

Week 5: God's Design

Overview: This is a Spirit-led look at sexuality, relationships, holiness, and flourishing.

For the first four weeks of this series, we've talked about life in the Spirit – new identity, daily battle, the fruit the Spirit grows, and the power He gives. Now we're apply that to one of the most personal areas of our lives: our sexuality and relationships. This message isn't about shame or behavior management – it's about how the Holy Spirit leads us into God's good design so we can experience freedom, wholeness, and flourishing.

Key Scripture: Genesis 1-2

Supporting Scripture: 1 Thessalonians 4:3-8, Galatians 5:16-17

CONTENT

Key Takeaway: God's design for sexuality is good, intentional, and leads to flourishing – and the Spirit guides our desires toward His best.

Key Points

- God's design is intentional, good, and rooted in creation (Genesis 1:26-28, Genesis 2:18-24)
 - God created humanity as male and female – equal, dignified, image bearers
 - He created sexual desire and called it “good”
 - The one-flesh union (Genesis 2:24) is God's design for intimacy, safety, covenant, and flourishing.
 - Our experience of desire is not accidental; it's part of being human.
 - Application: your sexuality didn't come from culture, peers, media, or hormones alone. It came from God's intentional design.
- Sin broke – not erased – God's design (Genesis 3; Romans 1:21-25; 1 Thess 4:3-5)
 - Because of sin, desires can become disordered
 - Shame, confusion, loneliness, hyper-sexualization, and pressure entered the story
 - Culture now normalizes desires that lead to harm.
 - But brokenness doesn't mean God's design is bad – just that we've drifted from it.
 - Application: You're not “weird” or “broken beyond repair” because you have questions or temptations. Everyone is tempted. Everyone is fractured. Everyone needs the Spirit.
- The Holy Spirit reshapes our desires toward God's best (Galatians 5:16-17; Romans 8:5-6)
 - The Spirit doesn't just give us rules – He gives us new desires
 - He forms convictions that match God's heart
 - He empowers us to say “yes” to what leads to flourishing and “no” to what destroys
- God's design for sexuality leads to freedom, not restriction (1 Thess 4:3-8; Psalm 16:11)

- Purity isn't about saying "no" to pleasure – it's about saying "yes" to the deepest joy.
- God's boundaries protect: your heart, identity, future marriage, mental health, and intimacy with God.
- Walking in the Spirit means honoring God with how you view your body, desires, and relationships.

Gospel Application: Jesus entered a sexually broken world and lived perfectly pure so that He could save us. On the cross, He carried the weight of our past mistakes, secret sins, confusion, and shame. In the resurrection, He offers us a new start, a clean heart, and the power of the Spirit to live differently. The gospel means you are not defined by your past, controlled by your desires, or stuck in shame. You are deeply loved by God, who restores what sin distorts. Because of the Spirit, we can walk in God's design with joy and hope.

Key Question: What part of my desires, relationships, or beliefs do I need to surrender to the Holy Spirit's guidance?

APPLICATION

Activity Suggestions: Take time to pray and discuss this message with your students. Ask "how do you think following God's design for sexuality and relationships could lead to more freedom or joy in your life?"

Community Group Questions

- What does it mean for you to be intentionally created by God as part of His good design?
- How does understanding that sin had broken but not erased God's design help you view temptations and struggles that may come your way?
- How do God's boundaries set for us, lead to freedom and not restriction?