

05 Singleness & Intimacy

LEADER GUIDE

BIG IDEA:

Help students value meaningful relationships as single people. Even if they are currently dating, we want them to cultivate intimate non-sexual relationships that have depth and meaning.

Tips for Conversation:

Maybe one of the most important things you will communicate to your students in this entire series is that they can have a joyful, meaningful, fulfilled life and not have sex. This truth is so vital because it sets the stage for everything else we share in this series.

Your students can't live without intimacy. Being known and seen is crucial to their health and well-being. That is why we included an entire lesson dedicated to laying out this principle and bringing clarity to an often-overlooked subject.

Healthy intimacy can also be a tool in your dialogue. This series offers a chance not just to discuss important subjects but also to model them. Your ability to see and know the students in your small group might be the greatest gift you offer them.

There is a desire within all of us, especially within our students, to be fully known and loved. Whether students are extroverts or introverts, they have a need to be seen. Your goal as a leader is to help meet this need in healthy ways.

Sex can actually be a distraction from real relationships. It can steal our attention away from deep, meaningful, non-sexual intimacy. It can drive us close to God or pull us further away from him.

Does that mean sex is bad? Absolutely not! To be a human being is to be a sexual being. When we look at creation in Genesis 1 and 2, we see that sex is part of the human story we were written into. Students need to know this truth.

Sexual and non-sexual intimacy are closely related. If our students don't know how to cultivate intimacy in real, robust, meaningful friendships, they will probably also have a warped view of sex or think that sex is the only way to find intimacy. This is why we need to help them develop deep friendships that are both intimate and meaningful.

Questions for Small Group:

1. What does it look like for you to experience intimacy with God?
2. What does it look like for you to experience intimacy with other people?
3. Does the word *intimacy* scare you? Why or why not?
4. How would you describe the differences between marriage and singleness? (*Leaders, make note of how students describe each vocation. Do they describe one negatively and the other positively? Are both positive? Are both negative? This could open up some great dialogue.*)

Additional Resources:

TOOL: Weekly devotional

