



Lust & Chastity

Look Back

10 Minutes

- Pastor Curtis preached Sunday February 11 on gluttony and temperance, and said that our relationship with food is not only physical, but spiritual, too. What were your takeaways about the spiritual aspect of food?
- What is something you learned from Jesus' temptation in the wilderness?
- How do you feel about fasting? In what ways are you fasting during Lent to renew your dependence on God?

Read Aloud

Genesis 2:15-25

This week we continue the series, Vices and Virtues. These are not intended as a way for Jesus followers to beat themselves up for their sinfulness, but a way to grow in gratitude and into the likeness of Christ. This week we look at lust and chastity.

Head: Observe the text and the author's main points

15–20 Minutes

1. What is the expectation of man in the garden? Explain Adam's responsibilities.
2. For the first time in the creation narrative God sees something that was not good. What was it?

3. In this passage God creates a “suitable helper” for Adam. What is your reaction to the fact that this phrase, “suitable helper” in Hebrew is also used in the Bible to describe God?

Heart: Envision how the text—when applied—might transform your inner life in terms of your thoughts, attitudes, and behaviors.

15–20 Minutes

1. Lent is a time for repentance. We live in a distracting, sex-saturated culture. Get away to a quiet place if possible, and spend time confessing lusts in your heart to God. Afterwards, thank Him that you are forgiven.
2. Discuss how the joining of a man and a woman honors God and enables humanity to flourish.

Hands: Apply the text by moving from inward reflection to outward action looking for ways to live the text out in our lives to serve others

10 Minutes

Reaching Upwards: Growing in Your Relationship with God

- Lent invites us to prepare our hearts for remembering Jesus’ passion and celebrating Jesus’ resurrection. It is an excellent time to renew and deepen prayer practices. Encourage your small groups and plan to attend the after church Lenten Prayer Practices Workshop on Sunday, February 18 from 12 - 1:45 pm. Director Catie Smith and Pastoral Resident Jeanmarie Tade will guide you to understand and experience three prayer practices. Adults 18 and older are welcome. Childcare is provided, and lunch will be served.
- Lent is a time of preparation and repentance during which we anticipate the profound sadness of Good Friday and the celebration of Easter. During Lent, each Sunday services will focus on one of seven vices and Wednesday noon services will focus on one of seven virtues. Use the Lenten season as an intentional time for spiritual growth and to invite friends and neighbors to join you for some of these services.

Reaching Outward: Investing in Your Neighbors

- While God created our bodies good, as a result of the Fall, humans objectify, use, manipulate, and lust after one another. Human trafficking/sex trade/slavery are examples of this. One of FPC’s Local Mission Partners, The Landing, serves women, men, and children in Houston who have experienced human trafficking and commercial sexual exploitation. On February 24 at 9 AM for those 18 and older, there is volunteer training that covers the basics of human trafficking, trauma-informed care, cultural competency, and specific volunteer roles and policies. To register go to <https://app.vomo.org/org/thelanding>.

- Familiarize yourself with another FPC Local Mission Partner, Street Grace, that utilizes evidence-based demand reduction strategies to eradicate the Commercial Sexual Exploitation of Children, <https://streetgrace.org>.

Reaching Beyond

- One of FPC's Global Mission Partners, International Justice Mission (IJM) partners with local justice systems around the world to build safe communities, where all are protected from violence like trafficking and slavery. For more information about this ministry and for volunteer opportunities, go to <https://www.ijm.org/>.
- Pray for lasting connections and spiritual growth as a result of the Thursday, February 22, meeting of the Post-Alpha Group from 7-9:30 PM in LC080. For more information and to volunteer for Outreach opportunities, contact Emmanuel Paulpeter, Pastor of Outreach at epaulpeter@fpchouston.org.