

4. What does it mean to follow Jesus according to Matthew 11:27-30?

5. What are some of the costs of following Jesus in our sexuality?

6. In our mission to point people to grace in Christ, how can we help them learn to trust Jesus with their lives?

SERMON APPLICATION GUIDE

Christian Sexuality—Jesus, Sex & Gender

“How to Live with Sexual Integrity”

Matthew 11:27-30

Sexual integrity is about a forging a strong connection between how I think and act sexually and _____ I am.

The debate and tension and divisions within families and societies, and even within ourselves, come from differing ways and differing understandings of how we discover or determine _____ we are.

How to Live with Sexual Integrity

1. _____ Jesus.

“I am gentle and humble in _____.”

“In the one place in the Bible where the Son of God pulls back the veil and lets us peer way down into the core of who he is, we are not told that he is ‘austere and demanding in heart.’ We are not told that he is ‘exalted and dignified in heart.’ We are not even told that he is ‘joyful and generous in heart.’ Letting Jesus set the terms, his surprising claim is that he is ‘gentle and lowly in heart.’” (Dane Ortlund)

Faith is about _____ ourselves to the one who is trustworthy.

2. _____ Jesus.

“_____ to me”

Luke 9: 23 Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

World: 'Follow your heart.'

Jesus: 'Follow me' (Matt. 10:38).

World: 'Love yourself.'

Jesus: 'Love the Lord your God [and] your neighbor' (Mark 12:30-31).

World: 'Discover yourself.'

Jesus: 'Deny yourself' (Luke 9:23).

World: 'Believe in yourself.'

Jesus: 'Believe in me' (John 6:35).” (Matt Smethurst)

“Non-discipleship costs abiding peace, a life penetrated throughout by love, faith that sees everything in the light of God’s overriding governance for good, hopefulness that stands firm in the most discouraging of circumstances, power to do what is right and withstand the forces of evil. In short, it costs exactly that abundance of life Jesus said he came to bring (John 10:10). The cross-shaped yolk of Christ is after all an instrument of liberation and power to those who live in it with him and learn the meekness and lowliness of heart that brings rest to the soul.” (Dallas Willard)

3. _____ Jesus

“Take my yoke upon you and _____ from me.”

Personal Reflection & Small Group Questions

Please complete this study on your own, then bring it to your small group for discussion.

1. Looking back over your notes from this week’s sermon, what particularly caught your attention, challenged, or confused you?

2. Read Matthew 11:27-30. When you think of Jesus, how much and in what ways is “gentle and lowly” an aspect of how you think of him and experience your relationship with him.

3. Why is it so important to obey him because you trust him and not simply obey him because of fear or from a sense of obligation?

Resources:

- Regular attenders at Five Oaks have access to the Christian Sexuality curriculum. For access, write “Curriculum Access” AND your email address on your Connect Card or email the office (office@fiveoakschurch.org).
- Gentle and Lowly: The Heart of Jesus for Sinners and Sufferers (Crossway Publishing) by Dane Ortlund.