

YOU HAVE HEARD THAT IT WAS SAID: SEXUALITY AND THE TABLE

Sunday message from August 21, 2022

~ Notes & Reflections ~

[Matthew 5.27-32](#)

- **God created us and He created sex. To be human means that we were created with sexuality.**
 - ❖ Read [Genesis 2.24-25](#). What might sexuality have been like before the Fall—absent of body shaming, comparison or objectification? How was the good gift of sexuality fractured by the Fall? How have you experienced this fracturing?
- **Author Christopher West suggests 3 “diets” of sexuality: 1) starvation, 2) fast food, 3) banquet.**
 - ❖ Which do you see prominent in religious wisdom (in the church) and how does it play out? Which do you see prominent in cultural wisdom and what does it look like? Which “diet” has shaped your experience? How has it informed your values and behavior?
- **The deeper desires of our sexuality are being seen, known, accepted and wanted.**
 - ❖ Take a moment to inventory one or two of your strongest desires, particularly those related to sexuality. Ask the Holy Spirit to guide you in tracing them to their deepest roots. How do you see them connected to a desire to belong—to be seen, known, accepted, wanted?
- **Believing that we need sex to be seen, known, accepted and wanted has fractured our ability to be brothers and sisters to each other.**
 - ❖ How have you experienced this in your own life?
 - ❖ What might be one step you can take to live in healthy relationships of belonging within God’s family?
- **A “fast food diet” sexuality reduces our deepest longings to only physical desires.**
 - ❖ Lust is a cheap substitute. It is a perversion of the wholeness for which we were created and separates a whole human into disconnected parts. We are each responsible for our own lust.
 - ❖ How do each of these statements sit with you? What is your experience with sexuality as a “fast food diet”?
- **“Banquet” sexuality is most fully enjoyed through loving union with Jesus.**
 - ❖ We were created for relationship—to be seen, known, accepted and loved—and all these things can be received through relationship with God. We can experience the banquet in the bedroom with our spouse, but, we don’t need the acts of sex to enjoy the banquet.
- **Jesus came to bind up your wounds because He has a place for you at the banquet table, where He knows you, sees you, accepts you, wants you.**
 - ❖ Imagine a long banquet table piled high with delicious, deeply satisfying food. Jesus is pulling out the empty chair next to Him and inviting you to join Him. What would it look like to accept His invitation? How might and sitting in that chair affect you—your identity, beliefs, values, actions? What would it look like to choose that seat next to Jesus daily?
- What statements or aspects of this message bring comfort? Which bring conviction? Take some time to talk to God about what bubbles up as you read/hear and reflect on this message.
- What might God be inviting you into as a response to this message/reflection on sexuality?

Books mentioned by Pastor Nate: [Redeeming Sex by Debra Hirsch](#), [Fill These Hearts by Christopher West](#), [Live No Lies by John Mark Comer](#), [Deeply Formed Life by Rich Villodas](#)