

Discussion Guide: March 8, 2026
Series: *The Grand Design: Creation, Chaos, and Christ*
Message: God's Good Design For Marriage & Sex
Bryan Bicket

Take Home Truth: I will follow God's good design for marriage and sex because it is for His glory and my good!

Focus Passages:

Genesis 1:27-28 (NLT)

27 So God created human beings in his own image. In the image of God he created them; male and female he created them. 28 Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."

Genesis 2:21-25 (NIV)

21 So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. 22 Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. 23 The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." 24 That is why a man leaves his father and mother and is united to his wife, and they become one flesh. 25 Adam and his wife were both naked, and they felt no shame.

Matthew 19:4-6 (NIV)

4 "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' 5 and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? 6 So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

1 Corinthians 7:39 (NIV)

1 A woman is bound to her husband as long as he lives. But if her husband dies, she is free to marry anyone she wishes, but he must belong to the Lord.

1 Corinthians 1:1-7 (NLT)

1 Now regarding the questions you asked in your letter. Yes, it is good to abstain from sexual relations. 2 But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband. 3 The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. 4 The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. 5 Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control. 6 I say this as a concession, not as a command. 7 But I wish everyone were single, just as I am. Yet each person has a special gift from God, of one kind or another.

Ephesians 5:31-32 (NIV)

31 “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” 32 This is a profound mystery—but I am talking about Christ and the church.

Discussion Questions

1. Share about a memorable wedding ceremony moment that you’ve experienced at either someone else’s wedding or your own. What made it so memorable?
2. In light of the passages above, Bryan defined God’s good design for marriage as a lifelong, “one flesh” covenant ordained by God between one man and one woman to become husband and wife designed to reflect the union between Christ and the Church. Why is it important to understand marriage as something that has been defined and designed by God rather than created by humans? What aspects of that definition are challenging to wrestle with and why?
3. In light of God’s good design for marriage, Bryan highlighted the following three practical applications for us to live into: A) If married, stay true to your existing marriage vows and do not seek to have or marry another person. B) Believers should only date and marry other believers. C) Men and women should not date or marry someone of the same sex. Which of these three applications personally stands out to you the most and why?
4. In light of God’s good design for sex, Bryan highlighted that sex and sexual activity is meant to be experienced only within the context of a biblical marriage, sex within marriage is very good and meant to be enjoyed regularly without shame, and sex within marriage protects against Satan’s attacks and temptations. Thinking of the illustration of a fire in a fireplace vs. a fire in the middle of a living room, why do you think God put these boundaries for sex and sexual activity in place? What do you need to do this week to faithfully follow these boundaries and guard yourself and these blessings of marriage and singleness?
5. When you follow God’s good design for marriage, singleness, and sex you paint a living picture of Christ and the Church and it’s only through Jesus’ sacrifice on your behalf that we can be forgiven of our sexual sins and empowered to faithfully follow Him and his good design. How does recognizing this impact the way you view marriage as a whole, your marriage specifically (if you are married), and the role of sexual integrity in singleness and in marriage?

Time of Prayer:

Every one of us struggles against sexual temptation and sin. Spend some time individually in silent prayer confessing any known sexual sins to God recognizing that He already knows how you’ve sinned and still chose to send his Son Jesus to die for you so that you could turn away from that sin and be forgiven by Him.

Ask God to help you do whatever you need to do to follow His good design for marriage and sex this week for His glory and your good.

If you are interested in better understanding or aligning your life to God’s good design for marriage and sex, Immanuel offers the following groups that can be found on our GROUPS section of our website: *Christian Sexuality Class (beginning March 29)*, *Men’s Freedom Fight Group*, and *Men’s and Women’s Celebrate Recovery Groups*. Other helpful resources can be found at *The Center for Faith, Sexuality, and Gender* (<https://centerforfaith.com/>).