical steps (filtering software, personal accountability, counseling, Scripture memory, etc.) do you need to take to address sexual disorder in your life?

What deeper, spiritual steps do you need to take (for example, is pornography a substitute for a legitimate, unmet need)?

ADDENDUM: C.S. LEWIS

“There is no hope in end of getting where you want to go except by going God’s way.”

“God not only understands but shares the desire at the root of all my evil – the desire for complete and ecstatic happiness. He made me for no other purpose than to enjoy it. But He knows, and I do not, how it can be really and permanently attained. He knows that most of my personal attempts to reach it are actually putting it further and further out of my reach.”

[God wants to give us] “the real thing, not a consolation prize or substitute. If I had it, I should not need to fight against sensuality or as something impure: rather I should spontaneously turn away from it as something dull, cold, abstract and artificial.”

“The more He loves you the more determined He must be to pull you back from your way, which leads nowhere, into His way which leads where you want to go.”

“I think one may be quite rid of the old haunting suspicion – which raises its head in every temptation – that there is something else other than God – some other country ... into which He forbids us to trespass – some kind of delight which He ‘doesn’t appreciate’ or just chooses to forbid, but which would be real delight if only we were allowed to get it. The thing just isn’t there. Whatever we desire is either what God is trying to give us as quickly as He can, or else a false picture which would not attract us for a moment if we saw the real thing. ... He knows what we want, even in our vilest acts: He is longing to give it to us. ... Only because he has laid up real goods for us to desire are we able to go wrong by snatching them in greedy, misdirected ways. ... Evil is a parasite. It is there only because good is there for it to spoil and confuse.”