

## FUSION Q's... Relationships that Honour God 4: Your Most Powerful Sex Organ

*Discussion Questions are based on Josh McDowell video ask Pastor Chris if you want to see the video.*

Q1. Before tonight, did you ever consider your brain as a sex organ? Does this change your view of sex? Explain.

Q2. Science has proven that because of the time it takes to develop "myelin" (the coating on the nerves that connects the areas of the brain that regulates emotion, judgement and impulse control) your brain isn't hardwired to make fast wise choices about sex until you're in your 20s. Our culture tries to tell us different. What are some lies you have heard from peers, media, and/or social culture about when a person is old enough to make those choices? (**Rom 12:2**)

Q3. God created sex for our enjoyment and to bond us to the other person. How does oxytocin and vasopressin work to bond you to your partner? How does this knowledge affect your view of a person having multiple partners?

Q4. Do you know(or have known) someone in a "bad" relationship? Did they have warped judgement about that person (rose-colored glasses)? How can you avoid falling into that trap? (**Eph 6:1-3**)

Q5. Scientists now back up Paul's warning in **1 Corinthians 6:18-20** as it is proven that sex has long term consequences for your mind/brain and body. God designed our bodies to respond physically to long-term intimacy and that response happens in your brain. How can short-term noncommittal sex change your brain at a chemical level? How might this affect a future relationship like marriage?  
*[Leaders: wears down vasopressin production in boys and oxytocin release function fails in girls]*

Q6. Norepinephrine is the memory chemical that "paper-clips" memories to our brains (both good and bad). Can you think of some "paper-clipped" memories in your mind? What emotions, thought

and/or desires are triggered when you think about them? Josh describes "pure" as "having no foreign element". **Hebrews 13:4** says, "Marriage should be honored by all, and the marriage bed kept pure." How does Norepinephrine affect a marriage bed?

Q7. Dopamine is the "feel good" chemical and works like a drug. Your body says, "I have to have more of that!" It's important to understand that dopamine is value neutral – it cannot tell the difference between constructive and destructive behaviors or relationships. What type of things cause your brain to release dopamine into your body?

*[Leader: sports, food, video games, theft, speeding, dangerous activity, flirting, etc.]*

### Bible Passages for Fusion Discussion

#### **Rom 12:2 (ESV)**

<sup>2</sup> Do not be conformed to this world, <sup>[c]</sup> but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

#### **Eph 6:1-3 (ESV)**

Children, obey your parents in the Lord, for this is right. <sup>2</sup> "Honor your father and mother" (this is the first commandment with a promise), <sup>3</sup> "that it may go well with you and that you may live long in the land."

#### **1 Corinthians 6:18-20**

<sup>18</sup> Flee from sexual immorality. Every other sin <sup>[e]</sup> a person commits is outside the body, but the sexually immoral person sins against his own body. <sup>19</sup> Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, <sup>20</sup> for you were bought with a price. So glorify God in your body.

#### **Hebrews 13:4 (NIV)**

<sup>4</sup> Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.