

# KEEPING IT REAL

SESSION #1

SHATTERING THE MYTHS AND SETTING  
THE RECORD STRAIGHT

## DEFINE SEX AND SEXUALITY

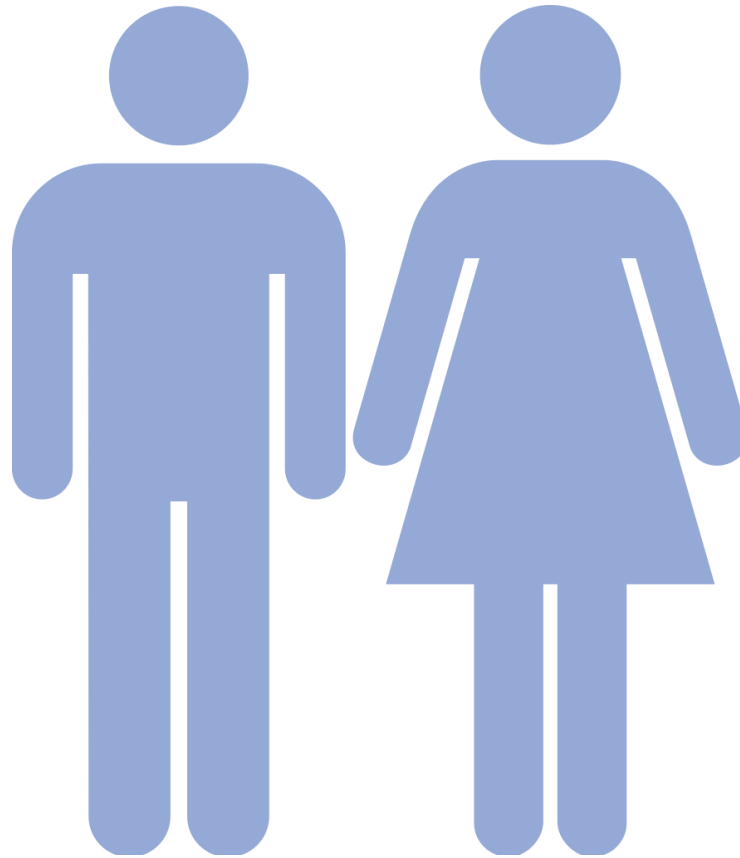
- ◎ What is it?
- ◎ Explain it in your own words?

# DEFINE SEX AND SEXUALITY

- ◉ Now you a dictionary to define sex and sexuality.
- ◉ What are the differences/similarities between your definition and the dictionary's definition?

# LET'S READ AND DISCUSS THE ARTICLE

## 5 Lies Christians believe about Sex





## QUESTIONS

- ◉ Why do you believe that God created us as sexual beings?
- ◉ How do you define sexual responsibility?
- ◉ How do you believe spirituality and sexuality are connected?
- ◉ What advice were you given regarding sex when you were younger?
- ◉ In what kind of relationship should sex be shared?

# BIBLICAL EXERCISE

Group A GENESIS 1:26-31

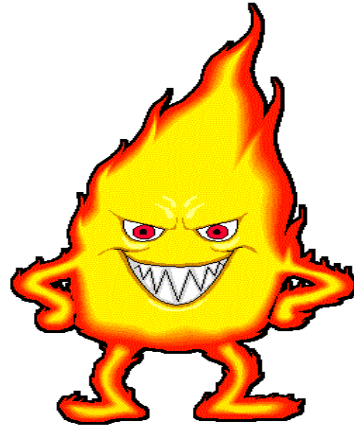
Group B GENESIS 2:19-25

Answer the following questions in regards to your scripture:

Why did God give humans the gift of sexuality?

How do you believe God intended the gift to be shared?

# TELL ME WHAT YOU KNOW ABOUT:



1. How is sex like fire in each of these instances?
2. What lessons can be learned from the comparison?

# THE SPIRITUAL DYNAMICS CIRCLE

