



R-Group Process

GOD AND SEX

Is God enough when his perfect plan is not in place in our lives? Is God enough when part of our reality is being sexually broken in some way?

Tonight we will be looking at how we approach sex in our lives. Many men and women experience significant struggle and disappointment in their sexual lives. Whether it is not enough sex, no opportunity for sex, sex outside of marriage, no sex in marriage, same--sex attraction, or no sex drive at all, we all probably have some concerns.

Sexuality and Spirituality are integrally intertwined. How we approach our sexuality is linked to our spiritual lives. Where does God fit in with our sexuality? Is he interested? Is he involved? Does he have anything to offer us in the midst of our desires and struggles?

Goal:

- 1) Expose the truth about this intimate area in our lives so that we can bring it into the light for support, release of shame, experience of hope in God.
- 2) Continue on the journey of integrating our sexuality and our spirituality.
- 3) Be intentional about taking a risk in the area of our sexuality.
- 4) Ask the question: "Is God enough for me?" when everything may not be as I would desire sexually.

The Process:

- 1) Reaffirm Confidentiality. Have everyone commit to keeping what is shared in confidence.
- 2) Begin a series of rounds with the group members. Encourage openness.

Leader: “I encourage you to share openly about your sexuality, sexual issues or concerns, to the degree that you choose. There is no pressure to reveal more than you are willing to share. Tonight is about exposing some of the most intimate parts of our lives together. We do this so that we can live in the light in the context of a safe community. In this safe community we can discover that we are accepted for who we are without judgments from others. We can shine the light into our fears, desires, concerns, brokenness and discover that there is hope. We can discover that we are just like every other person. We are not alone, even though we may have different experiences and issues.”

1st Round: Have each person in the group answer this question: “Knowing that we are going to be looking at sexuality tonight, what is your primary emotion in this moment?”

2nd Round: Have each person share a 1--3 minute story about their sexual lives. This could be about how they have struggled, where they are at personally in the moment, their fears, their desires, whatever they want to share. The group leader should go first. I recommend that the group leader have one other person prepared before this meeting to volunteer to follow the group leader in modeling this. Do not go in order in the circle. Let each person speak when they are ready.

3rd Round: What is the thing I am most afraid of regarding sex? (this might be fear of certain sexual activities, or afraid of not having enough sex, or none at all....) Again, group leader goes first.

4th Round: “Where does God fit into your sexual life? How are you experiencing Him, if at all, in your sexual journey?”

5th Round: “What is the risk you need to take with regard to your sexual journey?”