

### **Taboo: A Three Week Series About Sex**

Lust is something we see almost everywhere in our country today. Whether it is on Television, on our phones, in the music we listen to, or even just driving down the road on a billboard. Lust is everywhere, so how should we as Christian's handle it and deal with it?

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## **Set a high standard for yourself**

### **Week 1**

It is important that we set a high standard for ourselves. We should know who we are and stick to who we are, not giving in to the temptations of this world. Set a high standard for yourself and for those you are going to date.

#### **Learning Activities**

\* Book of Questions: What has been ruined because it became popular?

#### **Learning Readiness**

**Say:** Today, we are focusing on the topic of setting a high standard for ourselves in our relationships.

**Ask:** Why do you think people let their guard down and forget their own personal values and convictions?

#### **Bible Study**

**Lesson Objective:** This lesson is about how King David should have held himself to a higher standard, and how temptation overcame the king.

**Read:** 2 Samuel 11:1-5

**11** In the spring, at the time when kings go off to war, David sent Joab out with the king's men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem. **2** One evening David got up from his bed and walked around on the roof of the palace. From the roof, he saw a woman bathing. The woman was very beautiful, **3** and David sent someone to find out about her. The man said, "She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite." **4** Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home. **5** The woman conceived and sent word to David, saying, "I am pregnant."

### **Knowledge Questions**

1. Where was David supposed to be?
2. What happened between David and Bathsheba?

### **Comprehension/Understanding Questions**

1. Can you give some examples of the way sex is glorified in our culture?
2. David was king, how did David abuse his power?

### **Applications Questions**

1. What was the spiritual struggle that Bathsheba was dealing with?

2. How should we fight against sexual temptations and desires? (David shouldn't have gone to the roof!)

### **Synthesis Questions**

1. How can we identify with both David and Bathsheba when it comes to sexual desires?
2. What was the consequence of David giving in to his sexual desires?

### **Evaluation Questions**

1. What are some things we should be doing to set a higher standard for ourselves?
2. Can you describe some of the dangers of sexual sin?

### **Conclusion**

David was king and he was supposed to be the leader of his people. Instead, he strolled onto the rooftop when a woman was bathing and abused his power as king to fulfill a worldly sexual desire. Bathsheba was the wife of Uriah, a leader in David's army. He knew the husband was away at the battle and gave into his sexual desire, however at the end of this part of the story we see the consequence of his sin. Bathsheba is pregnant. Now David will do everything he can do to cover this sin.

### **Announcements**

Leaders, communicate any announcements for your group and the ministry.

## **The emotional side of sex**

### **Week 2**

Last week we saw the consequence of sexual sin. We must understand that sex within the bond of marriage is a beautiful thing, in fact, sex is meant for marriage. David missed the mark here as he fell into sexual temptations. Next week we will look at how beautiful God's forgiveness is, but this week we look at the emotional side of sexual sin.

### **Learning Activities**

- Book of Questions: What is the best vacation you've ever been on?

### **Learning Readiness**

Say: Today, we are focusing on the emotional side of sexual sin.

Ask: What do you think causes us to emotionally attach to people?

### **Bible Study**

Lesson Objective: This lesson is all about the emotional side of lust and sexual sin.

Read: 2 Samuel 11:6-17

6 So David sent word to Joab, "Send me Uriah the Hittite." And Joab sent Uriah to David.

7 When Uriah came to him, David asked how Joab was doing and how the people were doing and how the war was going. 8 Then David said to Uriah, "Go down to your house and wash your feet." And Uriah went out of the king's house, and there followed him a

present from the king. 9 But Uriah slept at the door of the king's house with all the servants of his lord, and did not go down to his house. 10 When they told David, "Uriah did not go down to his house," David said to Uriah, "Have you not come from a journey? Why did you not go down to your house?" 11 Uriah said to David, "The ark and Israel and Judah dwell in booths, and my lord Joab and the servants of my lord are camping in the open field. Shall I then go to my house, to eat and to drink and to lie with my wife? As you live, and as your soul lives, I will not do this thing." 12 Then David said to Uriah, "Remain here today also, and tomorrow I will send you back." So Uriah remained in Jerusalem that day and the next. 13 And David invited him, and he ate in his presence and drank so that he made him drunk. And in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house. 14 In the morning David wrote a letter to Joab and sent it by the hand of Uriah. 15 In the letter he wrote, "Set Uriah in the forefront of the hardest fighting, and then draw back from him, that he may be struck down, and die." 16 And as Joab was besieging the city, he assigned Uriah to the place where he knew there were valiant men. 17 And the men of the city came out and fought with Joab, and some of the servants of David among the people fell. Uriah the Hittite also died.

### **Knowledge Questions**

1. What did David ask Joab to do and why do you think he asked him to do it?
2. How did David treat Uriah when he arrived in Jerusalem?

### **Comprehension/Understanding Questions**

1. What was David's purpose in bringing Uriah back to Jerusalem?
2. Why do you think Uriah responded the way he did to David?

### **Applications Questions**

1. What are some emotions that are associated with the sin David was struggling with?
2. In your opinion, how could David have handled this situation better?

### **Synthesis Questions**

1. What is the difference between a temptation and a desire?
2. What role does our heart play in the way we battle our desires? (*Matthew 6:21*)

### **Evaluation Questions**

1. According to today's scripture, what are some of the dangers of the emotional side of sexual sins?
2. How did King David abuse his power and what role did his emotions play in abusing his power?

### **Conclusion**

David had fallen into sin by lusting after Bathsheba. To make things worse he called Uriah home from the frontlines of war so that he could try to cover up his sin. To his surprise, Uriah knew he was to be at battle and would not go home to his wife. He remained faithful and humbly stayed with his king until it was time for him to go back to war. David was displeased after all the failed attempts to send Uriah to his house, so to cover up his sin he sent Uriah to be killed on the frontlines of battle. Little did David know that everything would soon catch up to him.

### **Announcements**

Leaders, communicate any announcements for your group and the ministry.

## **Sexual Sin Brings Conviction, But God Brings Forgiveness**

### **Week 3**

David is about to realize the sin he has committed and he is now going to go to God to confess his sin. The best news for Christians is that God is forgiving when we bring our sins to Him. This doesn't give us the freedom to sin as much as we want but rather helps us to know that when we do sin we have a God who loves us and forgives us when we repent and run to Him. No matter your past we must look towards our future and work on changing our desires!

### **Learning Activities**

- Book of Questions: What is something that will always be in fashion no matter how much time passes?

### **Learning Readiness**

Say: We all fall short of God's glory because of our sins.

Ask: Why do you think God would love us enough to forgive us even though we sin against him?

### **Bible Study**

Lesson Objective: To help the student understand that their past is their past and that God forgives us so. We must work on changing our desires.

Read: Psalm 51:1-12

**Have mercy on me, O God, according to your steadfast love;**



according to your abundant mercy blot out my transgressions. 2 Wash me thoroughly from my iniquity, and cleanse me from my sin! 3 For I know my transgressions, and my sin is ever before me. 4 Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. 5 Behold, I was brought forth in iniquity, and in sin did my mother conceive me. 6 Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. 7 Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. 8 Let me hear joy and gladness; let the bones that you have broken rejoice. 9 Hide your face from my sins, and blot out all my iniquities. 10 Create in me a clean heart, O God, and renew a right spirit within me. 11 Cast me not away from your presence, and take not your Holy Spirit from me. 12 Restore to me the joy of your salvation, and uphold me with a willing spirit.

### **Knowledge Questions**

1. What sins were David confessing?
2. What does it mean for God to “have mercy on us?”

### **Comprehension/Understanding Questions**

1. How would you summarize David’s prayer?
2. Can you identify some key phrases from David’s prayer for forgiveness?

### **Applications Questions**

1. Can you describe why people have a tough time forgiving themselves even though God has forgiven them?
2. How can we apply David’s prayer to our lives?

### **Synthesis Questions**

1. What are some ways that we can learn from our sins and grow in our faith?
2. Why is it important to know that God is forgiving even when we fall into sin?

### **Evaluation Questions**

1. What are some things we can do to control our sinful desires?
2. Can you summarize the story of David and Bathsheba from start to finish?

### **Conclusion**

David made his confession to God after falling into sexual sin. The encouraging thing we can take away from this story is that we all sin, but God still forgives us. We must be willing to understand that if God forgives us then we must also forgive ourselves when we fall into sin. We must take a lesson from David and learn from our sin so that we can use that as a tool to help change the desires of our hearts.

### **Announcements**

Leaders, communicate any announcements for your group and the ministry.