

Life Hacks



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

PARENTAL GUIDANCE
SUGGESTED

PG-13

Some Material May Be Inappropriate for Children Under 13

TODAY'S SERMON
INVOLVES
TOPICS ABOUT
SEX



WhatIsGrace.org

A

CHURCH

THAT

PRAYS

- Pray silently for the prayer request printed in your bulletin.
- 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**

Estrategias Para Una Vida Efectiva

“Sexo” – Proverbios 3:1-8

28 de Mayo de 2023

Estrategias para una vida efectiva

Un estudio de la sabiduría divina del libro de Proverbios

Fecha	Título del mensaje	Texto bíblico
9 - Abril	Trucos de vida	Proverbios 1:1-7
16 - Abril	Relaciones	Proverbios 9:8-9; 15:5; 16:27-30
23 - Abril	Matrimonial	Proverbios 11:14; 12:4; 15:17
30 - Abril	Dinero	Proverbios 3:9-10; 13:11; 14:23; 22:7
7 - Mayo	Orgullo	Proverbios 11:2; 16:18
14 - Mayo	Madres	Proverbios 31:10-31
21 - Mayo	Relación con Dios	Proverbios 3:1-8
28 - Mayo	Sexo	Proverbios 5:1-23
4 - Junio	Comida	Proverbios 23:20-21; 25:16; 28:7
11 - Junio	Trabajo	Proverbios 6:6-8; 13:4; 12:24; 21:5
18 - Junio	Padres	Proverbios 13:24; 19:18; 22:6; 29:17
25 - Junio	Palabras	Proverbios 12:18; 15:1,4; 18:21

Cuatro preguntas para mi vida sexual de Proverbios 5

1. ¿Seré un hijo o hija _____? (vv.1-2)

- Proverbios es escrito por un padre a su hijo (1:8) buscando darle sabiduría práctica (“life hacks”) sobre todo en la vida. Proverbios 5, en particular, es un padre que da a su hijo sabiduría sobre su sexualidad. Como en todo el libro de Proverbios, este padre está llamando a su hijo a que no sea tonto sino sabio (vv.1-2,23).
- **Proverbios 10:23** – *Hacer el mal es como una broma para el necio, pero la sabiduría es un placer para el hombre de entendimiento.*
- **Proverbios 13:20** – *El que anda con sabios, sabio será, mas el que se junta con necios, sufrirá mal.*
- **Aplicación #1** – Cuando se trata de mi sexualidad, ¿voy a ser sabio o voy a ser un tonto? Para ser sabio, voy a...
 - ☐ Mirar a Dios y Su Palabra como mi guía #1 sobre sexualidad
 - ☐ Manténgase en compañía de personas piadosas y sabias
 - ☐ Cortar las fuentes de medios y personas en mi vida que me están dando consejos tontos e influencias con respecto a la sexualidad.

2. ¿Voy a _____ de puertas prohibidas? (vv.3-14)

- Hay una progresión hacia el pecado que está claramente delineada en el capítulo anterior: palabras (4:24), ojos (4:25), pies (4:26-27).
- El camino que conduce al pecado sexual sigue esta misma progresión:
 - Palabras (5:3-5,7)
 - Ojos/miradas (5:3)
 - Pies/camino (5:5-6,8)
- Según la Biblia, la inmoralidad sexual incluye revistas pornográficas, Internet, libros o películas, bares de striptease, bares de topless, adulterio, sexo por teléfono celular, homosexualidad, bisexualidad, bestialidad, prostitución, amigos con beneficios, intercambio de esposas (swinging), incesto, violación, pedofilia o participar en cualquier actividad sexual (caricias, sexo oral, coito) con alguien con quien no está casado (Levítico 18; Éxodo 20:14; Mateo 5:27-30; 1 Corinto 6:9-11; 1 Tesalonicenses 4:3-8).
- El padre advierte fuertemente a su hijo sobre las consecuencias devastadoras de ignorar sus instrucciones y caer en el pecado sexual:
 - Amargura y heridas profundas (v.4)
 - Muerte (v.5)
 - Pérdida de honor y tiempo valioso (v.9)
 - Pérdida de fuerza vital y dinero (v.10)
 - Grandes remordimientos (vv.11-13)
 - Al borde de la ruina total (v.14)
- Comando clave en esta sección: alejarse de las puertas prohibidas (v.5)
- Aplicación # 2: para evitar las puertas prohibidas, protegeré mis oídos, mis ojos y mi camino con...
 - ☐ Romper limpiamente con una relación inmoral. Voy a contarle a un amigo de confianza sobre mi límite y pedirle su responsabilidad.
 - ☐ Romper con una relación emocional que eventualmente podría llevar a algunos por el camino equivocado. Voy a contarle a un amigo de confianza sobre mi límite y pedirle su responsabilidad.
 - ☐ Obtener Covenant Eyes en todos mis dispositivos electrónicos y pedirle a un amigo de confianza que me haga responsable: <https://www.covenanteyes.com/>
 - ☐ Alejarse de "activadores de puerta prohibidos" específicos para mí
 - ☐ Otros consejos prácticos: medios de comunicación, redes sociales
- La historia de José y la esposa de Potifar (Génesis 39)

3. ¿Voy a _____ el regalo de Dios a la manera de Dios? (vv.15-19)

- Seamos claros: ¡¡¡Dios dice que el sexo es muy bueno!!! ¡Dios creó el sexo! ¡¡Quiere que disfrutemos del sexo en el matrimonio!! (Cantar de los Cantares 5:1c; Génesis 2:24-25; Eclesiastés 3:12-13; 1 Corinto 7:2-5; Proverbios 5:15-19)
- Dos falsas visiones del sexo que debemos superar:
 - (1) El sexo es dios (Éxodo 20:3)
 - (2) El sexo es repugnante (Santiago 1:17)
- Algunas personas ven el sexo como asqueroso (incorrecto, asqueroso, desagradable, negativo, indeseable, repugnante, de lo que no se habla, asqueroso).
- Las razones para una visión grosera del sexo pueden incluir: (1) enseñanza religiosa incorrecta; (2) mala enseñanza de los padres; (3) abuso sexual de niño; (4) agresión sexual; (5) experiencias pasadas negativas; (6) dañado emociones de experiencias infantiles; (7) experiencias sexuales dolorosas; (8) niveles hormonales bajos u otros problemas médicos; (9) baja autoestima o imagen corporal; (10) miedo.
- En lugar de ver el sexo como dios o asqueroso, la Biblia nos invita a ver el sexo como el gran regalo de Dios (Proverbios 5:18-19).
- Tim Keller: “¡El sexo es glorioso! Es la mirada más extasiada, impresionante, atrevida y difícil de imaginar de la gloria que es nuestro futuro”.
- Aplicación #3 – Señor, empodérame por Tu Espíritu para disfrutar Tu regalo de sexo marital y para servir a mi cónyuge sexualmente al...
 - ☐ Cortejar a mi cónyuge. Ir a citas. Perseguir a mi pareja. Hablando su lenguaje de amor con frecuencia.
 - ☐ Compartirme emocionalmente. Ejercicios diarios de intimidad del Dr. W:
 - ☐ Hoy sentí (emoción) cuando (evento)
 - ☐ Afirmación de su cónyuge (apreciación de calidad)
 - ☐ Hablando de sexo
 - ☐ Oren juntos
 - ☐ Busco ser atractivo para mi cónyuge.
 - ☐ Empezar a hacer el amor con frecuencia.
 - ☐ Responder cuando mi cónyuge inicia (1 Corintios 7:2-5).
 - ☐ Preguntar a mi cónyuge qué le agrada y tratar de hacerlo.
 - ☐ Ser visualmente generoso con mi cónyuge.
 - ☐ Hablar durante el acto sexual: entrenar, expresar placer, expresar afecto.
 - ☐ Priorizar y planificar hacer el amor en la semana y en el año.
 - ☐ Implementando 7 ideas de “Ejemplos de Amantes Siervos”

4. ¿Viviré para _____? (vv.20-23)

- Los pecados sexuales fluyen de una perspectiva a corto plazo de tener placer ahora que lleva a arrepentimientos a largo plazo (vv.20-23, 11-14).
- La Biblia nos exhorta a tomar decisiones ya vivir con una perspectiva eterna a largo plazo.
- 2 Corintios 4:18 – No miramos las cosas que se ven, sino las que no se ven. Porque las cosas que se ven son transitorias, pero las cosas que no se ven son eternas.
- Aplicación #4 – Con la ayuda de Dios, elijo vivir por las cosas que cuentan para la eternidad al...
 - ☐ Recibir a Jesucristo en mi vida (Juan 1:12; Romanos 10:9)
 - ☐ Invertir mi vida en la Palabra de Dios, el alma de las personas, la santidad y el conocimiento íntimo de Jesús (2 Pedro 3:8-18).
- Los pecados sexuales no son el pecado imperdonable (Mateo 12:31). Confiesa tus pecados a Jesús; Él te perdonará (1 Juan 1:9) y te hará nuevo (2 Corintios 5:17).

Life Hacks

“Life Hacks for Your Sex Life” – Proverbs 5:1-23 May 28, 2023

Life Hacks		
<i>A Study of Divine, Practical Wisdom from the Book of Proverbs</i>		
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!!!! (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 god 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)
 - Talking about sex
 - Pray together
 - ☐ Seeking to be attractive to my spouse.
 - ☐ 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.
 - ☐ Being visually generous to my spouse.
 - ☐ Talking during lovemaking: coaching, expressing pleasure, expressing affection.
 - ☐ Prioritizing and planning lovemaking in the week and in the year.
 - ☐ Implementing 7 ideas from "Examples of Servant Lovers"

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).

The graphic features a background of stylized evergreen trees in orange and dark blue. The foreground is composed of a geometric pattern of triangles in orange, teal, and dark blue. The text 'Camp' is written in a large, dark blue, cursive font. Below it, '2023' is written in a large, white, cursive font. At the bottom, 'BOXWOODS' is written in a white, outlined, sans-serif font.

Camp 2023 BOXWOODS

JULY 3—7

Camp 2023 features teaching, worship, games, meals, and free time to explore while being in a safe, Christ centered environment. We are bringing in an incredible worship band and speakers who want to meet your kids where they are spiritually!

**SCAN THE QR
CODE AND
REGISTER TODAY!**

Registration closes July 1



Adult Ministries

Care

Register for Parenting with Grace this summer:

Discover God's design for parenting! Through biblical teaching and interactive group discussion, learn to:

- Develop a family culture that fosters love, respect and purpose
- Incorporate timeless principles of effective discipline
- Discover your child's love language
- Build a solid framework for lifelong faith and develop your child's identity in Christ

For more details and registration for this session, please visit WhatIsGrace.org/Care or contact Barry Morton at BMorton@WhatIsGrace.org or call 281.646.1903 x177.

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, located at Cinco Ranch Campus.



Prayer

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

Volunteer Opportunities: Greeter, teaching lessons, large or small group leader, teacher assistant in nursery and young children class rooms. For more info contact Cindy Saavedra at saavedracb@yahoo.com

Student Ministry

Getting Connected is a Priority! Get connected every Wednesday from 6—8PM at North Katy Campus.

Join our Team

Job Openings:

- Children's Pastor
- Maintenance Technician

Scan the QR Code to learn more and apply.



Get Connected

Connecting at Grace: Whether you're new to Grace Fellowship or have been coming for years, Connecting at Grace is the place to find out more about Grace Fellowship and get connected. You'll learn Grace Fellowship's story, God's story, and how your story connects to both. For more information Contact Nidia at NRivera@WhatIsGrace.org.

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