

# Discussion Ideas



Choose strategies from the list below to facilitate group discussion.

## **Connecting Activity**

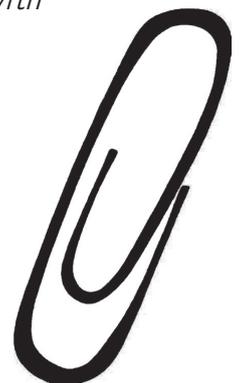
Ask the group to answer this question: What do you like best about being a male or female?

## **Discussion Questions**

1. Who practices self-control in this story? What, specifically, do they do to practice self-control?
  - *Juma and Susan; they stay apart until marriage to avoid temptation.*
2. ► Juma says that “true love waits”. Do you think Juma is weird? Why does he say that love waits for marriage before having sex?
  - *Sex within marriage is an expression of love and a special commitment.*
3. Why does Juma say that abstinence and faithfulness are the easier choice?
  - *Results in stronger marriage, more meaning, no risk of disease, clear conscience.*
4. How do the choices Toot Toot and Karena have made in the past influence their future together?
  - *Could result in disease, pregnancy; but they can begin to make new choices to abstain and be faithful to have a stronger marriage.*
5. ► What is the lesson of the paper clip?
  - *Every decision we make changes us either for the good, or the bad. Sometimes it takes a lot of effort to fix our mistakes.*
6. ► What boundaries would you need to set in order to make and keep a commitment to abstain and be faithful sexually?
  - *Boundaries before marriage might include no kissing, touching, sex; friends who support your decision. Boundaries in marriage might include openness with spouse, accountability, not pursuing relationships with other men/women.*

## **Personal Growth Activity**

Bring 3 paperclips and repeat Grandma’s illustration with the group. Ask the group to consider this question: When it comes to sex, what boundaries will you set?



## **☞ Spiritual Application**

Ask: What is God's purpose for marriage and for sex? Read Philippians 2:13. Then ask: How is it possible for you to live according to God's plan? What is God's good purpose for your life?

## **☞ Prayer Point**

Lead the group in a prayer asking God for courage to save sex for marriage and remain faithful in marriage. Pray that they would rely on God to will and to act according to his good purpose for them. Pray for a new beginning for those who may have already been sexually active.

## **☞ Encouragement**

Admit that it can be very hard to save sex for marriage and to be faithful in their marriage relationships. It takes courage! Encourage members to share their commitments to abstinence and faithfulness with friends who will support them.

### **Grandma's Wisdom**

Sexual feelings are normal and real, and no one should be embarrassed about having them. It is how God made us. But a self-controlled person does not act on these feelings right away, even if he or she really wants to. Maybe you have made some poor decisions and you feel like you are not valuable anymore. That is not true! You may have even been sexually active and you feel like you can't make the choice to abstain until marriage. That is not true! Today is a new day, and even if you have made mistakes in the past, you can make a new start today. You are precious to God, and are so loved and valuable. Sex outside of marriage is dangerous. Commit to being abstinent from today until you marry. How wonderful to know that your future is all about making healthy choices one day at a time. It Takes Courage to abstain from sex until marriage, especially when you see others making a different choice. God is there to help you.

