



new life fellowship

Sermon Title: God and Our Bodies: The Connection Between Spirituality and Sexuality

Speaker: Richard Villodas, Lead Pastor

Scripture: Romans 12:1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

(NIV)

Sermon Outline:

Historically, the church has lacked spiritual formation around the discussion of how and why our spirituality cannot be separated from our sexuality. A sense of awkwardness regarding this discussion, as well as a history of being judged or judging one another, as well as a lack of Biblical discipline as a whole, are some of the reasons why this is not discussed in the church.

In today's scripture, Paul lets us know that for any type of transformation to take place, we need community. Transformation will not take place if we try and do it on our own. Paul knows that we are either being formed in the way of Jesus or being formed in the way of the culture and world around us.

Truth #1: Our bodies are Part of God's Good Creation.

Truth #2: Our Bodies are Subjected to the Presence of Sin.

Truth #3: The Incarnation of God in Christ Sanctifies our Bodies.

Truth #4: The Resurrection of Jesus Confirms the Centrality of the Body.

Implications for our lives and our church family:

1. A recognition that we are all sexually broken.
2. Sexual wholeness is not moral perfection.
3. Sexual wholeness requires the act of discerning to whom I give my body.
4. Sexual wholeness is about relating to others in ways not given to objectification.
5. Sexual wholeness is oriented around seeing God as the source and ending of my longings.
6. The gospel offers good news to those who are carrying shame.

Sermon Summary:

This Sunday, Richard Villodas, Lead Pastor, begins our new 10-week sermon series entitled God and Our Bodies. Today Pastor Rich gives us the framework for this new series and also explores the connection between spirituality and sexuality.

Sermon Questions:

1. Do you feel an invitation from Christ in today's scripture passage? Do any of the words resonate with you? If so, why?
2. How have you understood the place of our physical bodies in relation to worship?
3. What have been the particular messages you've received about sexuality from your family of origin and/or church community?
4. Paul makes a connection in Romans 12 between renewing the mind and offering our bodies as living sacrifices. What might be some implications around the connection in the way you think about sexual wholeness?
5. When you hear the phrase "sexual wholeness" what comes to mind? What impact might this definition have on your discipleship?