

A
THOUGHTS IN MOTION
Initiative

BREAKING BREAD

Notes To Take Home

RUNNING ORDER

18:00 for 18:30	Guests to arrive
18:30	Settle In / Food Orders
19:00	Worship Communion Tithing Message
20:00	Grace Food to arrive Discuss the word Conversation Prompts
21:00	Prayer Requests Prayer Time

INTRODUCTION

Ladies, welcome to this special gathering. Tonight, we come together as a community of women, each on our unique faith journey, to break bread and deepen our understanding of who God is. This evening is about building a circle of like-minded sisters who share in the love of Christ, where we can engage in meaningful conversations about life, faith, and Jesus.

As we gather, I encourage you to bring your questions, your curiosity, your love, kindness, and grace. No matter where you are—or aren't—on your faith journey, you are welcome here. This is a space free from ego, judgment, or condemnation. We are all seeking God's truth, His love, and His wisdom.

Tonight, we'll share a short Bible-based message based on requests from the group and have open discussions, where we can connect, uplift, and encourage one another in faith. Throughout this time together, let's keep our hearts and minds focused on the truth of who God is—He is loving, merciful, and just, always seeking to welcome us back with open arms. He is our refuge and strength, our healer and provider. God does not require us to earn His love or approval, for His grace is freely given to us through Jesus Christ. His love is not conditional, and our salvation is not something we can work for, but something He has already completed through the cross.

We also want to be mindful of any distractions—especially those from the enemy—that may lead us to believe we must “earn” God's love or our salvation through our actions. This is a religious spirit that can make us feel as though we must work to gain God's favor. But in truth, salvation is a gift, and the work has already been done by Jesus Christ. His grace covers all.

Let us be intentional in rejecting any belief that makes us feel we must strive for God's approval. Tonight, let us come in humility, as daughters of the King, knowing that our worth is found in Him alone.

Thank you for being here. Let's open our hearts to what God has for us tonight. Let's share, support, and build one another up as we seek His truth and love. May this be a night where you feel encouraged, refreshed, and renewed in your faith.



COMMUNION

Communion, also known as the Lord's Supper, is a sacred act of remembering Jesus Christ's sacrifice for us. It is a time to reflect on His love, His death on the cross, and His resurrection. When we partake in communion, we honour His body that was broken for us and His blood that was shed for the forgiveness of our sins.

In 1 Corinthians 11:24-25, Paul recounts Jesus' words: "This is my body, which is for you; do this in remembrance of me. In the same way, after supper, He took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.'"

Communion is a powerful reminder of God's grace, a moment to examine our hearts, and an act of fellowship with Him and other believers.

Communion Prayer:

Heavenly Father,

We thank You for the gift of Your Son, Jesus Christ, who gave His life so that we might be forgiven and have eternal life. As we take this bread and cup, we remember His sacrifice and proclaim His death until He comes again.

Cleanse our hearts, Lord, and renew a right spirit within us. Help us to walk in Your grace and share Your love with the world.

In Jesus' name, Amen.



TITHING

Tithing is the biblical practice of giving back to God a portion of what He has given us, usually 10% of our income or increase (Malachi 3:10).

It's an act of worship, trust, and obedience that recognizes God as the provider of all we have.

Why We Give

- **To Honour God:** Giving is an act of worship that honours God and acknowledges His provision in our lives.
- **To Support His Work:** Just as the early church gave to support the apostles and those in need (Acts 4:34-35), our giving today supports ministry work, such as these dinners.
- **To Grow His Kingdom:** Through your contributions, these gatherings can expand, reach more people, and provide the resources needed to nurture faith and community.
- **An act of faith:** God invites us to trust Him with our finances, and He promises to bless us abundantly in return.

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it." – Malachi 3:10



How This Will Work

You can give either in cash (placed in an envelope)
or via EFT using a uG

All contributions will be logged and transparently tracked on a Google Drive, accessible through the WhatsApp group, so you can see exactly how your gift is being used.

Bank Details:

FNB

62366427302

Cheque

250655

Please note that there is no pressure to tithe.
Only tithe if you feel it on your heart and whatever
amount you feel to tithe.





THE MESSAGE

We will explore the topics of sin with a focus on purity and God's design for sex and marriage, as well as the consequences of sin versus the hope we have in forgiveness and salvation.



DISCLAIMER

This message is not meant to condemn you or make you feel ashamed. Rather, it is an invitation to seek truth and understanding, grounded in the wisdom of Scripture, so that you may come to God with an open heart and seek His guidance.

If there's one thing we can learn from the life of Jesus, it's that He desires a deep, personal relationship with each of us. Throughout His ministry, Jesus emphasized that the most important thing is to come to Him, just as we are, with faith and a willingness to learn. Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). His arms are open wide, inviting you to draw near to Him.

Jesus came not to judge, but to offer grace, forgiveness, and restoration (John 3:17). He understands our struggles and shortcomings, and His love is greater than any mistake we could ever make. The key is to approach Him in humility, trusting that He will lead you into truth and wholeness.

Remember, the journey is not about perfection, but about relationship. All you need to do is go to Him—He is always waiting, ready to guide you with love and compassion.



WHAT IS SIN?

Sin, at its core, is disobedience to God's commands and a rejection of His will for our lives.

Romans 3:23 reminds us:

"For all have sinned and fall short of the glory of God."

The Bible outlines various sins across its books, focusing on behaviors, attitudes, and actions that are contrary to God's will.

In the biblical context, sin is viewed as a violation of God's commandments or a failure to live up to His moral standards.

Sin is not just about outward actions but also includes internal attitudes and desires, such as pride, jealousy, or hatred. It separates individuals from God and disrupts relationships with others.

Types of sin:

- Commission: Doing something that is explicitly wrong (e.g., stealing, lying).
- Omission: Failing to do something that is right or required (e.g., not helping those in need, neglecting to love your neighbor).



WHAT IS A SIN?

1. Sins Against God

- Idolatry: Worshiping idols or false gods (Exodus 20:3–4, Romans 1:23).
- Blasphemy: Speaking irreverently about God (Leviticus 24:16).
- Taking God's Name in Vain: Disrespectful use of God's name (Exodus 20:7).
- Unbelief and Rejection of God: Refusing faith in God (Hebrews 11:6, John 3:18).

2. Sins Against Others

- Murder: Taking another's life unjustly (Exodus 20:13, Matthew 5:21).
- Stealing: Taking what does not belong to you (Exodus 20:15).
- Adultery: Breaking marital faithfulness (Exodus 20:14, Matthew 5:27–28).
- Lying: Bearing false witness or deceit (Exodus 20:16, Proverbs 12:22).
- Coveting: Envyng what others possess (Exodus 20:17).
- Oppression: Exploiting or mistreating others (Proverbs 14:31, Isaiah 10:1–2).
- Unforgiveness: Refusing to forgive others (Matthew 6:15).

3. Sins of the Flesh

- Sexual Immorality: Includes fornication, homosexuality, incest, and lust (1 Corinthians 6:9–10, Galatians 5:19).
- Drunkenness: Excessive indulgence in alcohol (Galatians 5:21, Proverbs 20:1).
- Gluttony: Overindulgence in food or drink (Proverbs 23:20–21).



WHAT IS SIN?

4. Sins of the Heart and Mind

- Pride: Arrogance and self-exaltation (Proverbs 16:18, James 4:6).
- Greed: Excessive desire for wealth or possessions (1 Timothy 6:10).
- Hatred: Harboring ill will toward others (1 John 3:15).
- Jealousy and Envy: Resenting others' success (Galatians 5:21).
- Bitterness: Allowing resentment to grow (Ephesians 4:31).

5. Sins of Omission

- Failing to Do Good: Neglecting righteous actions when capable (James 4:17).
- Ignoring the Poor and Needy: Refusing help to those in need (Matthew 25:41–46).

6. Sins Against the Holy Spirit

- Grieving the Holy Spirit: Resisting or opposing the Spirit's guidance (Ephesians 4:30).
- Blasphemy Against the Holy Spirit: The unpardonable sin of rejecting the Spirit's work (Mark 3:28–29).

7. Social and Cultural Sins

- Injustice: Perverting justice for gain (Isaiah 5:23, Amos 5:12).
- Dishonoring Parents: Disrespect toward one's parents (Exodus 20:12).
- Gossip: Spreading harmful or unnecessary information (Proverbs 16:28, James 3:5–6).



HOW DO I KNOW IF IT'S A SIN?

Knowing if something is a sin involves understanding God's will as revealed in the Bible and applying spiritual discernment. Here are key principles to help identify sin:

1. Alignment with God's Word

- **Biblical Commandments:** Sin is any action, thought, or attitude that violates God's commands. Examples include lying, stealing, idolatry, and pride (1 John 3:4).
- **Study the Scriptures:** God's laws and principles provide guidance on what is right and wrong (Psalm 119:11, 2 Timothy 3:16–17).

2. Conviction by the Holy Spirit

- **Inner Conviction:** The Holy Spirit prompts believers when their actions, thoughts, or intentions are wrong (John 16:8). A sense of guilt or unease can signal sin.
- **Prayer for Guidance:** Asking God to reveal areas of sin can bring clarity (Psalm 139:23–24).

3. The Principle of Love

- **Does it Honor God?** Actions that dishonor or disrespect God, others, or creation are sinful (Matthew 22:37–38).
- **Does it Harm Others?** Sin includes behaviors that cause harm, violate trust, or disrupt relationships (Romans 13:10).



HOW DO I KNOW IF IT'S A SIN?

4. Motivations and Intentions

- Heart Condition: Sin is not only external but also internal, such as harboring anger, envy, or lust (Matthew 5:21–22, 27–28).
- Selfishness or Pride: Actions driven by selfishness, arrogance, or disregard for others often align with sinful behavior (Philippians 2:3–4).

5. The Test of Faith and Conscience

- Acting Against Faith: Anything done without faith or confidence in God is sin (Romans 14:23).
- Violating Conscience: Ignoring one's God-given sense of right and wrong is sinful (1 Timothy 1:19).

6. Fruits and Consequences

- Produces Harmful Results: Sinful actions often lead to broken relationships, guilt, or spiritual distance from God (Isaiah 59:2).
- Does Not Glorify God: If an action does not reflect God's holiness or bring Him glory, it may be sinful (1 Corinthians 10:31).

7. Cultural or Peer Influence

- Is it Justified by Society but Against God's Word? Sin is not defined by societal norms; what may be acceptable in culture can still be sinful in God's eyes (Romans 12:2).



THE 10 COMMANDMENTS

The Ten Commandments are a set of moral and spiritual principles given by God to Moses on Mount Sinai, as described in the Bible (Exodus 20:1–17 and Deuteronomy 5:4–21). They form the foundation of biblical ethics and are central to Jewish and Christian traditions.

1. You shall have no other gods before Me:
 - Worship and serve only the one true God, rejecting idolatry and polytheism.
2. You shall not make for yourself a carved image:
 - Do not create or worship idols or images as representations of God.
3. You shall not take the name of the Lord your God in vain:
 - Use God's name reverently and avoid disrespect or misuse in speech or actions.
4. Remember the Sabbath day, to keep it holy:
 - Dedicate the seventh day to rest and worship, as a sign of faith and obedience to God.
5. Honor your father and your mother:
 - Show respect and obedience to parents and authority figures, promoting family harmony.
6. You shall not murder:
 - Respect human life, avoiding harm or taking another's life unjustly.
7. You shall not commit adultery:
 - Uphold marital faithfulness and purity in relationships.
8. You shall not steal:
 - Respect the property and rights of others, avoiding theft or dishonesty.
9. You shall not bear false witness against your neighbour:
 - Speak truthfully and avoid lying, slander, or false accusations.
10. You shall not covet:
 - Avoid envy or desire for others' possessions, relationships, or status, cultivating contentment.



SERMON ON THE MOUNT

The Sermon on the Mount (Matthew 5–7) is one of Jesus' most profound teachings, emphasizing the heart's condition over mere external obedience. Its key elements include:

- Expanding on Specific Commandments:
 - Anger (Matthew 5:21–26): Equates anger and insults with murder, emphasizing reconciliation.
 - Adultery (Matthew 5:27–30): Lustful thoughts are condemned as equivalent to adultery, urging purity of mind.
 - Divorce (Matthew 5:31–32): Restricts divorce except for unfaithfulness, valuing marital commitment.
 - Oaths (Matthew 5:33–37): Calls for honesty, making oaths unnecessary.
 - Retaliation (Matthew 5:38–42): Rejects "eye for an eye," advocating for forgiveness and generosity.
 - Love for Enemies (Matthew 5:43–48): Challenges followers to love and pray for their enemies, reflecting God's love.
- Judging Others (Matthew 7:1–6):
 - Teaches against hypocritical judgment, focusing instead on self-reflection.
- The Golden Rule (Matthew 7:12):
 - "Do to others what you would have them do to you," summarizing the Law and Prophets.



How the Sermon Expands on the Ten Commandments

- Goes Beyond External Obedience:
 - The Ten Commandments focus on specific actions, but the Sermon emphasizes internal attitudes and motivations (e.g., anger is as sinful as murder).
- Deepens the Moral Standards:
 - The Sermon reframes commandments like adultery and retaliation, calling for purity and forgiveness instead of strict adherence to rules.
- Centers on Love and Righteousness:
 - Jesus expands on "Do not covet" and "Do not kill" to emphasize love, mercy, and reconciliation over legalistic observance.
- Prioritizes the Spirit of the Law:
 - Encourages living in a way that reflects God's character, fulfilling the essence of the commandments rather than just the letter



What to know about Sin

All sin is equal

In James 2:10, we are reminded that all sin is treated equally in God's eyes:

"For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it."

This means that no sin is "small" or "insignificant."

Whether it's a lie or an act of theft, all sin separates us from a holy God and requires His forgiveness.

Sin Separates Us From God

This separation is both relational and spiritual, affecting our ability to experience God's presence, peace, and purpose.

God is holy and perfect, and He cannot be in fellowship with sin.

In Habakkuk 1:13, the prophet says of God,

"Your eyes are too pure to look on evil; You cannot tolerate wrongdoing."

When we sin, we step out of alignment with God's nature and will, creating a rift in our relationship with Him.

Sin is like a wall that blocks us from enjoying the closeness and communion God desires to have with us.

Romans 6:23 reminds us that "the wages of sin is death," indicating that sin has serious consequences.

However, the Bible also teaches that all have sinned (Romans 3:23), and therefore, we are all in need of God's grace.



Adam and Eve

The Introduction of Sin

The story of Adam and Eve in Genesis shows how sin entered the world and separated humanity from God: God's Command and Free Will:

- God gave Adam and Eve one command—to not eat from the tree of the knowledge of good and evil (Genesis 2:16-17).
- This command honored their free will, allowing them to choose obedience or disobedience.

Perfect Fellowship with God:

- Before their disobedience, Adam and Eve enjoyed perfect fellowship with God.
- They walked and talked with Him in the Garden of Eden, living without shame or fear (Genesis 3:8).

The Fall and Entrance of Sin:

- Adam and Eve disobeyed God by eating the forbidden fruit, bringing sin into the world (Genesis 3:6).
- Their disobedience led to shame and fear, causing them to hide from God (Genesis 3:7-10).

Separation from God:

- Sin broke their intimate relationship with God, resulting in both spiritual and physical separation.
- They were cast out of the Garden of Eden, symbolizing humanity's estrangement from God (Genesis 3:23-24).

The Consequences for All Humanity:

- This broken relationship extends to all of humanity, as we are born with a sinful nature (Romans 3:23).
- Sin became humanity's default condition, spreading to all people through Adam and Eve's disobedience (Romans 5:12).



Before Adam and Eve disobeyed God, life in the Garden of Eden was characterized by:

- Perfect Relationship with God:
 - Adam and Eve enjoyed unbroken fellowship with God. They could walk and talk with Him freely, experiencing His presence in a direct and intimate way (Genesis 3:8).
 - There was no sin, shame, or fear between them and God. They were created in perfect harmony with Him.
- Harmony in Creation:
 - The world was in a state of peace and perfection. The Garden of Eden was filled with beauty, abundance, and order (Genesis 2:8-9).
 - Adam was given the responsibility to tend and care for the garden (Genesis 2:15), and all living creatures coexisted without conflict or harm.
- Freedom and Purpose:
 - Adam and Eve had a purpose: to be fruitful, multiply, and fill the earth (Genesis 1:28).
 - They had the freedom to enjoy all that God had made, with only one command to follow—do not eat from the tree of the knowledge of good and evil (Genesis 2:16-17).
- Innocence and Purity:
 - Adam and Eve were naked and felt no shame (Genesis 2:25). They lived in innocence, without guilt or the awareness of sin.
 - Their relationship with each other was pure, and there was no fear, jealousy, or conflict.
- Blessing and Provision:
 - God provided everything they needed: food, shelter, and companionship. The earth was lush, and they had access to all the trees in the garden (Genesis 2:16).
 - They were given dominion over the earth and its creatures (Genesis 1:28), living in a state of abundance and care.

In essence, life before Adam and Eve disobeyed was one of perfect communion with God, peace within creation, and freedom to enjoy the blessings He had provided. It was a life of innocence, purity, and purpose, free from the consequences of sin.



Jesus Came To Restore

"FOR GOD SO LOVED THE WORLD THAT HE GAVE HIS ONLY BEGOTTEN SON, THAT WHOEVER BELIEVES IN HIM SHOULD NOT PERISH BUT HAVE EVERLASTING LIFE." — JOHN 3:16

From the moment sin entered the world through Adam and Eve, the relationship between God and His creation was fractured. But God, in His infinite love, sent Jesus to repair that rift.

Jesus came to restore the broken relationship between humanity and God, offering a path of reconciliation and grace.

Jesus didn't just come to teach or heal; He came to introduce God's Kingdom and show us how the world was meant to work—one built on love, compassion, and obedience to God's will. Through His life, death, and resurrection, Jesus paid the ultimate price for our sin, providing the way for us to be reconciled with the Father. As it says in 2 Corinthians 5:19, "God was reconciling the world to Himself in Christ, not counting people's sins against them."

But Jesus didn't leave us to navigate this relationship alone. After His ascension to heaven, He sent the Holy Spirit to guide us, empower us, and help restore our access to God. The Holy Spirit works within us, transforming our hearts and drawing us closer to God, as Jesus promised in John 14:16-17: "And I will ask the Father, and He will give you another advocate to help you and be with you forever—the Spirit of truth."

Through Jesus, we have the opportunity to live in restored communion with God, not through our own strength, but through the Spirit's power. This is the good news: Jesus gave us a second chance, and the Holy Spirit now helps us walk in that new relationship with God every day.



IMPURITY AS A SIN

(SEX BEFORE MARRIAGE)

GOD'S DESIGN FOR SEX

- **Sacred and Intimate Act:** Sex is a beautiful and sacred gift from God, designed to unite a husband and wife in the covenant of marriage
- **Spiritual and Physical Unity:** Sex within marriage is not just a physical act but a spiritual and emotional bond between husband and wife. It represents the joining of two people into one covenant, reflecting the deep unity God intended.
- **Mutual Submission and Love:** 1 Corinthians 7:3-4 highlights mutual submission in marriage: "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body, but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife." This mutual giving of oneself shows that sex should be an act of service, love, and respect.
- **Procreation and Blessing:** Genesis 1:28 speaks of God's command to Adam and Eve to be fruitful and multiply, indicating that sex within marriage is also intended for procreation and the blessing of future generations.
- **Gift from God:** Sex is a gift from God meant to be enjoyed within the boundaries of marriage. It allows couples to express love, commitment, and mutual respect, creating a safe space of deep intimacy and partnership.



WHY IS IT A SIN?

It Distorts God's Intentions

- God's intention for sex is not just physical pleasure but a reflection of a deeper commitment and sacred covenant. Engaging in sex before marriage removes it from the protective and sanctifying bounds of marriage, leading to misuse and potential harm.

It Violates the Call to Purity

- The Bible calls Christians to live lives of purity and holiness. 1 Thessalonians 4:3-5 says:
- "It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable."
- Sex outside of marriage is classified as sexual immorality (Greek: porneia), which encompasses any sexual act outside of God's design.

It Creates Soul Ties

- Sex is not just physical; it creates a deep emotional and spiritual connection. When this bond occurs outside of marriage, it can lead to confusion, pain, and lasting emotional damage. 1 Corinthians 6:16 warns:
- "Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, 'The two will become one flesh.'"
- This highlights that sex creates a bond, whether within or outside of marriage.



THE CONSEQUENCES

God is a loving Father who desires to protect us and guide us toward a life of peace, joy, and fulfillment. His commandments are not restrictions but loving boundaries meant to shield us from the destructive consequences of sin. When we align ourselves with His will, we experience His protection and find true freedom, as He desires us to live an abundant life. Jesus came to offer us life to the fullest (John 10:10), not just in material wealth but in peace, joy, and purpose. God's will for us leads to blessings, and in following Him, we find the life of joy and fulfillment He has designed for us.

It is crucial to understand that God's standards are not meant to restrict us but to protect us from harm.

- **Emotional Consequences and Soul Ties:** According to 1 Corinthians 6:16, sex creates a bond between people that goes beyond the physical. These "soul ties" can lead to emotional entanglements that are difficult to break, often causing hurt and confusion when relationships end.
- **Spiritual Separation:** Engaging in sexual immorality can create a distance between us and God. In 1 Corinthians 6:18, Paul urges believers to flee from sexual immorality because it affects our bodies, which are temples of the Holy Spirit (1 Corinthians 6:19-20). When we act outside of God's design, we may experience spiritual disconnection, hindering our relationship with Him.
- **Loss of True Intimacy:** God designed sexual intimacy to be shared in the covenant of marriage, where it can flourish in safety, trust, and commitment. Outside of marriage, sex often lacks these foundational elements, leading to confusion and regret. Hebrews 13:4 affirms that "marriage is honorable among all," and sex within marriage is pure, unlike the distorted view of intimacy outside of it.



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- **Physical Risks:** Beyond emotional and spiritual risks, sex before marriage can expose individuals to physical dangers such as sexually transmitted infections (STIs) and unintended pregnancies. These consequences can have long-lasting effects on individuals' health and future. As well as the family unit.
 - **God's Plan for Protection:** God's guidelines for sexuality are meant to protect us from harm. His plan for sex within marriage is designed to promote unity, trust, and security. Acts outside of this design can bring about pain, heartbreak, and consequences that affect not only the individuals involved but also their families and communities.
 - **Guilt and Lack of Peace:** Engaging in sex before marriage can lead to guilt and a lack of peace, especially for those who are convicted in their spirit about God's will. This can create inner turmoil, hindering the sense of joy and fulfillment that God intends for us (Romans 6:21).

In conclusion, sex before marriage can lead to emotional, spiritual, and physical harm, which is why God encourages us to wait for the committed relationship of marriage to enjoy the fullness of this beautiful gift He has designed.



SOUL TIES AND SEX AS A SPIRITUAL ACT

One of the dangers of sin, particularly sexual sin, is the creation of soul ties.

A soul tie is a spiritual connection formed when two people become intimately connected, not just physically but emotionally and spiritually. These ties can bind individuals to each other in unhealthy ways, carrying the emotional, spiritual, and even demonic influences of the other person.

If these soul ties are not broken, it's like being spiritually linked to the other person's past relationships, behaviors, and even generational curses. This means that when you are intimate with someone, you are not just connecting with their soul, but also with the souls they are tied to, and the souls those individuals are connected to.

This can lead to carrying unwanted "energy," sin, and spiritual burdens that can weigh down your spirit, affecting your peace, well-being, and relationship with God. Jesus came to set us free from these ties, but healing requires repentance, breaking these spiritual bonds, and seeking God's cleansing power to restore our spirit and relationship with Him.

Food for thought

- Have you ever felt sick or sad after a sexual encounter that goes beyond regret?
- Have you ever wondered why it hurts us that much deeper when we think of our partner's previous sexual partners rather than someone they have just kissed or had a crush on?
- Have you ever not been able to get over someone you have slept with and you can't understand why?
- Does someone you have slept with hold more significance in your heart than others?

This is spiritual



BENEFITS OF ABSTINENCE

Enhanced Mental Clarity:

- Celibacy can eliminate distractions related to sexual relationships, enabling a clearer focus on personal goals, self-discovery, and mental well-being.

Improved Self-Control:

- The discipline involved in maintaining celibacy can strengthen self-control and willpower, leading to a greater sense of accomplishment and self-esteem.

Reduced Stress and Anxiety:

- Abstaining from sex can alleviate stressors associated with intimate relationships, such as fear of rejection, performance anxiety, or concerns about unwanted consequences like pregnancy or STIs.

Space for Emotional Healing:

- Celibacy offers time for recovery and reflection after past traumas, unhealthy relationships, or heartbreak, fostering emotional resilience.

Deeper Emotional Intimacy:

- In relationships, celibacy can shift the focus to emotional connection and communication, strengthening non-physical bonds.

Enhanced Decision-Making:

- Without the influence of physical intimacy, individuals can make clearer, more rational choices about their relationships and partners.

Self-Reflection and Growth:

- Celibacy allows individuals to prioritize personal growth, rediscover their identity, and focus on emotional health without the complications of sexual relationships.

Stronger Boundaries:

- Maintaining celibacy reinforces the ability to set and uphold personal boundaries, promoting healthier dynamics in future relationships.



BENEFITS OF ABSTINENCE

CONFIDENCE AND SELF-ESTEEM

Self-Respect and Integrity

- Abstinence is often a reflection of setting and maintaining personal boundaries.
- Successfully adhering to these boundaries can reinforce a sense of self-respect and self-worth.
- Living authentically according to one's values reduces internal conflict and builds integrity.

Increased Self-Control

- Choosing abstinence requires discipline and self-control, which are empowering skills.
- Exercising this control can lead to a greater belief in one's ability to manage challenges and achieve goals.

Avoidance of Regret and Emotional Turmoil

- Abstinence can help individuals avoid situations that might later lead to regret, such as engaging in sexual activity out of pressure or in a relationship that lacks genuine emotional connection.
- Minimizing emotional risks associated with casual sex helps maintain a stable and positive self-image.

Validation from Internal Achievements

- Confidence derived from abstinence is rooted in internal validation rather than external approval.
- This promotes a strong sense of independence and reduces reliance on others to feel good about oneself.



IDENTIFYING THE RIGHT PARTNER

Abstinence allows individuals to focus on qualities beyond physical attraction, making it easier to identify a compatible partner.

Fostering Emotional Intimacy

- Without the distraction of sexual activity, partners are encouraged to engage in meaningful conversations and emotional bonding.
- This helps reveal whether they share values, goals, and communication styles.

Evaluating Compatibility

- Abstinence creates space to observe a partner's behavior, respect for boundaries, and emotional maturity.
- It can help discern whether a potential partner values and supports the individual as a whole person, not just for physical intimacy.

Avoiding Rush to Physical Intimacy

- Waiting to become sexually active gives relationships time to develop naturally, reducing the risk of physical connection masking deeper incompatibilities.
- It allows individuals to evaluate the partner's character without being clouded by the intense emotions that often accompany physical intimacy.



HEALTHIER RELATIONSHIPS

Encouraging Mutual Respect

- Partners who respect one another's choice to abstain demonstrate patience, understanding, and shared values.
- This mutual respect often leads to stronger, more equitable relationships.

Enhancing Communication Skills

- In the absence of sexual intimacy, couples must rely on communication to connect.
- This builds a relationship dynamic rooted in understanding, trust, and shared experiences.

Establishing a Foundation of Trust

- A partner who honors your boundaries during abstinence proves they can respect limits and build trust.
- Trust established early on can contribute to long-term relationship success.

Preventing Codependency

- Abstinence emphasizes the importance of individuality and independence within a relationship.
- This reduces the risk of codependency, where one partner relies too heavily on the other for emotional or physical fulfillment.



"BUT I THINK THEY'RE THE ONE"

Even if you intend to marry someone, having sex before you make that formal, spiritual covenant through marriage can still place you at risk of forming a spiritual connection that may not be right for you.

The act of sex, even with the person you plan to marry, is not the same as the promise and covenant that comes with marriage.

It's important to understand that sexual intimacy is meant to be the physical representation of a deep, spiritual commitment, which is made in a marriage covenant. Until that vow is made, you may still be spiritually connected to someone without fully entering that bond, and as a woman, you are worthy of someone who will pursue you, honour you, and commit to you before taking that next step.

Choosing abstinence before marriage doesn't just protect you physically, it allows you both to build a strong, pure foundation for your relationship.

Overcoming the temptation to be physically intimate before marriage is an act of love and mutual respect that will make your wedding day incredibly special. You'll be able to look back knowing that you made that promise to each other first, before physical union.

This decision will deepen your emotional connection, as you won't be distracted by physical intimacy, and you'll be able to truly get to know each other in every other way. It will make your marriage stronger, more meaningful, and grounded in the love and commitment that comes from both spiritual and emotional connection. In waiting, you honour each other, honor God, and create a sacred space for your love to grow in purity and strength.



I HAVE DONE THE DEED, NOW WHAT?

While the topic of sexual immorality can be heavy, we must also share the message of hope. In 1 John 1:9, we are assured, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." No matter our past, God offers forgiveness and the chance for a new beginning.

From this perspective, engaging in sexual activity outside of marriage is considered "wrong" because it deviates from God's intended plan for human relationships.

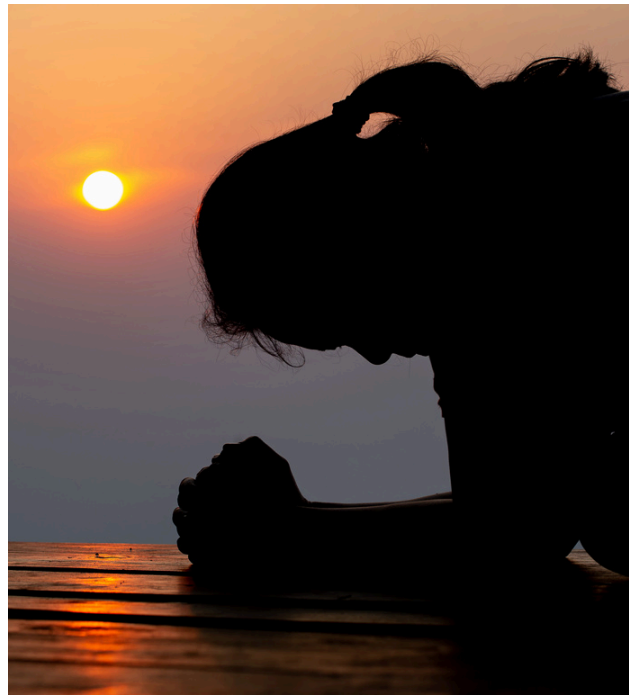
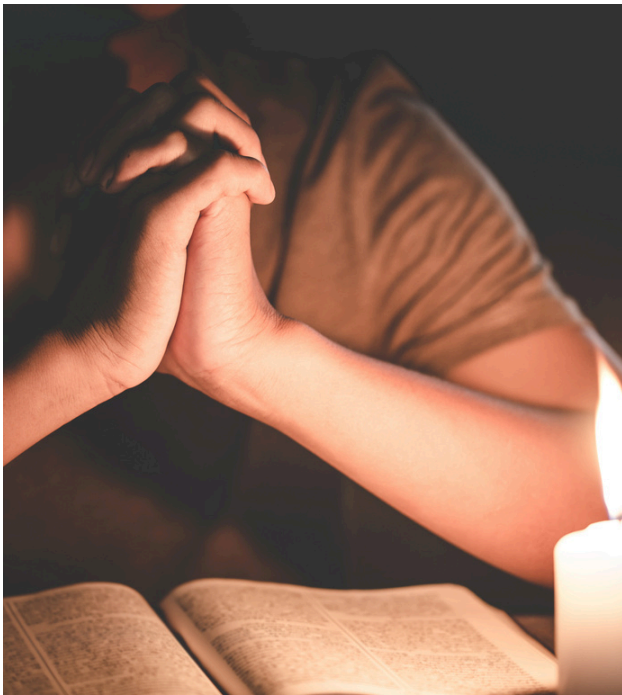
The Bible also teaches that all have sinned (Romans 3:23), and therefore, we are all in need of God's grace.

God's punishment for sin is ultimately about justice, but it's essential to differentiate between earthly consequences and eternal separation from Him. While engaging in sexual immorality may lead to personal and relational difficulties in this life, it does not automatically mean eternal condemnation. The key lies in our response to our sin: repentance and seeking forgiveness through faith in Jesus Christ.

The Bible teaches that eternal separation from God, often referred to as hell, is reserved for those who reject Christ and remain unrepentant. However, for those who sincerely repent and accept Jesus as their Savior, there is assurance of eternal life (John 3:16).



REPENTENCE, FORGIVENESS AND SALVATION



FORGIVENESS

God will forgive you for having sex before marriage, just as He offers forgiveness for any sin when we repent and turn to Him.

In the Bible, it is clear that all sins can be forgiven through Jesus Christ. God's love and grace are greater than any mistake or sin, and He is always ready to forgive when we genuinely seek Him.

When we make the decision to turn away from sin and follow Christ, we open ourselves to God's forgiveness and healing. Having sex before marriage, like any other sin, can be forgiven if we truly repent, and God will help you to grow, learn, and make better choices moving forward.

Bible Verses on Forgiveness:

1 John 1:9 says, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Romans 5:8 tells us, "But God demonstrates His own love for us in this: While we were still sinners, Christ died for us."

Isaiah 1:18 assures us, "Come now, let us reason together, says the Lord. Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool."



SALVATION

Salvation Through Faith in Jesus:

Salvation involves accepting Jesus Christ as Lord and Savior, believing that His death and resurrection provide the means for forgiveness of sins and receiving God's grace.

The key to salvation is not about being perfect or sinless, but about placing your trust in Jesus Christ as your Savior and Lord. Salvation is a gift that God offers to anyone who believes in Jesus and accepts His grace.

Ephesians 2:8-9 says, "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast."

Salvation refers to being saved from sin and its consequences, including eternal separation from God. Salvation is to be delivered from the power of sin and death through faith in Jesus Christ - Eternal life and going to heaven.

What About Sin After Salvation?

It's normal for believers to still struggle with sin after coming to faith. God's grace doesn't give us a license to sin, but it provides forgiveness when we do fall short. God loves you and is always ready to forgive you when you come to Him with a repentant heart.

Hebrews 4:16 encourages us, "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."



REPENTANCE

The Importance of Repentance:

Repentance isn't just about feeling sorry for what we've done—it's about a heart transformation that leads to a change in behavior. God desires to see you grow and walk in alignment with His will. So, if you're struggling or have already made mistakes, don't be discouraged. God is merciful and ready to forgive, and through His forgiveness, He offers a fresh start.

The Role of Repentance:

Repentance means turning away from sin and turning toward God. It's not just a one-time act but an ongoing part of the Christian life. When you recognize sin in your life, repentance is the response that restores fellowship with God.

Repentance is important, but it is part of the process of walking with God, not a condition to salvation itself. Jesus' death on the cross paid for all your sins—past, present, and future.

What Happens If You Haven't Repented Yet?

Even if you haven't repented for certain sins, your salvation is secure because of your faith in Jesus. Repentance is a way to experience restoration and healing in your relationship with God, but it's not a matter of whether you'll go to hell for sins you haven't confessed yet. The important thing is to continue in your walk with God and be open to repentance as the Holy Spirit convicts you.

Your salvation is secured through your faith in Christ, not based on whether you've repented of every individual sin in your life.



REPENTANCE

How to Repent:

- Acknowledge your sin—recognize that sex before marriage goes against God's design for relationships and marriage.
- Confess it to God in prayer—ask for His forgiveness with a sincere heart.
- Make a commitment to follow God's will going forward—seek His strength to live in a way that honors Him.
- Accept His forgiveness—understand that God does not hold your past against you when you've repented.



BUT WHAT ABOUT IF I CAN'T/DON'T WANT TO WAIT

- You Won't Have Peace in "The Act"
 - Sex outside of marriage goes against God's design and will, leading to a lack of peace and fulfillment. You may feel conflicted, uneasy, or anxious, as your actions are misaligned with God's purpose for intimacy. Romans 8:6 highlights that the mind governed by the flesh leads to death, while the mind governed by the Spirit brings life and peace.
- Vulnerability
 - You Will Be Acting Outside the Will of God, Leaving You Vulnerable
Engaging in sin takes you outside of God's protective will, making you vulnerable in emotional, physical, and spiritual aspects of life. 1 Peter 5:8 warns that sin opens the door to spiritual attacks from the enemy.
- Your Relationship with God Will Be Strained
 - Sin creates a barrier between you and God, just as unresolved conflict strains human relationships. Isaiah 59:2 explains that iniquities separate us from God, making prayer feel less effective and distant.
- Feelings of Guilt and Shame
 - Sexual sin can bring a heavy burden of guilt and shame, affecting emotional and mental health. Psalm 38:4 speaks of this weight, while 2 Corinthians 7:10 reminds us that godly sorrow leads to repentance, while unresolved guilt can bring shame and separation from God.
- Emotional and Spiritual Disconnect
 - Sex outside of marriage can create false intimacy, leading to emotional and spiritual disconnection. 1 Corinthians 6:16 illustrates how sexual union forms a deeper bond, potentially leading to confusion and entanglement in relationships.
- Potential Damage to Future Relationships
 - Engaging in sex outside of marriage introduces emotional baggage, broken trust, and unrealistic expectations that can negatively affect future relationships. Hebrews 13:4 stresses the sanctity of marriage and warns against sexual immorality, which can make it harder to restore trust and purity in future unions. which leads to true peace, fulfillment, and restoration.



BUT WHAT ABOUT IF I CAN'T/DON'T WANT TO WAIT

- Feeling of Being "Stuck" in a Cycle
 - Sin can create a cycle of regret and behavior that pulls us away from God, leading to spiritual stagnation. James 1:14-15 describes how temptation leads to sin and ultimately death, reinforcing the difficulty of breaking free from such cycles.
- Disruption of Peace and Joy in Life
 - Walking in alignment with God's will brings peace and joy, but disobedience steals that joy, leaving you empty, anxious, and unsettled. Psalm 51:12 shows how sin robs us of the joy of salvation and peace.
- Spiritual Discouragement
 - Continuing in sin leads to spiritual discouragement and hopelessness, making it hard to reconnect with God. Galatians 6:7-8 reminds us that sowing to please the flesh leads to destruction, while sowing to please the Spirit brings eternal life.

In summary, engaging in sex outside of marriage can have deep spiritual, emotional, and relational consequences. It can lead to a lack of peace, vulnerability to sin, strained relationships with God, and emotional turmoil. The call is to turn to God, seek His forgiveness, and choose His path,



QUESTIONS & CLOSING PRAYER

Heavenly Father,

As we come to the end of this beautiful time together, we thank You for Your presence among us. Thank You for the opportunity to gather as women of faith, to seek You, to grow in community, and to strengthen our spiritual journey. We are grateful for the love, encouragement, and wisdom shared in this space.

Lord, we ask that the seeds planted in our hearts today take root and bear fruit in our lives. May the lessons we've learned and the connections we've made inspire us to walk boldly in our purpose, reflecting Your love and light in everything we do.

Father, if there are any among us who are seeking a closer relationship with You, we invite them to open their hearts to Your love. If this is your prayer, I encourage you to say:

"Lord Jesus, I come before You, acknowledging my need for Your grace and mercy. I believe You died for my sins and rose again to give me eternal life. Today, I surrender my heart to You. Forgive me, guide me, and be the Lord of my life. Help me to walk in Your ways and grow deeper in my faith. Thank You for saving me. Amen."

Lord, we celebrate every step taken toward You today, and we ask for Your continued guidance as we leave this place. Bind us together as sisters in faith, lifting and supporting one another as we journey forward.

As we go our separate ways, may Your peace and protection cover each of us. Bless our homes, our families, and the work of our hands. Remind us daily of Your unfailing love and Your call to be women of purpose and strength.

We give You all the glory and honor, now and forever.

In Jesus' name, we pray,

Amen.



GLOSSARY

Condemnation

The judgment of guilt and separation from God due to sin, but in Christ, believers are freed from condemnation and offered forgiveness, grace, and eternal life. (Usually the accusational voice of Satan)

Conviction

Conviction is the loving, corrective work of the Holy Spirit, bringing awareness of sin and inviting the believer to repentance, leading them back to a right relationship with God. It is a key aspect of spiritual growth, helping believers live according to God's will.

Covenant

A binding agreement or promise between God and humanity. The Bible describes both Old and New Covenants, where God promises blessings in return for obedience.

Discernment

The ability to judge well, particularly in matters of faith. It is the process of distinguishing between truth and falsehood and making decisions that align with God's will.

Faith

Trust or belief in God and His promises. Faith is central to the Christian life, and it is through faith that believers are justified before God.

Hebrews 11:1 - "Now faith is confidence in what we hope for and assurance about what we do not see."

Grace

The unmerited favor of God, given freely to humanity despite our sinfulness. It is through grace that we are saved.



GLOSSARY

Holy Spirit

The third person of the Trinity (Father, Son, and Holy Spirit), who empowers believers to live out God's will. The Holy Spirit convicts, comforts, guides, and equips believers for service.

Salvation

The deliverance from sin and its consequences, granted by God through faith in Jesus Christ. Salvation is a free gift from God that is received by grace

Redemption

The action of being saved from sin, error, or evil through the sacrifice of Jesus Christ. It is the process of being restored to right standing with God

God-Fearing

To be God-fearing is to have deep reverence and respect for God, living in obedience and awe of His holiness, motivated by love and a desire to honor Him.

Repentance

The act of turning away from sin and returning to God. It involves sorrow for sin and a commitment to change one's behavior and mind.

Reverence

Reverence is deep respect and awe, especially toward God, shown through worship, humility, and obedience.

Sin

Any act or thought that goes against the will and law of God. It is the rebellion against God's commands and separation from Him.



WORSHIP

worship is the act of honoring and glorifying God with reverence, love, and adoration, recognizing His holiness and thanking Him for His goodness. It is an expression of devotion that invites the presence of the Holy Spirit, deepens our relationship with God, and aligns our hearts with His will. Through worship—whether in prayer, song, or obedience—we draw closer to God, reflect on His love, and glorify Him in all we do.



JESUS AT THE CENTRE

Jesus at the centre of it all
Jesus at the centre of it all
From beginning to the end
It will always be, it's always been
you Jesus

Jesus
Nothing else matters
Nothing in this world will do
Jesus You're the centre
Everything revolves around you
Jesus, You

From my heart to the Heavens
Jesus be the centre
It's all about You
Yes it's all about You
From my heart to the Heavens
Jesus be the centre
It's all about You
Yes, it's all about You

At the centre of it all
The centre of it all



LORD SEND REVIVAL

Peace like a river wash over me
Immerse me in water as deep as the sea
Hide me in love Your healing embrace
Peace like a river wash over me
As I worship Your majesty
I worship Your holy Name
Jesus my everything
All that I am is Yours
(Yeah oh oh we sing come Holy Spirit)

Come Holy Spirit rain down on me
Break open the heavens and drench the unseen (Oh-oh)
Pour out Your presence as I pour out Your praise
Come Holy Spirit Lord have Your way
(Lift your voice)

As I worship Your majesty
I worship Your holy Name
Jesus my everything
All that I am is Yours
x 2

Open the heavens
Fling wide the gates
Flood every heart with mercy
Pour out Your presence
Inhabit our praise
As we cry holy holy
x3

Whoa whoa
As we cry holy holy
Whoa whoa

Lord send revival
Lord send it now
A move of Your Spirit
Heaven break out
Come now in power
Cover this land
Like You've done it before
Would You do it (Oh come on) again
x4

