IDENTITY AND SEXUALITY • TOPICAL BIBLE STUDY

GOD'S PLAN FOR SEXUALITY AND PURITY

TEACHER LESSON PLAN

Key Question: What does the Bible actually say about sex, marriage, and purity — and why does it matter?

STUDY OVERVIEW

AUDIENCE	Adults, small groups, Sunday school classes, mid-week Bible study
LENGTH	60–90 minutes
CATEGORY	Identity and Sexuality • Disciple Blueprint Teacher Membership

BEFORE YOU TEACH

This topic requires pastoral sensitivity alongside theological clarity. Many people in your group carry shame or confusion about sexuality they have never named in a church context. Your role is to give them what God actually said, lead with the goodness of His design, and make grace as loud as truth.

What to Prepare

- Read the full teaching post at discipleblueprint.com before your session
- Print the Student Outline for each participant
- Write the key question on a whiteboard or screen
- Review the objection responses — the homosexuality question will likely arise; have a clear, gracious answer ready
- Be prepared for a wide range of reactions; lead with grace before pressing the standard
- Consider opening with a brief observation to lower defenses before diving into doctrine

SESSION PLAN

Session Outline (60–90 min)

TIME	SEGMENT	WHAT TO DO
5 min	Opening	Open in prayer. Ask: "What is one message about sex you received growing up?" Let 2–3 people respond. Do not evaluate yet.
10 min	Overview	Present the key question. Establish that God designed sexuality and it is good. Define the central issue: autonomy vs. design. Lead with the goodness of God's plan, not just its restrictions.
15 min	Biblical Foundation	Cover Genesis 1–2 (creation and design), Matthew 19 (marriage covenant), and 1 Corinthians 6 (temple of the Spirit). Read each passage together.

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20 min	Objectives 1–5	Walk through each objective. For each: read the key scripture, make the main point, ask the discussion question. Objective 5 (grace) tends to generate the most personal response.
10 min	Objections	Present the four objection responses. Ask: "Which of these have you heard — or thought yourself?" Be ready for the homosexuality question.
10 min	Group Activity	Run the Purity Framework activity. Apply the four questions to one scenario your group faces. Identify one concrete step. Close in prayer.
5 min	Closing	Assign the weekly challenge. Close by returning to grace — the last thing people leave with should be hope, not condemnation.

TEACHING OBJECTIVES

Five Objectives with Teacher Guidance

OBJECTIVE 1

Understand that God designed human sexuality and that His design is good, not restrictive

Genesis 1:27 • Genesis 2:18–25 • Song of Solomon 1:2

Many Christians carry an implicit belief that God is suspicious of sexuality — that is not biblical, it is Gnostic. Establish clearly and early that God created human sexuality, called it good, and designed it to flourish within the covenant of marriage.

TEACHER GUIDANCE

Point to the Song of Solomon as evidence that God is not embarrassed by human sexuality. Start with the goodness of the design — everything else is easier to receive honestly from that foundation.

Ask: What messages did you receive about sex growing up? How have those messages shaped your view of what God thinks?

OBJECTIVE 2

Identify God's design for marriage as the covenant context for sexual union

Genesis 2:24 • Matthew 19:4–6 • Hebrews 13:4

Jesus quotes Genesis 2:24 in Matthew 19, establishing the one-flesh union as the original and enduring design. Marriage is a creation-order covenant God designed before sin entered the world.

TEACHER GUIDANCE

Note that Jesus traces the design back to 'the beginning' — before Mosaic law, before cultural development. Be pastoral here — many in your group will have experienced divorce or sexual failure.

Ask: Why did Jesus point people back to "the beginning" when asked about marriage? What does that tell us about where sexual ethics are grounded?

OBJECTIVE 3

Understand why sexual sin is treated so seriously in Scripture and how it differs from other sins

1 Corinthians 6:18–20 • 1 Thessalonians 4:3–5 • Matthew 5:27–28

Paul draws a distinction: 'No other sin so clearly affects the body.' Sexual sin is not worse in terms of God's grace to forgive — but it is distinctive in what it does to the person and to the relationships around them.

TEACHER GUIDANCE

The temple language in 1 Corinthians 6:19–20 is key. Also address Matthew 5:27–28 — Jesus extends the prohibition to the level of the heart and the eyes. This is a more honest description of where the battle is.

Ask: Paul says to "run from sexual sin." Why that language? What does it tell us about how to handle this temptation compared to others?

OBJECTIVE 4

Understand that purity is not just physical but involves the mind, heart, and habits of attention

Matthew 5:27–28 • Philippians 4:8 • Romans 12:2 • Job 31:1

Purity is cultivated by training what you look at, dwell on, and feed your imagination. Job's covenant with his eyes (Job 31:1) is a practical model. Paul's 'fix your thoughts' (Philippians 4:8) gives the positive discipline that replaces what is removed.

TEACHER GUIDANCE

Address pornography directly — it is the most widespread and least acknowledged struggle in most congregations. Job 31:1 and Matthew 5:28 give you the framework. 'What are you feeding your eyes?' is more practical than a generic call to purity.

Ask: Job made a covenant with his eyes. What would it look like for you to make a similar covenant with your eyes, your phone, or your screen time?

OBJECTIVE 5

Know that grace is available for sexual failure and that restoration is possible

Psalm 51 • John 8:1–11 • 1 Corinthians 6:11 • 1 John 1:9

Most people in your group have not lived up to God's standard. The gospel's answer to sexual sin is not more shame — it is the same grace it offers for every other sin: confession, forgiveness, and a new path rooted in identity in Christ.

TEACHER GUIDANCE

Paul writes in 1 Corinthians 6:11: 'Some of you were once like that. But you were cleansed; you were made holy; you were made right with God.' The past tense is intentional. Do not rush past this.

Ask: What makes it hard to believe God's grace extends to sexual sin specifically? What would it look like to receive that grace fully?

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SCRIPTURE REFERENCE

Key Passages for This Study

Genesis 1:27 (NLT)

"So God created human beings in his own image. In the image of God he created them; male and female he created them."

Genesis 2:24 (NLT)

"This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one."

1 Corinthians 6:19–20 (NLT)

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."

1 Thessalonians 4:3–5 (NLT)

"God's will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor — not in lustful passion like the pagans who do not know God."

Hebrews 13:4 (NLT)

"Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery."

DISCUSSION GUIDE

Discussion Questions

1. What messages about sex did you receive growing up? How have those messages shaped your understanding of what God thinks?
2. Why do you think God placed the Song of Solomon in Scripture? What does its presence tell us?
3. Paul says to "run from sexual sin." What does that language tell us about how to handle this temptation?
4. How does the gospel change how you relate to past failure in the area of purity?
5. Apply the four discernment questions to one area where purity is a challenge. What do you find?
6. How do you have a gracious, honest conversation about God's design with someone who disagrees?

KEY INSIGHT

God's design for sexuality is not a restriction on human flourishing. It is the blueprint for it.

The goal is not to produce guilt about the past — it is to equip your group to live faithfully going forward, with clarity about the design, courage to resist what distorts it, and confidence in the grace that restores what sin has broken.

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TEACHER NOTES

Tips for Leading This Conversation

> ASSUME BROKENNESS IN THE ROOM: Many in your group have experienced divorce, sexual abuse, pornography struggles, or premarital sex. Teach to the people who are actually there. Lead with grace as well as truth.

> DON'T SKIP THE DESIGN: The prohibitions only make sense in light of what is being protected. If your group only hears 'don't,' they miss the whole point.

> ADDRESS PORNOGRAPHY DIRECTLY: It is the most common and least discussed struggle in most congregations. Job 31:1 and Matthew 5:28 give you the framework.

> THE HOMOSEXUALITY QUESTION WILL COME UP: Framework — Scripture is consistent; attraction is not the same as sin; grace is for everyone; every believer is called to faithfulness within God's design.

> CLOSE WITH GRACE: The last thing people leave with should be hope, not condemnation. The gospel always has the last word.

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