

Life Hacks



A Study of Divine,
Practical Wisdom from
the Book of Proverbs

PARENTAL GUIDANCE
SUGGESTED

PG-13

TODAY'S SERMON
INVOLVES
TOPICS ABOUT
SEX

Some Material May Be Inappropriate for Children Under 13



WhatIsGrace.org

A

CHURCH

THAT

PRAYS

- Pray silently for the prayer request printed in your bulletin.
- Our Kindergarten and also our small group led by Mark and Ellen Kirkland
- Our church plant WordServe
- Neighboring church, Life Church Katy and Pastor Kim Pitner
- Our mission team serving in Ethiopia led by Chris, the Middle East led by Nate, New Mexico led by Wayne Kerr and Gema S.
- The Ban*jar of Indonesia

We ask all this for the glory of Your name.

Scan the QR Code or text "Missions Trips" to 855-792-6360 to receive prayer prompts for our Cross Cultural Mission Trips



"For My House Shall Be Called A House Of Prayer For All Nations." Isaiah 56:7

Please pray for this request shared during last week's worship service.

**Pray for
others**

Life Hacks

“Life Hacks for Your Sex Life” – Proverbs 5:1-23

May 28, 2023

Our Sermon Series

Life Hacks		
A Study of Divine, Practical Wisdom from the Book of Proverbs		
Date	Message Title	Bible Text
April 8-9	Life Hacks	Proverbs 1:1-7
April 16	Life Hacks for Your Relationships	Proverbs 9:8-9; 15:5; 16:27-30
April 23	Life Hacks for Your Marriage	Proverbs 11:14; 12:4; 15:17
April 30	Life Hacks for Your Money	Proverbs 3:9-10; 13:11; 14:23; 22:7
May 7	Life Hacks for Your Pride	Proverbs 11:2; 16:18
May 14	Life Hacks for Moms	Proverbs 31:10-31
May 21	Life Hacks for Your Walk with God	Proverbs 1:7; 3:5-6
May 28	Life Hacks for Your Sex Life	Proverbs 5:1-23 [rated PG-13]
June 4	Life Hacks for Your Food Life	Proverbs 23:20-21; 25:16; 28:7
June 11	Life Hacks for Your Work Life	Proverbs 6:6-8; 13:4; 12:24; 21:5
June 18	Life Hacks for Dads	Proverbs 13:24; 19:18; 22:6; 29:17
June 25	Life Hacks for Your Words	Proverbs 12:18; 15:1,4; 18:21

Four Questions for My Sex Life from Proverbs 5

1. Will I be a _____ son or daughter? (vv.1-2)

- Proverbs is written by a father to his son (1:8) seeking to give him practical wisdom (“life hacks”) about all of life. Proverbs 5, in particular, is a father giving his son wisdom about his sexuality. As with the whole book of Proverbs, this father is calling his son to not be a fool but rather to be wise (vv.1-2,23).
- **Proverbs 10:23** – *Doing wrong is like a joke to a fool, but wisdom is pleasure to a man of understanding.*
- **Proverbs 13:20** – *Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.*
- **Application #1** – When it comes to my sexuality, am I going to be wise, or am I going to be a fool? In order to be wise, I will...
 - ☐ Look to God and His Word as my #1 guide on sexuality
 - ☐ Keep company with godly and wise people
 - ☐ Cut off media and people sources in my life that are giving me foolish counsel and influence regarding sexuality.

2. Will I _____ of forbidden doors? (vv.3-14)

- There is a progression toward sin that is clearly outlined in the previous chapter: words (4:24), eyes (4:25), feet (4:26-27).
- The path that leads to sexual sin follows this same progression:
 - Words (5:3-5,7)
 - Eyes/looks (5:3)
 - Feet/path (5:5-6,8)

- According to the Bible, sexual immorality includes pornographic magazines, internet, books, or movies, strip bars, topless bars, adultery, cell phone sex, homosexuality, bisexuality, bestiality, prostitution, friends with benefits, wife swapping (swinging), incest, rape, pedophilia, or engaging in any sexual activity (petting, oral sex, intercourse) with someone you are not married to (Leviticus 18; Exodus 20:14; Matt 5:27-30; 1 Corinth 6:9-11; 1 Thess 4:3-8).
- The father warns his son strongly about the devastating consequences of ignoring his instructions and indulging in sexual sin:
 - Bitterness and deep cut wounds (v.4)
 - Death (v.5)
 - Loss of honor and valuable time (v.9)
 - Loss of life strength and money (v.10)
 - Great regrets (vv.11-13)
 - Brink of utter ruin (v.14)
- Key command in this section: Steer clear of forbidden doors (v.5)
- Application #2 – In order to steer clear of forbidden doors, I am going to guard my ears, eyes, and path by...
 - ☐ Breaking clean from an immoral relationship. I'm going to tell a trusted friend about my boundary and ask for their accountability.
 - ☐ Breaking clean from an emotional relationship that could eventually lead some the wrong path. I'm going to tell a trusted friend about my boundary and ask for their accountability.
 - ☐ Getting Covenant Eyes on all of my electronic devices and asking a trusted friend to hold me accountable: covenanteyes.com
 - ☐ Steering clear of specific "forbidden door triggers" for me
 - ☐ Other practical tips – media, social media
- The story of Joseph and Potiphar's wife (Genesis 39)

3. Will I _____ God's gift God's way? (vv.15-19)

- Let's be clear: God says that sex is very good!!!! God created sex! He wants us to enjoy sex in marriage to the max!!!! (Song of Solomon 5:1c; Genesis 2:24-25; Ecclesiastes 3:12-13; 1 Corinth 7:2-5; Proverbs 5:15-19)
- Two false views of sex that we must overcome:
 - (1) Sex is god (Exodus 20:3)
 - (2) Sex is gross (James 1:17)
- Some people view sex as gross (wrong, yucky, unpleasant, negative, undesirable, loathsome, don't talk about, gross).
- Reasons for a gross view of sex may include: (1) wrong religious teaching; (2) wrong parental teaching; (3) sexual abuse as a child; (4) sexual assault; (5) negative past experiences; (6) damaged emotions from childhood experiences; (7) painful sexual experiences; (8) low hormonal levels or other medical issues; (9) poor self-esteem or body image; (10) fear.

- Instead of viewing sex as good or gross, the Bible invites us to view sex as God's great gift (Proverbs 5:18-19).
- Tim Keller: "Sex is glorious! It is the most ecstatic, breathtaking, daring, scarcely-to-be-imagined look at the glory that is our future."
- Application #3 – Lord, empower me by Your Spirit to enjoy Your gift of marital sex and to serve my spouse sexually by...
 - ☐ Courting my spouse. Going on dates. Pursuing my spouse. Speaking her/his love language frequently.
 - ☐ Sharing myself emotionally. Dr. W's daily intimacy exercises:
 - Today, I felt (emotion) when (event)
 - Affirmation of your spouse (quality appreciate)
 - Look into each other's eyes for 60 seconds without talking
 - Pray together
 - ☐ Seeking to be attractive to my spouse through healthy eating, exercise, grooming, and the way I dress.
 - ☐ Initiating love making frequently.
 - ☐ Responding when my spouse initiates (1 Corinth 7:2-5).
 - ☐ Asking my spouse what pleases her/him and seeking to do so.
 - ☐ Communicating what pleases me and giving my spouse the joy of bringing pleasure to me.
 - ☐ Being visually generous to my spouse through what I wear to bed, through lighting (candles), and other means.
 - ☐ Talking during lovemaking: coaching, expressing pleasure, expressing affection.
 - ☐ Reading Christian books about healthy and passionate sexuality (Rainey "Rekindling the Romance")
 - ☐ Prioritizing and planning lovemaking in the week and in the year.
 - ☐ Implementing 7 ideas from "Examples of Servant Lovers"

THIRTY EXAMPLES OF SERVANT LOVERS

1. The husband who frequently reaches over and holds the hand of his wife while driving in the car, walking on the sidewalk, sitting in church, or talking on the couch.
2. The wife who gives her husband a hug and a kiss every morning before he leaves the house.
3. The husband who frequently gives his wife foot rubs, back rubs, and neck rubs without it leading to sex.
4. The husband who practices chivalry with his wife including opening the door, letting her go first, pulling out her chair to be seated, and serving her.
5. The husband who frequently gives his wife a kiss on the cheek or on the lips as a non-sexual way to say "I love you."
6. The husband who secretly fitted their bed with satin sheets on a special night when they were both anticipating romance.
7. The husband who frequently leaves his wife love notes, letters, poems, cards, messages on the bathroom mirror, and other creative written reminders of affection somewhere she will find them.
8. The wife who called her husband on his cell phone on his way to work in the morning and said, "Honey, I was thinking of something... well, something a little different I'd really like to try in bed tonight, and I was wondering if you were up for something a little more creative?"
9. The husband who frequently initiates going on a "just the two of us" walk together.
10. The wife who gave her husband a coupon book with 10 specific, creative redeemable lovemaking coupons.
11. The husband who weekly takes his wife out on a date without the kids.

12. The wife who gave her husband a document that she created entitled "20 Ways to Light My Fire" explaining very specifically 20 things that are very sensual to her.
13. The husband who took his wife on an old-fashioned picnic.
14. The wife who took her husband into the garage after the kids were in bed and initiated a lovemaking date in the back seat of the minivan.
15. The husband who occasionally sends or brings his wife flowers.
16. The husband who sent a letter to the postmaster of Romance, AR 72136 asking the postmaster to hand stamp the postmark of his enclosed already addressed and stamped love letter to his wife.
17. The wife who gave her husband an early Christmas present on Dec. 13 entitled, "The Twelve Nights of Christmas" with one box to open each night – each box containing an item or note that led to a lovemaking encounter for 12 nights in a row.
18. The husband who sent a love letter to his wife using FedEx.
19. The wife who walked into the den and asked her husband while he was watching the football game, "Do you have any plans for halftime, because if not, I have plans for you to score?" and then walked out of the room.
20. The husband who prays with his wife every night and who daily asks his wife, "What can I pray for you today?"
21. The husband who reads the Bible to his wife every night.
22. The husband who occasionally sets up a "girl's night out" for his wife to go out with her friends.
23. The married couple who purposely chooses to go to bed at the same time together every night in the same bed without children or pets in bed.
24. The wife who initiated a foosball game where each time she scored a goal he had to remove an article of clothing and each time he scored a goal she removed an article of clothing.
25. The husband who frequently calls his wife in the middle of the day just to see how her day is going and tell her he loves her.
26. The husband who fills his wife's car up with gas and gets a car wash and leaves her a note on the dashboard that says, "Thinking of you."
27. The wife who spontaneously joined her husband in the shower.
28. The husband who appropriately brags on his wife in public.
29. The wife who asked her husband to sit down while she got his opinion on a few outfits. She then proceeded to do a fashion show of several outfits that got progressively sexier and ended with lingerie.
30. The husband who puts the toilet seat down when he's finished and then washes his hands.

4. Will I live for the _____? (vv.20-23)

- Sexual sins flow from a short-term, got-to-have-pleasure-now outlook that leads to long-term regrets (vv.20-23, 11-14).
- The Bible exhorts us to make decisions and to live with a long-term, eternal perspective.
- **2 Corinthians 4:18** – *We look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.*
- Application #4 – With God's help, I choose to live for things that count for eternity by...
 - ☐ Receiving Jesus Christ into my life (John 1:12; Romans 10:9)
 - ☐ Investing my life in the Word of God, people's souls, holiness, and knowing Jesus intimately (2 Peter 3:8-18).
- Sexual sins are not the unforgiveable sin (Matthew 12:31). Confess your sins to Jesus; He will forgive you (1 John 1:9) and make you new (2 Corinthians 5:17).



VBS June 12-15—Kids completed kindergarten through 4th Grade will enjoy 4 amazing days learning about how to **FOLLOW JESUS HERE, THERE, and EVERYWHERE!**

VBX July 17-19—Offered to our kids who have completed 5th grade, VBX is a way to start connecting with our junior high team!



KIDS REGISTRATION



VBX REGISTRATION

ADULT SUMMER OPPORTUNITIES

JUNE 12—Alpha: Explore the Christian faith!

JUNE 13—Faith Sharing Multiply Group: Let's learn how to share Jesus together!

JUNE 19—Parenting With Grace: Discover God's design for parenting!

JUNE 21—Women's Bible Study: Gather with the Girls from around the world

JUNE 21—Men's Bible Study: The 3:16 Keys

Visit WhatIsGrace.org/SpiritualFormation or Scan the QR Code for more details and to register.



CONNECTING at GRACE

Connecting at Grace is where **You will find a place to belong, grow, and serve!** Together, we will explore the various groups offered at Grace and discuss the different serving opportunities available to you. **Next Sessions: June 4, 11 and 25.**

Register at WhatIsGrace.org/GetConnected or Scan the QR Code.



Adult Ministries

Care

Parenting with Grace starts June 19—Register Today

- Are you seeking to develop a family culture that fosters love, respect and purpose?
- Do you want to learn how to incorporate time-less principles of effective discipline?
- Are you looking for ways to disciple your kids and build a solid framework to encourage them towards a vibrant, life-long faith?

Through biblical teaching and small group discussion, Parenting with Grace provides parents a place to connect with other parents as they discover God's design for parenting!

For more details and registration, please visit WhatIsGrace.org/Care or contact Nicki McDonald at NMcDonald@WhatIsGrace.org or 281.646.1903 X 153.

Need confidential care? Contact Care Pastor Cindi Lomax at CLomax@WhatIsGrace.org.

Missions

Garden of Grace, Spring Harvest on June 3 and 10 from 7:30—10:30AM:

Share the blessings as we cultivate our garden to provide fresh produce to the under-resourced in our community.

UPG Prayer, June 4 at 12:30PM: Join us to pray for our adopted Unreached People Groups the first Sunday of every month in the Prayer Center.

Prayer

Healing Prayer today from 10:30—12:30PM:

No appointments are needed. Just come into the Prayer Center.

Culture of Prayer Conference June 9—10:

Brad Stroup, director of The Prayer Room DFW, will be our guest speaker. You will be encouraged and inspired by stories of what God is doing in the nations and cities worldwide and empowered as you "join the procession" in the greatest worship and prayer movement in the church's history! Register at WhatIsGrace.org/Prayer.

Prayer Line: (281) 398-2GOD

Online Prayer: WhatIsGrace.org/Prayer-Wall

Spiritual Formation

Grow in a Group this Summer! Use the QR code to check out these summer opportunities.

- **Alpha** – Explore the basics of Christianity
- **Women's Bible Study** – Gather with the Girls from Around the World
- **Men's Bible Study** – The 3:16 Keys
- **Living with Christ**



Kids Ministry

VBS Children Shirts are ready to be picked

up starting today! If you registered your child for Vacation Bible School, you can pick up their t-shirt in the Kids Ministry Elementary Lobby. Shirts are available while sizes and supplies last.

Childcare Workers: Paid, part-time positions are available for anyone who loves to care and be relational with infants thru elementary-age children during Sunday morning service and for programing throughout the week. For more information, contact Kimberly at KGould@WhatIsGrace.org.

Student Ministry

Summer Small Groups! Our intern-led student summer small groups start this week! Find your group at WhatIsGrace.org/Students.

Get Connected

Help us build our Online Ministry! Our Online community is growing and we're looking for more volunteers. If you are interested in serving with us, please email Ben Chai at BChai@WhatIsGrace.org for more information.

Join our Team

Job Openings:

- Children's Pastor
- Maintenance Technician
- and more

Scan the QR Code to learn more and apply.



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