



Teaching Guide
AND Essentials

- **FOR ADULTS** -



GROUP MEMBERS USE *THE BRINK*, *FUSION FAMILY*, OR *FUSION NEXT*
DEVOTIONAL STUDY GUIDES



MAY/JUNE 2024

Volume 20 • Number 5

ISSN 1946-7648

CURRICULUM DIRECTOR

Katie Greenwood

EDITORS

Randy Ledbetter
randy.ledbetter@d6family.com
David Jones
david.jones@d6family.com

DESIGN MANAGER

Andrea Young

DESIGN TEAM

Angelia Duke
Marianne Stewart

Executive Director & CEO

Ron Hunter Jr., Ph.D.

A list of contributing writers is available at D6EveryDay.com

Adult Teaching Guide & Essentials is published bi-monthly by D6 Family Ministry, 114 Bush Road, Nashville, Tennessee 37217.

Board Members: Mike Trimble, M.R.E., M.Div., Chair;
Paul Bryant, M.Div., Vice Chair; Kendall Ross, M.A., Clerk;
Jay Baines, M.A.R., M.Div.; Darin Gibbs; Mike Mounts;
Ryan Giles; Rick Taylor; Tim York, M.A.R., M.R.E.

Copyright © 2024 D6 Family Ministry, 114 Bush Road Nashville, Tennessee 37217. All Rights Reserved. No reproduction permitted without permission under penalty of law.

Send your correspondence to:
Adult / D6 Family Ministry, 114 Bush Road, Nashville, TN 37217
1-800-877-7030

ORDER INFORMATION

To order products mentioned in this publication, please call **1-800-877-7030**.

Notice: By submitting letters, testimonies, and other materials to D6 Family Ministry, you agree all submissions are the property of D6 Family Ministry, and you agree that D6 Family Ministry has been granted the non-exclusive right to use and/or reproduce any submission in any manner and for any purpose.

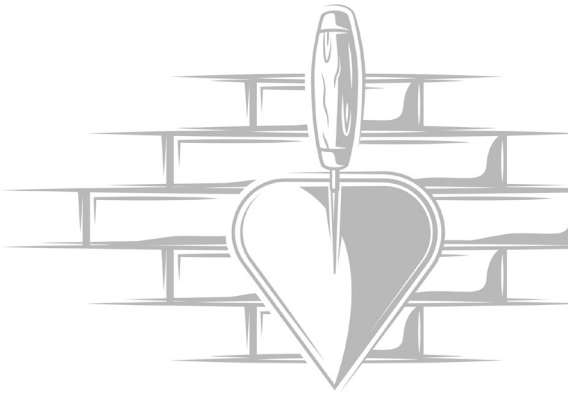


FAMILY THEME

Walk in Purity

LESSON OBJECTIVE: Learners please God by following His design for sexuality. His ways are best for us.

STUDY TEXT: 1 Thessalonians 4:1-8; 2 Samuel 11:1-2; 1 Corinthians 6:12-20; Psalm 51:1-13; Genesis 39:7-12



CHECKLIST

- Study the biblical text and Adult Teacher's Guide.
- Review the *Adult Teaching Outline* (Adult Handout 7-1 or AH 7-1). You can take notes on this editable document as you study. You can also use it as a guide to teach from.
- Review *PowerPoint 7* and insert your own questions if needed.
- Print and make copies of the *Adult Member Outline* (AH 7-2), the *Sexual Sin Brings Consequences Handout* (AH 7-3), the *Dig Deeper Reference List* (AH 7-4), the *My Purity Plan Handout* (AH 7-5), and the *Parent Page* (PP-7) if necessary.
- Distribute *Parent Page* (PP-7) to those who will benefit from it.

Key Truths

- Pure Believers Guard What They Look At (1 Thessalonians 4:1-3; 2 Samuel 11:1-2)
- Pure Believers Follow God's Ways, Not the Ways of the Lost Culture (1 Thessalonians 4:4-5; 1 Corinthians 6:12-20)
- Pure Believers Confess and Turn From Sin, and Avoid, Flee, and Resist Temptation (1 Thessalonians 4:6-8; Psalm 51:1-13; Genesis 39:7-12)

Verse of the
Month

1 THESSALONIANS
2:12

CONNECT

Choose one of the **Connect** options to capture attention and get this session started.

OPTION 1: Write *Purity Problems* on the board and then share the following statistics: *We have a purity problem in the United States. Sexually transmitted diseases have been steadily rising since 2017, with 2.5 million cases reported in 2021. The number of syphilis cases is the highest in over 70 years.¹ This is an example of the consequences of sin. The diseases are becoming so prevalent that they are increasingly resistant to antibiotics. Newborns have been impacted, with the cases among them increasing 203% in the past five years.² Today we will examine what God says about sexual purity for His people.*

OPTION 2: Consider showing this short video that explains the effects of pornography on the brain: tinyurl.com/FightBrain. Discuss the video with your group. Why do many people consider harmful things as harmless? What's the danger in ignoring God's plan for purity? Transition to the lesson by saying: *God has called us to walk in purity. Today we will examine why that is so important and necessary.*

OPTION 3: Consider sharing the following information: Research published in the journal of *Psychology of Men & Masculinity* asked men these questions:

- *Have you ever watched pornography?*
- *Have you watched pornography in the last six months?*
- *At any point have you been a regular viewer of pornography (at least once a month for at least six months)?*

The results were as follows:

- 97% had viewed pornography at some time in their lives.
- 94% had viewed pornography in the last six months.
- 82% self-reported as regular viewers of pornography.

The average age of first pornography use was 13, and most boys had become regular pornography users by the age of 16 or 17. Unfortunately, they also found there was no difference between religious and nonreligious men.³ Transition to the lesson by saying: *Today we will see how God wants His people to be different from the world when it comes to sexual purity.*



AH 7-1



AH 7-2

TEACHING TIP

Value your students and treat them with respect, no matter their ages or background.

APPLY:

It should be the believer’s goal to please God more and more by staying away from sexual sin.



PowerPoint 7

The discussion questions can be found on the *Adult Teaching Outline* (AH 7-1) and on *PowerPoint 7*, which is customizable. Files 7A and 7B are provided for customization.

LEARN + EXPLORE + APPLY

Distribute copies of the *Adult Member Outline* (AH 7-2).

Sexuality is a gift from God that can be a wonderful blessing when enjoyed according to God’s design but can cause all sorts of problems when used outside of God’s will. God’s Word says that sexuality is to be enjoyed within marriage between one man and one woman. Sexuality practiced outside of this context is sinful and leads to various problems and consequences.

KEY TRUTH: Pure Believers Guard What They Look At (1 Thessalonians 4:1-3; 2 Samuel 11:1-2)

In Paul’s letter to the Thessalonians, he gave believers instructions about how to walk in a way that would be pleasing to God and encouraged them to do so more and more (**1 Thessalonians 4:1-2**). One of those instructions is to abstain from fornication or sexual immorality. This instruction is a command and is God’s will for His people (**1 Thessalonians 4:3**).

DISCUSS:

- *How can we keep ourselves from sexual sin?* (Be careful what we look at; avoid tempting situations; flee when tempted; etc.)

One way to avoid sexual sin is to be careful what we look at. Jesus warned us that to look at someone with lust is to commit adultery in our hearts (Matthew 5:28). Therefore, we would do well to do as Job did—making a commitment with our eyes not to lust (Job 31:1). This is important because the Bible gives us examples of how the road away from God and into sexual sin began with seeing: Samson (Judges 14:1-3), and David (2 Samuel 11:2). The process is to see something, be enticed, and lust, which eventually leads to death (James 1:14-15). David is an example of what happens when a person continues to gaze at a sexually enticing image instead of turning away immediately. The gaze turned to lust, which then led to the actual acts of adultery and murder (**2 Samuel 11:1-2**).

EXPLORE:

Sexual activity outside of biblical marriage (one man with one woman) is not pleasing to God and not the will of God (**1 Thessalonians 4:1-3**). Therefore, we harm ourselves, spiritually, psychologically, and physically when we look at sexually enticing images or videos. We have a neurotransmitter called dopamine in our brains. In effect, repeated views of inappropriate images wears

out the reward system in our brain. As a result, people need to view more extreme images to be sexually aroused.⁴ Eventually the normal sexual arousal system ceases to work properly.⁵ Adolescents are especially susceptible to this behavior since the brain regions involved in self-control have not yet been fully developed in them. We should be reminded that sexual sin leads to an eventual reprobate or depraved mind (Romans 1:28). The research confirms the teachings of Romans 1. These behaviors have a negative impact upon our brains. Also, there are factors today that make it difficult to change our viewing patterns. Whether we use a search engine or a social media platform, we are fed images or messages similar to the ones we have looked at or clicked on before. The tendency is for the algorithm to send us images or messages that are increasingly enticing. Further, there is often the automatic playing of videos that makes it especially difficult to step away from the activity. So, even when a person makes a commitment to the Lord as Job did to guard his eyes, when he goes to his phone, he will still be getting the same images and messages as before until he engages in new online behaviors for some time, and a new algorithm develops.⁶

DISCUSS:

- *How can we guard what we look at?* (Avoid movies, shows, websites, social media platforms, magazines, etc., that are likely to show enticing images; turn away immediately when enticing images appear; stay occupied with what is good and right; use blocking or accountability software; etc.)
- *It's been said that we no longer have to go looking for sexual images; they come looking for us. How can we help younger generations be proactive in guarding what they look at?*
- *How can we help a friend who is caught in the trap of an addiction to pornography?*

KEY TRUTH: Pure Believers Follow God's Ways, Not the Ways of the Lost Culture (1 Thessalonians 4:4-5; 1 Corinthians 6:12-20)

God expects us to maintain control of our bodies with honor. We are not to conduct ourselves as lost people do by living a life filled with lust (1 Thessalonians 4:4-5). Following God's design for sex protects us from the hurt and grief experienced by those who misuse and abuse God's gift.



AH 7-3



AH 7-4

Distribute copies of AH 7-3 *Sexual Sin Brings Consequences* and AH 7-4 *Dig Deeper Reference List* to your learners.

APPLY:

Take action to guard what you look at.

APPLY:

Control your body in holiness rather than giving in to sexual passion and lust.

APPLY:

Follow God's will for sexuality, not the lost culture that says people should indulge sexual desires rather than preserve sex for biblical marriage.

DISCOVER:

- *What messages about sexuality do we hear from the lost culture around us?*
- *Why has our culture strayed so far away from God's design for sexuality?*

The lost culture, however, promotes an overall theme that people should not deny themselves sexually, and if they do, it can be harmful to them sexually and psychologically. Regarding pornography, there are some who say it can even be healthy for one to engage in these activities or they try to downplay the harmful effects. It is interesting that both the American Psychological Association⁷ and the U.S. Surgeon General⁸ issued reports about the dangers of social media this year. Although they provided much helpful information, they did not mention pornography. This is an example of how our culture downplays or ignores the problem.

Paul battled this same thinking at Corinth. There must have been some people that compared sex to nothing more than eating (**1 Corinthians 6:12–13**). Paul pointed out that God demands a sexual ethic of integrity because our bodies belong to Him (**1 Corinthians 6:14–20**). When we think of the high price God paid for our bodies it makes it easier for us to walk in purity.

DISCUSS:

- *Why is it best to follow God's will for sexuality?*

The messages our culture gives can be tempting. They sound like the counsel of Jonadab to Amnon regarding Tamar (**2 Samuel 13:1–5**). He basically told Amnon it was his right to sexually abuse his sister and provided him a blueprint for how to do it. People on social media know how to exploit our weaknesses just like Delilah exploited Samson. She seduced him (**Judges 16:5**), manipulated him (**Judges 16:10**), and tormented him (**Judges 16:15–16**). We would do well to guard ourselves from messages certain people try to spread on social media and to spend less time on social media platforms.

We should also think about where we go. In what places are we especially tempted and susceptible? Again, we see this in the Old Testament. Judah and Samson went to places where they were likely to find ungodly women (**Genesis 38:1; Judges 16:1**).

We also should listen to those who give us good and godly advice. Consider the messages that David received from his staff after he demanded they go get Bathsheba for him. They pointed out whose

daughter and wife Bathsheba was to discourage him from taking her. But he did not listen (2 Samuel 11:3-4).

We can also focus upon godly thinking, filling our time with prosocial and healthy activities like being outside and among others. We can stay off devices when we are isolated and have periods of time where we “fast” from such devices.

DISCUSS:

• *How have phones and social media introduced new levels of temptation? How might the building of community with other believers help us fight against this temptation?*

KEY TRUTH: Pure Believers Confess and Turn From Sin, and Avoid, Flee, and Resist Temptation (1 Thessalonians 4:6-8; Psalm 51:1-13; Genesis 39:7-12)

Sexual sin wrongs others as well as ourselves and God sees our actions and will judge them (**1 Thessalonians 4:6**). He wants us to live holy lives and live under the control of the Holy Spirit (**1 Thessalonians 4:7-8**). Since the Holy Spirit is within us, we involve Him in everything we do (1 Corinthians 6:15-19) whether we want to or not.

When David committed his sin with Bathsheba it was as if he had thrown a rock into a pond. The action impacted him and continued until it struck Uriah, Bathsheba’s father, Amnon, Tamar, Absalom, and eventually all of Israel.

DISCUSS:

• *In what ways does sexual sin destroy families, damage relationships, and hurt others?*

For this reason, it is critical that we put these sins to death (Colossians 3:5-8). But how? We begin by repenting, as did David after his sin with Bathsheba (**Psalm 51:1-2**). We fully admit our sin and acknowledge its impact. We ask God to completely cleanse us. Then we go on offense, praying for ways to help others find the way out of their sin (**Psalm 51:3-13**).

DISCUSS:

• *What do we learn about confession from David and Psalm 51?*

APPLY:

Sexual sin affects others as well as ourselves.

APPLY:

We must confess and turn away from sin.

Consider reading the lyrics of the song *Slow Fade* by Casting Crowns.

APPLY:

Make it your practice to avoid, flee, and resist sexual temptation.

APPLY:

God can deliver us from sexual sin.

EXPLORE:

Staying sexually pure will not be easy. After equating lust and adultery ([Matthew 5:28](#)), Jesus said we should pluck out our eye if it has caused us to sin, or cut off our hand if it's an impediment ([Matthew 5:29-30](#)). This means that sexual sin is very serious, and one must make difficult choices to break it off. Sometimes there are people and places that must be cut out of our lives because when we are in these places or with these people, we feel strong urges to sin. We must think of our actions and the implications they have.

Instead of seeing, being enticed, and lusting, which leads to death, we choose life. We avoid temptation as much as possible ([Proverbs 4:14-15](#)). When we encounter temptation, we flee ([2 Timothy 2:22](#)). Each time we flee we get stronger. When we can't flee, we resist ([James 4:7](#)). These choices lead to life. A good example is Joseph in **Genesis 39**. He was tempted repeatedly by Potiphar's wife, yet he resisted (**verses 7-9**) and avoided being with her as much as possible (**verse 10**). When she seemed to have trapped him, he fled (**verses 11-12**). His fleeing led to prison. In the short term he suffered. However, his life turned out better than he could have ever expected. Let us choose purity and life.

DISCUSS:

- *What are some examples of avoiding, fleeing, and resisting sexual temptation?*

There is hope! We must remember there were all kinds of wickedness at Corinth ([1 Corinthians 6:9-11](#)). But then we have that wonderful phrase, *and such were some of you* ([1 Corinthians 6:11](#)). The same God that washed, sanctified, and justified the Corinthian believers is doing so today. He can do it for you, and He can do it for those you are trying to help walk in purity.

DISCUSS:

- *The Corinthians dealt with all kinds of wickedness. But they also had a spiritual transformation as seen 1 Corinthians 6:11, which states, "And such were some of you." What hope can that give to the Christian who is struggling with sexual sin?*

Notes

