

Hope & Healing: Reconnecting Our Sexuality & Spirituality

11/15/17

Therefore, if anyone is in Christ, the new creation has come:

The old has gone, the new is here!

II Corinthians 5:17

*Some questions to continue the discussion at home. (Questions in **BOLD** were highlighted at the Hope & Healing event.)*

Do you ever wish you could wipe the slate clean and start over? What would you do differently? What would you change? Why?

Hurt people hurt people. Do you agree or disagree? How does that statement make you feel? What are some ways that the cycle could be broken?

When, where, and how did your sexual education begin? Was it a positive experience? Why or why not? If it was not positive, what are some ways you could reframe and redeem that experience?

What is one of the biggest obstacles you have to overcome in your sexual education? What are some things that may have set you up to fail or mis-educated you?

It's a long journey from the beginning of puberty to your wedding day. What are some ways you could grow in a healthy understanding of sexuality during this time? What do you think God is hoping you'll learn in this season?

The sexual learning curve is steep and young people are growing up in a world that no other generation could even imagine. Access to pornography and mis-information about our sexuality is inescapable and omnipresent. How might we take steps to combat this flood of information? How can we protect our hearts and minds?

When we use inappropriate language and behavior we dehumanize each other. In other words, we try to rob them of the image of God. How do you think this affects us? How does it affect the people we are bullying (abusing)?

What's something that you've seen or experienced that was sexually inappropriate? How did it make you feel? How might you combat the misinformation you received in this encounter?

Do you understand consent? Have you ever felt uncomfortable when someone disregarded your bodily autonomy? Do you ask for consent before you touch other people? Why do you think this is important?

Tell a story about a time you were bullied. Or about a time you were bullied. How might you make peace with what happened? Or, do you need to apologize to someone?

What happened affected our entire community. How have you been affected by what happened? How can we help you?

Some suggestions going forward.

This conversation isn't over! It may never be over. It's a part of the fabric of our lives and community, but it does NOT have to define us. One of the ways we can stop ourselves from getting mired in the muck of this is by talking about it. We don't need to talk about it all the time, but we do need to have open lines of communication so that when the need arises, we are ready and willing.

As a family, come up with three things you can do to be a part of the healing that needs to take place in this community. Remember: No man left behind. What does that look like for you? How can we actively love and support one another?

And ask your kids what questions they still have—about the presentation tonight. What *new* questions do they have? Tell them you want them to come to you. Remind them repeatedly that they will not be in trouble and that you are on their side. You are for them and want to be the safe and expert place where they come with their questions and curiosities.

Sit down with your family and come up with some ground rules about:

- Practical ways to treat people with kindness and respect
- Media usage
- Lines of communication

Pray for each other. Pray over each other. Ask each other how you can be in prayer for one another and then do it faithfully and with great hope.