

Solomon and Sex Small Group Guide

Warm-up Question: (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. Do you consider yourself a morning person, a night person, or neither?
2. Describe a recent moment when you laughed out loud.

Read the following passage: 1 Kings 11:1-13

First Kings 11 is a jarring passage. After ten straight chapters of successful leadership and incredible prosperity, we discover that Solomon had a weakness that sabotaged all he had built: he was obsessed with sex. Solomon used his position and power to have sex with a thousand different women, and these women “turned his heart after other gods.” Solomon’s example is a reminder of some profound realities: What we do with our bodies matters. Our bodies are not disconnected from the spiritual world. What we do sexually affects us spiritually. Sex is a good gift from God, but when we pursue sex outside of the boundaries that God has established, there are often significant consequences.

Questions for Discussion (Choose several that are relevant for your group):

1. Why do you think sex plays such an outsized role in our world?
2. God told the Israelites not to intermarry with the surrounding nations “because they will surely turn your hearts after their gods.” What is the corresponding New Testament instruction? (See 1 Corinthians 9:5.) Do you think it is okay for believers to date non-believers? Why or why not? What should we do if we are married to someone who is not a follower of Jesus? (See 1 Corinthians 7:12-14 and 1 Peter 3:1-2.)
3. Can you think of any weaknesses that are currently hindering your relationships, your personal well-being, or your professional life? Consider some of the following areas.
 - People pleasing
 - Lack of boundaries
 - Overly self-critical
 - Addictions
 - Lack of self-control with food, money, sex, or some other area
 - Fear of taking risks
 - Inability to work with others
 - Inability to process criticism
 - Arrogance
 - Too detached from other people
 - Impatience

What is one way you would like to see improvement?

4. Describe what you understand to be a healthy and biblical view of sex.
5. Which of the following have been, or currently are, areas of struggle for you?
 - Getting too emotionally involved with members of the opposite sex
 - Entertaining fantasies about other people
 - Sending and receiving inappropriate text messages or DMs
 - Intimate touching or having sex with someone you are not married to
 - Watching pornography
 - Masturbating

What are some steps you can take to help you overcome these areas of struggle?

6. Read 1 Corinthians 6:12-20. How does Paul respond to the Corinthian slogan, “I have the right to do anything?” What are some ways we can apply Paul’s response to our own lives? How does this passage bolster the idea that our bodies are not spiritually irrelevant?
7. Do you often have negative thoughts or feelings about your body? How can we address that issue in our lives? (Consider, for example, Psalm 139:14.)

Pray