

SEX IS A GIFT

THE BIGGER GIFT IS TALKING ABOUT IT

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Let's take a risk together and embody a community that is built not on shame, but one that is built knowing that we all are deserving of pleasure, love and connection. Let's act on and remind ourselves that we are indeed a miracle.



SETTING THE TABLE

"Once you start approaching your body with curiosity rather than fear, everything shifts."

- Bessel Van Der Kolk, *The Body Keeps the Score*

When you read this title or theme of this chapter, what immediately came to mind?
Words, images, moments. Brainstorm a list together as a group.

FOOD FOR THOUGHT

1. What do you notice about your group's reflection on the title or theme of this chapter?
2. What are my definitions of sex and sexuality?
3. How has my experience with church affected my understanding of sex and sexuality?
4. Is talking about sex and sexuality hard for me individually? Why do you think it's hard to talk about these topics for the church?
5. What needs to change for me? For my congregation? For the church as a whole?

End together with gratitude for your body:

"Rub your palms together to create a little heat, then place your warm palms anywhere on your body - maybe your cheeks, neck, jaw, shoulders or heart. Add some pressure, rubbing your muscles a bit. Bring your palms together a few times to create more heat, offering your body some tender warmth"

-Body Practice from *The Embodied Path* by Ellie Roscher

CLOSING

What is the "low-hanging fruit" step you could take for yourself and/or your congregation in response to this discussion today?

A low hanging fruit is something you could easily do this coming week.

Given this theme and your context; what is one "moonshot" you could imagine?

A moon shot is a giant leap into relationship and connection that would require monumental effort but be totally amazing.