

## Small Group/Sermon Notes based on Abundant Life Skills 4

Remember, small groups are primarily for growing closer relationships with other believers. We can learn wonderful things in this environment but keep relationships first.

- Make sure everyone knows each other's names. Have everyone share a little about themselves and how life is going right now.
- There are basic life skills we all need to succeed in life
- But we are called not just to live life, but to live Abundant Life!
  - Look at some Bible promises: **Proverbs 3:1-2 and John 10:10.**
  - Does just reading those verses bring you those promises?
    - Of course not! Just reading those promises doesn't do us any good unless we develop the "Abundant Life Skills" we need!
- This Week: Intimacy.
- Failing to handle "intimacy" the right way can take you out of abundant life!
  - Have you ever felt very alone? I'm guessing everyone has to one extent.
  - That's not good. **Genesis 2:18.**
- To get a handle on this topic, let's divide "intimacy" into two:
  - Emotional intimacy. Getting past the surface on an emotional level.
  - Physical intimacy. Getting past the surface on a physical level.
  - Which is more important to men? Women?
- What do you think God's "Plan A" for intimacy is?
  - Does that ever happen? Is it possible? Why or why not?
  - Intimacy can get fouled up and distorted. This gets passed on from generation to generation. Fail to learn the Abundant Life Skill of Godly Intimacy.
  - Physical intimacy distorted turns to lust, adultery, immorality, etc..
    - **Exodus 20:14. Matthew 5:27-29.**
      - Ok, don't do that. (If you live like that don't expect abundant life.)
  - Emotional intimacy distorted turns to gossip, catastrophising, flattery/slander, etc.
    - **Matthew 12:36-37.**
      - So don't say things you shouldn't. Another skill!
- I think we can get more savvy than just "don't do that!" We are looking for skill!
  - Understand: people lie in wait to exploit the distortions of intimacy.
    - Lust is exploited by porn, etc. Same as any addiction. You are being played. NOT REAL!
    - Soap Operas and Romance Novels do the same thing. NOT REAL!
  - Big problem happens when you have a need for emotional intimacy but only know to try to fill it with physical intimacy. That is a painful road.
  - When a real need goes unmet problems happen.
    - I'm all for putting down the flesh. That is a vital skill!
    - However, check out **1 Corinthians 7:1-9.**
  - How can you become the sort of person that can have Godly intimacy?
    - Don't be a shallow image manager with your spouse.
    - Break unhealthy habits.
  - It is scary opening yourself up to someone in a real way. Choose wisely and go slow. But understand, God has a good plan!
- Abundant life involves intimacy. Handle that right and it is awesome.
- Pray for each other before you finish up!