

Holiness and Sex — Boundaries that Bring Life (Leviticus 18)

Getting Started:

Allow each person to introduce themselves (if needed) and share “high, low, buffalo.” (**High**= something good from the week, **Low**=something not good from the week, **Buffalo**=something surprising from the week, or something random). *Note: Anyone can choose to pass and not participate.*

Expect to experience God in prayer:

Pray for honesty, courage, and grace as the group talks about God’s boundaries for sexuality.

Expect to experience God in fellowship:

Icebreaker: The Fence

Supplies need: a long section of rope or cord (c. 20 feet), or an area that can be blocked off.

In the middle of your gathering, use the rope or string to create a large circle in the middle of the room or block off an area with an imaginary fence. Invite half your people to step behind or within the “fenced” area.

Explain: “This rope represents a fence. Inside the fence is safety, trust, and freedom. Outside the fence, there may be dangers or things that can harm us. Inside this fence, you’re free to move, talk, laugh, even run if you want—but you’re safe. The fence isn’t there to trap you, but to keep out what might hurt you.”

Invite a few “volunteers” to walk around outside the rope. They will act as potential “dangers” (temptations, harmful influences, pressures). They may try to reach in, but those inside are safe as long as they remain within the boundary.

- Create an opening in the rope or designate an area and identify it as a **gate**.

Say: “The gate is open. Who will step outside of it?”

When someone (or a couple people) step outside through the gate...

Say: “A fence with no gate would feel like a prison. But God gives freedom. The gate is a choice. You can step outside—but when you do, you’re also stepping away from His protection.”

Ask:

- What does it feel like to step outside?
- What difference does it make to know that outside the gate our boundary, you are more vulnerable to the dangers outside?

Say: We’re going to talk about a fence that God has established with holy sexuality, creating clear boundaries that keep people safe and relationships flourishing. But this fence is not a prison, and you have the opportunity to choose how you live within his truth, or wander beyond his protection.

Conversation Starter (2 Options): How do clear boundaries in relationships (at work, family, or friendships) create challenges but also make those relationships stronger?

or

What's a rule you didn't like as a kid but later realized was for your good?

Expect to experience God by reading and discussing God's Word together:

Background:

Leviticus 18 lays out God's boundaries for sexual relationships. While ancient cultures often practiced sexual behaviors outside God's design, Israel was called to be different (that is, holy) because they belonged to him. God's boundaries weren't meant to restrict joy but to protect and give life.

Read Leviticus 18:1-5, 24-30 Together

Discussion Questions:

1. Why do you think God set such clear boundaries for Israel's sexual conduct?
2. How does this passage connect holiness to everyday choices, not just worship rituals?
3. How does keeping God's design lead to life and flourishing, while ignoring it leads to harm?
4. Where do you see culture today normalizing what God calls unholy? What has been the consequence or effect of this?
5. What needs to be done to reclaim the good, holy standard that God has set for human relationships?
6. What is one practical way you can honor God with your body and relationships this week?

Experiencing God by applying His Word to your life:

This week, set one practical boundary that will help you walk in purity:

- Limit your exposure to media that tempts you
- Increase your accountability with a trusted friend
- Practice gratitude for God's good design in your relationships
- Encourage a friend who is struggling or who has experienced failure in purity

Expect to experience God by closing in prayer together:

Pray for purity, strength against temptation, healing for those wounded by sexual sin, and courage to live set apart for God.