



Ice Breaker:

- **Question:** What is your favorite movie from the 80s, and why do you think it still resonates with you today?

Short Summary of the Sermon:

The sermon focused on the seventh commandment, "You shall not commit adultery," and explored how Jesus elevates this commandment to address the heart's intentions. The pastor emphasized the importance of understanding temptation and the tactics of spiritual warfare that shift our focus from truth to feelings. Using the story of Esau and Jacob, the sermon illustrated how unchecked appetites can lead to significant loss. The message also highlighted the societal benefits of adhering to Christian sexual ethics, such as celibacy in singleness and fidelity in marriage, and the destructive consequences when these principles are ignored.

Group Questions:

1. Understanding Temptation:

- How does the story of Esau and Jacob illustrate the nature of temptation and its consequences?
- What are some modern-day "bowls of stew" that people might trade their birthright for?

2. Spiritual Warfare:

- How can we recognize and combat the tactic of shifting from true/false to nice/mean in our understanding of God's Word?
- What are some practical ways to "refrain and reframe" when faced with temptation?

3. Christian Sexual Ethics:

- Why do you think the Christian sexual ethic of celibacy in singleness and fidelity in marriage is beneficial for individuals and society?
- How can the church better support individuals in living out these principles?

4. Personal Reflection:

- Have you ever experienced a time when you had to choose between immediate gratification and long-term blessing? What did you learn from that experience?
- How can we hold each other accountable in maintaining integrity in our relationships?

Life Application:

- Reflect on areas in your life where you might be encouraging unhealthy appetites. Identify one practical step you can take this week to align more closely with God's design for sexuality and relationships.

Challenge:

- This week, commit to having an open and honest conversation with a trusted friend or mentor about any struggles you face in this area. Pray together for strength and wisdom to live according to God's will.