
Four Corners of Sexual Wholeness

Leader Guide

This document is meant to help you use the “Four Corners of Sexual Wholeness” as a coaching document. At the bottom of this document there are general questions for discussion. There are also specific questions for discussion under each section along with potential resources that you could pass on to help a person grow in that particular area.

In Cru we're about introducing people to Jesus, helping them grow in their faith, and sending them to introduce others to Jesus. Growing in our faith involves submitting every area of our life, including our sexuality, increasingly under the Lordship of Christ. Sexuality is an aspect of God's design for all people, created for our good and for His glory. Like every other area of our lives, our sexuality has been distorted by sin. We have all been affected by our culture, our own sinful choices and the ways that others have acted sinfully towards us. This leads to confusion and the temptation to believe, think, and act in ways contrary to God's plan. Yet God intends for the redemption of our sexuality and wholeness for each of us.

- What are some ways that you think our views of sexuality may have diverged from what God intends?

Redemption of our sexuality occurs as we apply the Gospel to this area of our lives. Our journey towards sexual wholeness will be one of applying both grace and truth, over time, in the context of community. Through trusting Jesus we are forgiven from the penalty of sin, and through the work of the Holy Spirit we are being freed from the power that sin has in our lives.

In sexuality, as in all other areas of our lives, the goal of a follower of Christ is to strive towards Christ-likeness (2 Cor 3:18), not just to manage our behavior. This happens as we surrender our hearts and behavior, through the power of the Holy Spirit. A person pursuing sexual wholeness intentionally seeks to reflect God's design for sexuality in four distinct yet connected aspects: by developing Biblical convictions about sex; through increased self-awareness; in intentional practices; and within a supportive community. We call these four areas the Four Corners of Sexual Wholeness.

Biblical Convictions

The primary means of understanding God's plan for our good regarding sexuality comes through studying what the Bible says about sex. Concisely, this includes: that God created humans as male and female to reflect his image (Gen. 1:26-27; 5:1-2); that sexual intimacy is designed to be expressed solely in the context of a life-long covenant relationship between one man and one woman (Gen. 2:18-25; Matt. 19:4-6; Mark 10:6-8; Eph. 5:31); and that sexual activity within this context is affirmed as a gift of God (Song of Solomon, Heb. 13:4; 1 Tim. 4:3) intended to be enjoyed for connection, pleasure, and procreation to the glory of God (Gen. 2:18-25; 1 Cor. 7:1-5; Col. 3:17). Growing in agreement with God's plan is the first corner in our journey towards sexual wholeness.

- Have you ever considered that the Bible might have something to say about your sex life?
- How would you self-assess whether or not your thoughts and convictions about sex line up with what God says about it?

Self-Awareness

The second corner of growth towards sexual wholeness is self-awareness. We each need to be aware of the ways in which our brokenness affects our sexuality, including understanding the ways we're tempted and some of the deeper reasons for those temptations. Every person faces some degree of sexual temptation to act outside of God's plan. It's our response to temptation that determines our personal responsibility and guilt, not the presence of temptation itself (Jam. 1:13-15; Heb. 4:15).

Healthy self-awareness of brokenness is an honesty with ourselves and agreement with God about our sin. The person who is growing in awareness will not merely acknowledge their specific sins but also be growing in sensitivity to the roots of their sin. The roots might include but aren't limited to: wrong core beliefs about God and self, wounds from others, traumatic experiences, and our cultural influences. Understanding the situations and reasons behind our temptations toward sexual sin will help us take practical steps towards being "transformed by the renewing of our minds" (Romans 12:2) and will lead to greater freedom and Christ-likeness.

- Have you ever thought about if there are patterns or places where you are regularly tempted to sin?
- If you had a problem with self-awareness how would you know?

Intentional Practices

Hebrews 12:12-13 exhorts us in the fight against sin, saying, "Therefore, strengthen your feeble arms and weak knees. Make level paths for your feet, so that the lame may not be disabled, but rather healed." The third corner of growing towards sexual wholeness is engaging in the intentional practices that make a level path. If you think about making a level path, sometimes there will be rocks you need to remove and at other times dirt will need to be added.

In the same way, we each need to be intentional about avoiding certain behaviors or situations and pursuing healthy behaviors and situations. A rock to remove could be taking the internet off of your phone, or spending isolated time with your boyfriend/girlfriend. Dirt to add could include exercise, an accountability group, or journaling. The best practices for each of us will flow from the ways we're growing in self-awareness of how we're specifically tempted, from the wisdom of our supportive community, and through time with the Lord in prayer.

- What are the next best steps for you to "make level paths for your feet?"
- How can you appropriate limit access to the areas where you are most tempted right now?
- Is there anyone that you should let know about your steps or that you need help from to make some level paths for your feet?

Supportive Community

Sexual wholeness cannot be successfully maintained in isolation. Therefore, the fourth corner of our growth is a supportive community that encourages and reminds us of the other three corners. All of us need both peers as well as mentors to be a part of our supportive community.

The form each of our supportive communities takes will be different based on how the previously mentioned corners relate to our struggle, but it will be a community of truth and grace that reminds us of the Gospel. Specifically, it will remind us of the seriousness of our sin, the radical acceptance and unconditional love of Christ, the new identity we have in Christ, and the empowerment of the Holy Spirit to bring about change. In some cases, we may need to seek professional counseling or a focused support group to be a part of our community as well.

- Have you ever been a part of a community where you felt totally accepted even though they knew about the worst parts of you?
- What people make up your supporting community?
- Who could you ask to be a part of your community in this struggle?
- Does this community live out of both grace (total acceptance) and truth (convictions about right and wrong)?
- Do you have both mentors and peers in this group of people?

Making a Plan

Biblical Convictions

What I hope to accomplish

What I will do

Who will help me

Self Awareness

What I hope to accomplish

What I will do

Who will help me

Intentional Practices

What I hope to accomplish

What I will do

Who will help me

Supportive Community

What I hope to accomplish

What I will do

Who will help me