



TODAY'S VIDEO:
youtu.be/VQAPaynNX5A



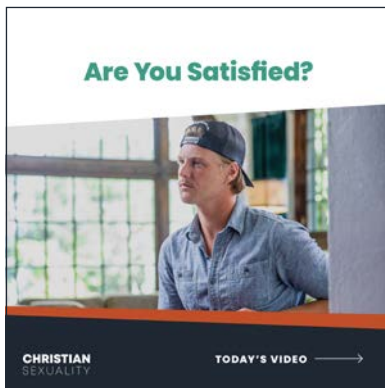
Day 1 | God Created YOU!

God created you, your desires, and your body. And he loves you! We must center this conversation on sex around God's love in order to fully understand his grand design. God is our heavenly father, and the heart of a good father is to love, bless and protect his children.

ENGAGE:

Do you see God as a loving father?

When you think about the truth that God created your desires, your body, and sex, how might that challenge your previous understanding of God's design for sex?



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youtu.be/3bFLchAph7U



Day 2 | Are You Satisfied?

Enjoying the indulgences of the world will leave you unsatisfied and ashamed. But the love of God and the work of the Holy Spirit can transform you, if you allow it.

ENGAGE:

Do you recognize when the Holy Spirit is nudging you?

When was the last time you felt this feeling or nudge? Did you listen?



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youtu.be/4AQvNLM6vPM



Day 3 | Who Is Your Master?

We can be controlled by so many things. The reality is, we all have a master: ourselves, our desires, other people, or God. When God is our master, we act according to our God-given design.

ENGAGE:

Name something or someone in your life that is an influence. Why is this so?

Read Matthew 16:24. Then write out the verse. As you're reading and writing, think about what is shared. What does it mean for you to deny yourself? What does it look like to "take up your cross"?