



F.R.E.S.H LOOK

SEPTEMBER 24, 2023

WORSHIP

When I Look Into Your Holiness, Forever, Your Love Never Fails, One God, Goodness of God

WELCOME

From where or how did you first learn about sex?

WEEKLY PRAYER POINTS

1. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives.

2. Country and the World

- Upright and moral governance of public servants; repentance and salvation for government leaders and citizens for a Christ-centered Philippines.
- God's help and comfort, salvation for people who experienced devastating earthquake, grappling with floods and wildfires that destroyed homes and businesses, lost loved ones.
- War in Ukraine to end, loss of lives prevented; conflict in African, East Asian and Middle East countries to stop.

3. Church

- That CCF Members would honor and love God and make disciples.
- Elders, pastors, deacons, and families (holy, humble, harmonious, happy, heart-working).
- Ministries and churches expansion worldwide.

4. CCF Facilities

- Worship and Training Center
- Prayer Mountain

5. Personal Concerns

- Deeper intimate relationship with God.
- Righteous living.
- Salvation of family and friends.

WORD

READ IT!

1 CORINTHIANS 7:32-35

³² But I want you to be free from concern. One who is unmarried is concerned about the things of the Lord, how he may please the Lord; ³³ but one who is married is concerned about the things of the world, how he may please his wife, ³⁴ and his interests are divided. The woman who is unmarried, and the virgin, is concerned about the things of the Lord, that she may be holy both in body and spirit; but one who is married is concerned about the things of the world, how she may please her husband. ³⁵ This I say for your own benefit; not to put a restraint upon you, but to promote what is appropriate and to secure something very undistracted devotion to the Lord.

PARAPHRASE IT!

Restate the verses in your own words.

TALK ABOUT IT!

- What did you like about these verses?
- What did you learn about God?
- What did you learn about people?
- What did you learn about following Jesus?
- What did you learn about sex in marriage?
- What did you learn about devotion?

POINT IT OUT!

Paul unpacks a fresh new clearer way to view sex, marriage, and relationships in 1 Corinthians 7:

I. FIX SEX MINDSET

(1 Corinthians 7:1-5, Song of Solomon 4:9-11, Genesis 2:24-25)

II. RESTORE PURITY

(1 Corinthians 7:7-9, 2 Timothy 2:21-22, 1 Corinthians 10:13)

III. SANCTIFY OTHERS

(1 Corinthians 7:10-16, 2 Corinthians 6:14, Philippians 2:3-4)

IV. HAVE "UNDISTRACTED DEVOTION"

(1 Corinthians 7:29-35)

WORKS

APPLY IT!

Based on this lesson on "F.R.E.S.H Look", write down your action point to apply what you learned. Make it your "I will..." statement and follow the S.M.A.R.T. guideline to come up with a do-able action point.

Simple

Measurable

Appropriate

Realistic

Time-bound

"I will _____

SHARE IT!

Who will you share these truths to this week?

PRAY CARE SHARE IN ACTION

Pray for people who have a distorted view of sex, marriage, or relationships to really seek God as their ultimate pleasure and satisfaction in life. Help one another to live a holy life. Share the gospel of the Lord Jesus Christ to family and others.

MEMORY VERSE

1 CORINTHIANS 7:35

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