

DAY ONE

"It's no big deal, it's just a physical act."

"Sex is better the more you have it and with as many people as possible."

"It's the way you show whether you really love someone."

"It is the key to happiness and will solve all your problems."

"It will create love and commitment." Sex... what's the big deal?

One of the symptoms of contempt is the "degrading or devaluing of the sacred or special." With that thought in mind, do you think our culture holds sexuality in contempt?

READ I Corinthians 13:4-8 and Matthew 5:27-30

As you consider these verses, do they change your view of love and sex? In what ways have they affected your understanding?

Your behavior? Your relationship? What is your heart saying?

As you re-examine your views of sexuality, prayerfully CONSIDER if you've allowed culture, old patterns, or brokenness to reclaim the truths you've discovered about purity and God's desire for your life.

DAY TWO

READ Ephesians 5:1-21

What do I look at? What do I watch on TV? Which movies do I see? What videos do I create in my mind's eye? What do I talk about with my friends? What's my motive for wearing certain types of clothes? What am I trying to prove when I talk about intimate things?

THINK and PRAY seriously about these questions. What changes have I made to enable me to live wisely? Which things do I allow in my life that I shouldn't allow?

DAY THREE

READ John 5:1-6 and Matthew 7:24-27.

It's possible to live above contempt, but it's not accidental. This kind of living comes about by an awareness of the patterns of how we store contempt in our hearts, rejecting them, then choosing new patterns.

ASK yourself:

Is there an attitude, behavior, or belief that will lead to contempt?
Will this take me where I want to go? Will it make me who I want to be?
Has my Rabbi allowed me to store this in my heart?

DAY FOUR

If you're MARRIED, what view of sex did you bring into marriage? If you're NOT MARRIED, what view would you bring in right now? How did/would that affect your marriage (in light of the life God wants for you and your spouse)? Are your pulling for or against each other? Do you view the marriage relationship as a partnership/alliance that's valuable as long as you receive a benefit from it? Do you view marriage as ME and YOU? or US?

READ Matthew 19:4-6.

PRAY: Father, You've created marriage. You understand it fully. Help me to recognize motives, thoughts, words, and actions which contrast Your design and plan.

DAY FIVE

READ Ecclesiastes 4:7-12.

What do these verses say about surviving alone vs. thriving together? If you're MARRIED, take time today to TALK with your spouse about the state of your relationship. How are you guarding your hearts to make sure they remain soft in God's hands? GIVE God your marriage again. PRAY He continually softens your hearts and guides you to the marriage He desires for you.

If you're NOT MARRIED, take time to evaluate your view of sex.

Would that benefit or hurt your future marriage?

THINK about what you desire in a spouse.

ASK God about what He wants in your future spouse.

Are you living your life in such a way which makes you worthy of becoming someone's spouse?

PRAY for your future spouse and your marriage. GIVE it to God.

STOP BY OR CHECK OUT the current progress on our new building addition on the blogspot.

PRAY about the new building and the relationships of those who will experience life change at Jacob's Well.
PRAY for the marriages of all those working on the project, PRAY for the children, students, and young adults and their future marriages and families.