



COMMUNICATOR GUIDE

Made / Week 3

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

BOTTOM LINE

You were made to be the boss of your body.

GOAL OF SMALL GROUP

To help students recognize God's desire for them to be in control of their bodies.

SCRIPTURE

So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law (Galatians 5:1 NLT).

You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything (1 Corinthians 6:12 NLT).

TEACHING OUTLINE

INTRODUCTION

In high school, more than ever before, you're becoming more responsible for your own life.

However, it's probably not as *much* freedom and control as you want.

TENSION

If there's one area of life where you *do* actually have some control, it's your body.

You have control over your sex life.

For some of you, sex may be an obvious step that people take when they're in a relationship.

For some, maybe your sexual behavior has accidentally gotten out of your control.

Or maybe some things happened to you that were completely out of your control.

TRUTH

In the first century, the apostle Paul traveled throughout the known world, sharing the grace and freedom he found in Jesus.

This was such a radical thing to say (Galatians 5:1 NLT). Because just like today, people at that time believed that good rule-following behavior was the only way to connect with a perfect God.

A lot of people took this freedom *from* the law as permission to go the *opposite* direction.

This verse perfectly sums up the balance between freedom and responsibility. (1 Corinthians 6:12 NLT)

Yes, you can technically do anything. But just because you *can* do something doesn't mean you *should* do something.

Paul says the question isn't, "Can I do something?" No, the better question is, "Should I do something?"



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TEACHING OUTLINE

Mishandling freedom actually leads to *less* freedom and *less* control.

Not only can something not be good for you, it can take control of you.

The only way to truly *experience* freedom is to be responsible with that freedom.

You were made to be the boss of your body.

APPLICATION

How can you begin to get control and take responsibility with the freedom you've been given?

1. Talk about it.
2. Practice saying *No* to what's not good for you.
3. Decide ahead of time what you're going to say *No* to.

Some of you are thinking about the control that was taken from you. That thing that happened to you was never God's desire for you, and He can help you take back control.

LANDING

The best possible way to experience that freedom *later* is to be responsible with the freedom you have *now*.

INTERACTIVE

This Interactive happens during the Introduction. You'll need:

- An older video game system (original PlayStation, Nintendo 64, etc.)
- A TV
- A game for the system

Before you begin your message, set up the video game system on your stage with the TV.



TEACHING SCRIPT

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YOU WERE MADE TO BE THE BOSS OF YOUR BODY.

INTRODUCTION

2.5 MINUTE + INTERACTIVE



INTERACTIVE

Communicator Note: If you do this Interactive, consider skipping the Introduction example about group projects, and only focus on the idea that we often don't have as much freedom or control as we want.

With the video game system set up on stage, invite two teams of two (four students total) on stage. Each team will take turns playing a video game. On each team, give one kid the controller and have them face AWAY from the screen. Their teammate must face the screen and shout commands to the one with the controller. After their round is over, let the other team play. The highest score at the end of the round wins.

Once the game ends, you can transition with this statement: *Here's what's most frustrating about this game: We know, 100%, that if we really had control over the situation, we'd have a better outcome—we'd have a higher score.*

Finally, during the Truth section (after introducing the bottom line), reference this game you played to open the message, and how you were never meant to play that game without being in complete control. Giving someone else the controller is the fastest way to crash.

"I love group projects!" . . . said no one ever. Right? At best, group projects are stressful. At worst, they are a complete disaster.

I learned this during my junior year of high school. My English teacher randomly assigned our class into teams of four students to write a research paper. When my assigned group dragged our chairs into a circle, I looked around and had a moment of realization: I was doomed.

TEACHING SCRIPT



- To my right was a guy whose only “A” was in partying.
- To my left was a girl who used class to catch up on sleep missed from the night before.
- And across from me was a guy whose idea of “research” was googling cheat codes for video games.

And as I looked at each of these people who were now responsible for **three-quarters** of my grade, I had an unsettling feeling. I realized I wasn’t in charge. I wasn’t the boss. I had no control over the situation.

And here’s what’s most frustrating about this kind of situation: We know, 100%, that if we *did* have control over the situation, we’d have a better outcome. But in that moment, I didn’t have the freedom or authority to change my group. And that’s never fun.

In high school, more than ever before, you’re becoming more responsible for your own life. Which is awesome, right? Who doesn’t love more freedom?

However, it’s probably not as *much* freedom and control as you want.

- Maybe you’re old enough to drive, but for whatever reason you don’t have your driver’s license yet, which means you have to rely on a parent or older sibling to take you somewhere. And that’s not fun.
- When it comes to time, you can be involved in more things than ever before. But that certainly doesn’t mean *you* make up your schedule. You don’t get to decide the start and end time for things like classes, sports, and clubs. You probably don’t even decide what time you need to be home in the evening.
- The electives we take, clubs we join, and teams we cheer for—we get a say in all of those. But getting the latest smartphone, sharing a bedroom, and what’s for dinner? These are all areas where we don’t typically get to call the shots.

No one is a fan of not being in charge. Because if we’re not in charge, chances are we’re not in control.

TENSION

2 MINUTES

In this series we’ve been talking about sex. And if there’s one area of life where you *do* actually have some control, it’s your body. It sounds weird, but think about it. As a high schooler, you control what you eat. You can eat two Big Macs with some fries or you can eat some vegetables. (I choose McD’s!) You control what you drink. Your parents may tell you what time to go to your room, but a lot of you can control whether or not you want to have a dance party every night before bed. You control when you sleep.

In the same way, you have control over your sex life.

See, we tend to think sex is something that's *out* of our control. We get "in the moment" with someone and in our feelings (aka hormones!), and we have no control. How are we supposed to stop that? And, aren't we made with those feelings and desires?

- **For some of you, sex may be an obvious, eventual step that people take when they're in a relationship.** It's not even something that needs to be controlled—it's just what *happens*.
- **For some, maybe your sexual behavior has accidentally gotten out of your control.** It wasn't on purpose. You've seen some things online and you can't *un*-see them. You sent some pics that you can't take back. You've done some things that you can't undo.
- **Or maybe some things happened to you that were completely out of your control.** Maybe you were pressured or forced into doing something that you didn't want to do, and now you feel like you've lost all control over your sexuality.

So, in some ways we *feel* like we have control over our sex lives, but in other ways? Not so much. That's why sex is complicated. Because there's freedom in what we do with our bodies, but it doesn't always *feel* like freedom.

It feels like we have no control over what we do.

So what do we do?

TRUTH

5.5 MINUTES

We're going to look at a letter that was written 2,000 years ago. Now, before your eyes glaze over and you check your Instagram feed, hear me out. Because, believe it or not, what we're going to read is just as relevant today as it was back then.

In the first century, the apostle Paul became one of the most influential Christians in history. He traveled throughout the known world, sharing the grace and freedom he found in Jesus:

- Freedom from always having to be perfect.
- Freedom from having to figure things out on his own.
- Freedom from following a list of rules.

For a large part of Paul's audience, the Jews, the idea of being free from a list of rules was huge. The Jews were God's chosen people. For thousands of years, they had followed rules that governed every single aspect of their lives. Rules about food, work, family, and of course, rules about following God.

But when Jesus arrived on Earth, all of that changed. He removed religious rules as a way to get to God, and in their place He offered a *relationship*. Not only that, it was a relationship that offered true *freedom*. Look at what Paul says in his letter to the Galatians:



TEACHING SCRIPT

So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law (Galatians 5:1 NLT).

This was such a radical thing to say. **Because just like today, people at that time believed that good rule-following behavior was the only way to connect with a perfect God.**

But after hearing this idea, a lot of people did what we would probably do, too. They took this freedom *from* the law as permission to go the *opposite* direction. In other words, if rules are bad, then no rules must be AWESOME!

Now, we don't know exactly what people felt the permission to do once they experienced freedom from the law, but apparently it wasn't good. Because in a letter to the Corinthian people, Paul *really* felt the need to clarify some things. He starts by saying this:

You say, "I am allowed to do anything" (1 Corinthians 6:12a NLT).

For some of you this verse just became the first one you want to memorize. It's the reason you've been asking your small group leader, "How far is too far?" We're always trying to figure out what we can get away with or where's the line, and Paul is saying, "Everything. You are able to do whatever you want!"

Imagine if your parents said, "You can do anything you want, just stay at home." Great, right? So you put the thermostat on 50 degrees, buy 20 movies on your step-mom's Amazon account, and build a campfire to roast marshmallows on the coffee table. And then your parents freak out. You're like, "Whoa. You said I could do *anything*." Which is true: They didn't tell you NOT to set the coffee table on fire to roast marshmallows. But that doesn't mean what you did was smart. You know that. And that's kind of what Paul is saying when he adds this:

You say, "I am allowed to do anything"—but not everything is good for you (1 Corinthians 6:12a NLT).

This verse perfectly sums up the balance between freedom and responsibility:

Yes, you can technically do anything. That's true. But just because you can do something doesn't mean you *should* do something.

Just like the example of setting a fire on your coffee table. Your parents gave you freedom. But you didn't handle it responsibly. Which means what? Yep (yawn), we all get it—you end up losing freedom.

When it comes to your life and your body, you have a lot of freedom. In fact, you have more freedom than you've ever had. So . . .

- Can you hook up with that guy or girl? Yes.
- Can you send that pic? Yes.
- Can you look at that site? Yes.



TEACHING SCRIPT

But Paul says the question isn't, "Can I do something?" No, the better question is, "Should I do something?"

Let's be real. No one is following your every move right now. And at some point, you're going to be alone (or alone *with* someone). And in that moment, you will have the freedom to do whatever you want.

According to Paul, you need to ask yourself what you *should* do with that freedom. Because like we've already said, **mishandling freedom actually leads to less freedom and less control.** That's why he adds this:

And even though "I am allowed to do anything," I must not become a slave to anything (1 Corinthians 6:12b).

This takes Paul's earlier message one step further. **Because not only can something not be good for you, it can take control of you.** You've seen this happen. You've seen . . . But when you show restraint and care about what you *should* do, you end up having more freedom. Paul says that we're made to be in control, not *be* controlled. We've been given amazing freedom. **But the only way to truly experience freedom is to be responsible with that freedom.** And when it comes to our sexuality, being responsible means taking control of what we experience, what we view, and what we do. Put simply . . .

You were made to be the boss of your body.

Your body wasn't made to be the boss of you.

APPLICATION

4 MINUTES

When Paul used a word like "slave" to describe what it's like for us to be controlled by something or someone else, he chose the strongest language possible. Why? He wanted to make sure people knew that when they were irresponsible with their physical freedom, they immediately became *less* free than they thought. Something or someone else became the boss of their body.

If you're wondering whether or not you're in control of your sexual decisions and behaviors, here are a few ways to tell:

- **If the idea of having to say "no" or give something up scares you, you're not in control.**
- **If you want to say "no" but someone else says "yes" for you, you're not in control.**
- **If you want to say "no" but you can't seem to bring yourself to actually say "no," you're not in control.**

TEACHING SCRIPT



If anything on that list resonates with you—if you feel like you’ve lost or given up control of your sexual behavior—how can you begin to get it back and take responsibility with the freedom you’ve been given?

1. **Talk about it.** A good place to start? Right here at church. Chances are good that your group leader has walked through some of the same stuff you’re experiencing. And believe it or not, they *won’t* judge you!

Or, you can talk to another adult your trust. Just let someone in on what you’re dealing with.

2. **Practice saying *No* to things that aren’t good for you.** For a lot of us, this may be relatively easy. Maybe you’re naturally assertive and have no problem saying “no” to anything or anyone. But for other people, saying no isn’t as easy. You may feel pressured for all kinds of reasons.

Maybe you feel pressured by friends, a guy, a girl, or by yourself (because you want to fit in and not seem weird). But like with anything in life, the more you say “no” to stuff that isn’t good for you, the more confident you become.

3. **Decide ahead of time what you’re saying *No* to.** Here’s the truth: A lot of sexual behavior isn’t planned out. In other words, we generally didn’t plan to do what we did, send what we sent, or watch what we watched. It kind of happened in the moment, right? A moment when—let’s be honest—we weren’t in control and thinking clearly.

So the best time to decide what not to do is not in the moment, but *before* the moment, when you *are* in control.

Remember, you were made to be the boss of your body! So this week, pre-decide what you’re *not* going to do.

- What situations you’re *not* going to fall into.
- What choices you *won’t* make.

Then go one step further and decide what you’ll do to get out of the tempting situation when you’re in it. What will you say? Where will you go? Who will you tell? Make a plan. And then, when you find yourself in a place where you have to make a decision, the decision will already be made.

Now I realize because I brought it up earlier, some of you are thinking about the control that was taken from you, the sexual decision that someone else pressured you to make or made without your consent. If that’s you, can I first just say I’m really sorry, and I think one of the best things you could do tonight is share that with your small group leader. You shouldn’t have to process that alone. But I also want you to know the same truth applies. You were made to be the boss of your body and you can still be. That thing that happened to you was never God’s desire for you, and He can help you take back control by being the boss of your body now—even if you weren’t given a choice before.

LANDING

1 MINUTE

Listen, this is a time in your life where you'll continually gain more freedom and more opportunity. And once you graduate high school, that freedom will increase exponentially. And one big area where you'll experience freedom? In relationships, your body, and sex.

The best possible way to experience that freedom *later* is to be responsible with the freedom you have *now*. To proactively take charge of your body, your situations, and your choices. To decide in advance to not simply do what you're told, but to be the leader, be the owner and be in charge of your sex life now and in the future.

You, my friend, were made to be the boss of your body. And that starts *today!*



TRANSITION INTO SMALL GROUPS
