

SEX AND SEXUALITY

THEME: Accepting each person so as to allow freedom to develop life without the constraints of my expectations.

OPENERS:

- A. "Sexuality is not a separate compartment of human life; it is a radiance pervading every relationship, but assuming a particular intensity at certain points." (Alan Watts)
- B. In today's society, many things, actions, and attitudes thought to be uniquely male or female are now seen to be human.
- C. "Sexuality means understanding sex as an expression of the human personality." (Elmer Witt)
- D. "Sexuality emphasizes the every-day-ness and every-place-ness of sex." (Elmer Witt)
- E. "Sexuality is an avenue of personal expression, an important way of letting people know who you are, what you are like, and how you feel and think. It's an expression of our humanity that we can learn to know and direct." (Elmer Witt)
- F. "He created them male and female." (Bible)
- G. "I am what I am." (Popeye)

DISCUSSION PROBES:

- A. Sexuality is knowing the meaning and the power of being male/female. Discuss.
- B. How do we determine what is "right and wrong" in expressing our sexuality?
- C. What are the "Romeo," the "sex athlete," the "sexpot" trying to tell us?
- D. How does your sexuality express your personality?
- E. How do we try to express and affirm our maleness/femaleness? Are these expressions of femininity/masculinity a real expression of what maleness/femaleness is all about?

CONCLUSIONS:

- A. Sexuality is the ability to feel good about who I am.
- B. Sexuality is knowing God has created me with good thoughts, warm feeling and deep emotions and He considered them good.
- C. Equality of sexes does not mean sameness. Equality emphasizes inherent uniqueness. Each characteristic must be seen as complementary rather than competitive when put in the context of the whole person.
- D. Sexuality is the ability to relate to persons as persons rather than as things. What happens to persons is what counts.
- E. Sexuality is the ability to know and enjoy intimacy.

BRINGING IT HOME:

- A. "Human fulfillment of our potentialities would seem to lie in the direction of working for a world in which males and females are equal as persons and complementary as sexual beings." (Vance Packard)
- B. Sexuality is powerful and personal. The greatest problem is not what cannot be done, but in what potential our sexuality has for helping us to live in close relationship with others.

C. Intimacy and the desire for intimacy are normal. The teen years are a time of learning to express intimacy in ways that are appropriate to the situation and in harmony with the world in which we live.

D. It is all right to have questions and uncertainties about our sexuality. Recognize questions as a means of growing.

E. Playing with sex and sexuality hurts others.

F. We all want to be wanted. Care for others so they can give thanks to God that you were part of their lives.