

Setup:



*How do we  
best use  
media and  
technology?*



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**Parent Que:**

**Key Scriptures:**

Colossians 3:1-4

Genesis 3

1 John 3:4

Romans 5:12, 18-19

Philippians 4:8-9

Genesis 3

1 John 3:4

Romans 5:12, 18-19



## Technology and Screens

How much screen time do you think you have each week? Your device may have a function that shows you if you want to check that out!

What is your favorite use of your screen time?

God created each of us to enjoy life and live life abundantly. But while doing so, he desires that none of us let anything consume us or get in the way of our relationship with God.

**Read** [Colossians 3:1-4](#)

- How can we fix our eyes on Jesus? How does technology make it difficult to do so?

**Read** [Matthew 6:19-21](#)

- How does media or technology become a treasure for us on earth?
- Do you ever feel like your heart is after your technology or something you see on media? How can we turn our hearts toward the Lord in the midst of that?

On average, students your age spend 7 ½ hours each day for entertainment alone! (Not including school!). That adds up to 114 days a year of screen time for fun.

- How does spending the majority of our days on screens impact our relationship with God? Is it hard to hear from God or connect with him when we are always on a screen?
- How can we reallocate our time away from screens and spend more time with God and/or his people? How can we use our time on screens to connect with God?

## Mass Media

Will live in a world that is constantly defining truth and seeking to define what is good and what is evil. Mainstream and social media is flooded with different opinions that both say they are the ultimate truth.

**Read** [Romans 12:1-2](#)

- What are some ways you find yourself or other people copying the behaviors of the world?

- How are you letting God transform you and your ways of thinking? What are some examples of this?

**Read** [John 16:13](#)

- Have you ever felt like you do not know what to believe? How did that make you feel?
- Who is it that leads us into all truth? How can we rely on him daily to guide us?
- The Gospel is the ultimate “good news”. How can we be people who point others to the Gospel in the midst of the chaos of our world?

## Social Media

We often label technology or social media as good or bad. The truth is that it is not all good or all bad but it is all in how we utilize it. Social media doesn't have to rule us. Instead, we can rule it by taking back control over it.

**Read** [Philippians 4:8 & Proverbs 4:23](#)

- What are the things in life we need to set our eyes on? What does that look like for you?
- What does it look like for you to guard your heart with social media?
- Who do you follow on social media that models that?
- Do the majority of the people you follow model this verse?

**Read** [1 Corinthians 10:23-24](#)

- What are good ways to use social media?
- What are some things people do on social media that as Christ-followers we should not engage in?
- How can you use your platform to build others up or be beneficial to others?
- What is one way you can be a light on social media?

Today we have talked about ways that we should engage with media and technology as Christ followers. Jesus wants us to be in the world but not of it, meaning our focus and attention should be on the Kingdom of God above all things.

The point



We live in a world that desperately needs good news. Instead of allowing ourselves to be conformed to the ways of this world, we should keep our eyes upon Jesus when approaching technology and media.

## Application

**Read** John 13:35

Think about the hate and division that can be found in media (arguments on social media, debates where people yell at each other, hateful opinions being broadcasted, etc.). How does this make Christ and his Church look when Christians engage in this?

Jesus knew that the world would come to know him if his followers loved them like he did. What are some ways you can use social media and technology to show love to others rather than hate?

Let's take some time to pray and ask God for wisdom when using media and technology?

Catch up/ Journal/ Pray

**Setup:**

Let me pray for you.



*What is God's  
view of sex?  
For Boys  
Groups*



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**Parent Que:**

When it comes to talking about sex, our culture has made this conversation louder than it has ever been. From a young age, kids are exposed to music, movies, shows, YouTube videos, social media, and even conversations with their friends or other adults that will shape their understanding of sex. When it comes to having a Biblical perspective on sex, we must toe the line *of our kids understanding* that sex is a gift from God, while also not reinforcing the shame many people feel about it. The whole goal of tonight is to help students understand that they should approach the Bible, you as their parents, and trusted Christian voices when it comes to talking about sex.

Tonight, we will talk about how God created sex as something between a man and a woman within marriage, and how the world has begun to distort that image. We will then discuss as how young men they will be faced with many temptations in this world. We will talk about why it is important to set boundaries when it comes to **access**, know what to do when we approach **triggers**, and how to have healthy **accountability** with our parents and our small group.

**Key Scriptures:**

Genesis 2:24

1 Corinthians 6:18

Matthew 5:28

1 Thessalonians 4:3-5

Exodus 20:14

1 John 1:9



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Have you ever seen someone do, say, or use something in this world that is supposed to be good and make it bad?  
What are some things meant for good that can be misused?

### God's perfect plan for sex

Think about the Garden of Eden for a minute. When God created man and woman, he created them for one another

#### Read [Genesis 2:24](#)

- What did God say to Adam and Eve?
- If God created sex, does that make it a good thing? Why or why not?

#### Discuss

God had a plan for the world in the beginning that looked very different from the world we live in today. In just one moment everything in all of creation changed, sex included. When sin entered the world, sex became something that humans misused and abused. If you listen to music, watch a show or movie, or even talk to a friend at school, you'll probably see or hear things about sex that seem very far from what God intended for it. Sex was created by God as a good gift for a man and woman committed to each other forever, and yet the world has redefined this.

As Christians living in a broken world, we must identify how the world has corrupted sex and world alongside our parents and other Christians to remain faithful to God's perfect plan for sex.

### The world's view of sex

#### Read [1 Thessalonians 4:3-5](#)

- How does the world view and treat sex?
- Why are we called to be different from the world when it comes to sex?

Tonight, we are going to talk about why it is important to set boundaries when it comes to access, know what to do when we approach triggers, and how to have healthy accountability with our parents and our small group.

### Access

#### Read [1 Corinthians 6:18](#)

- Why do you think Paul says we need to flee sexual immorality? What does Paul say sexual immorality does to us?
- If we are going to flee from sexual immorality, we need to set healthy boundaries. What are some ways we can set boundaries in our lives so we do not fall into temptation when it comes to porn, masturbation, and sex outside of marriage?



- If you are struggling to set those boundaries, who are some people that can help you do that? (Think – Parents!)

Ideas of boundaries – Keep your phone out of your room late at night, ask your parents to install a safe browsing software, report to your parents anything that pops up that you know you should not look at.

### Triggers

**Read** [Matthew 5:28](#)

- What is lust? What is adultery? (Lust – covet something that is not yours to have, Adultery – committing sexual sin).
- Jesus said that even looking at a woman lustfully is committing adultery. Why do you think he would say this? How does thinking about sex in a sinful way impact us?
- What are some triggers that may cause you to have lustful thoughts? What are some ways you can avoid that?

**Bouncing eyes** – This is a way we can stop ourselves when triggers come our way. If we see something or look at something that is causing us to lust, “bounce” your eyes away quickly and begin to look at something else and get your mind off of that. The more we practice this, the easier it will be to combat triggers.

### Accountability

It is so important to realize that this is a struggle every man faces. It is important to have people in your lives that you have the ability to be real with and talk about areas where we need others to help, even when we fail. But more importantly, to celebrate with us when we have victories!

**Read** [1 John 1:9](#)

- Why is it important for us to confess our sin when it comes to sexual immorality? How does confessing help us move forward?

**Read** [Ephesians 5:10-14](#)

Bringing our sin to the light helps rid us of shame. Satan wants us to remain in the dark and hide from the light. This is because the light exposes our sin and forces us to confront it. The beauty of the light though is that it allows us to repent of our sin that holds us down and live into the new life that God wants for us. When it comes to sex, porn, masturbation, and anything else regarding human sexuality we need to step into the light and not allow Satan to have a hold on us. If you are struggling with anything tonight, please talk to me, talk to your parents, talk to your pastors, and talk to this group about this. The Church is a place of healing, we are ready and willing to walk beside you in this journey.



Sex is a gift from God between a man and a woman in marriage. While the world has tried to corrupt how we view sex, God calls us to step into the light and live into his perfect way.

### Application

After our conversations tonight, do you feel more comfortable talking about sex with your parents or your small group?

**Challenge:** *Tonight, talk to your parents about our conversation from tonight and allow them to speak into this! Your parents want to help you navigate this so you can avoid the mistakes this world makes and experience the goodness of God.*

### Catch up/ Journal/ Pray



*What is God's  
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Does talking about sex feel uncomfortable?

Where do you tend to get your information about things you want to know? Social media? Parents? School?

What does shame feel like?

### God's Design for Sex

**Read:** Genesis 2:24-25

- Who did God create sex for?
- Why do you think it's important for sex to be between two people who are married?

### 1 Corinthians 7:3-5

- What stands out for this verse?
- Does it work the same for man and woman?

**Discuss:** God created sex to be a great thing between two people who are united in marriage. However, we live in a culture that has twisted this view and corrupted our overall view of sex. It ultimately surrounds us in many things we consume because of the old phrase: "sex sells." This does not teach us or help us on the matters of sex. You could make the comparison of fruit. Fruit when it is in season is wonderful and delicious and more potent even. Fruit outside of season is not as good and not as fulfilling. Sex being used outside of what is designed for can leave us with feelings of shame and regret.

### Guarding our hearts and breaking cycles of shame.

#### 2 Timothy 2:22

- What does it look like to pursue "righteous living, faithfulness, love, and peace"?
- How can we run from lust and temptation?
- How can we make our small group a safe space to discuss what is going on in our hearts and minds?

#### Colossians 3:5

- What does it look like to "put to death" our temptations?
- How does this verse compare with 2 Timothy 2:22?

Discuss: When we give into temptation this leads to habits, shame, and sneaky behaviors. We need to come up with plans as a group to identify the things that trigger us, the things that we easily consume (movies, music, social media), and create places to help us guard our hearts. Re-evaluating who you follow and what we spend time watching and listening. How does this affect your temptations? When are you likely to fall into any sort of temptation? When you feel lonely or sad or when you're alone at night? If there are certain things that tempt us like being alone late at night, let's look at ways to cut off our access whether it's giving our parents our phones during these times or reaching out to people.

## Shame

**Read:** 1 John 1:9

- Do you feel comfortable sharing your sins with God? With others?
- How can you become more comfortable with confession?

Genesis 3:10

- What was Adam's response to sin?
- Let's revisit the question we asked earlier: How does shame make us feel?

**Discuss:** When we spend time with accountability and get into a cycle of sharing our struggles, it brings our sin to light and we don't have to live in shame. You are not alone in any of your struggles whether it's related to sex or not. Pornography and sexual temptation doesn't just happen with guys. (Leader note: One of the highest growing demographics for watching porn is college age girls! Average exposure for a girl to pornography is 9-11 years old. Most of your girls have stumbled across porn whether they wanted to or not. Whether they recognized it or not.) Since this can feel like a 'guys problem' girls can feel an extra sense of shame. Let's normalize talking about our struggles (once again, this doesn't just have to be sexual temptation but temptation of any kind- gossip, lying, comparison, misplaced identity, etc.)

The Point: God created sex as a gift for marriage. Often times, we let the world distort our views on this which can lead to shame. We must learn to break the cycle of shame in our lives.

## Application:

- How can we make it easier to talk about what we struggle with?
- Who is someone safe we can share it with if we're not comfortable sharing with the whole group yet?
- How can we create a spirit of sharing our questions and temptations with each other? (This is a great place to talk about encouragement and thanking people for bravery. If the whole group is encouraging on sensitive topics it can help pave the way for more potentially hard conversations in the future)

**Challenge:** Talk to your parents about their experience with sex, pornography, and more. Your parents have a lot of wisdom and want to help you navigate this in the healthiest way possible.