



1. How has the recent disruption to routine affected you mentally, physically, or spiritually?
2. Read Ephesians 5:1–6. How does Paul illustrate what it means to walk in love? Why is it so hard to consistently walk in love? What behavior does Paul describe as contrary to walking in love? Why are the things he describes so damaging to people?
3. Read the following texts. (Heb 13:4; Matt 5:28; Col 3:5; 1 Pet 4:3; Rom 1:26–27; 1 Cor 6:9–11). How do these texts shape our understanding of a biblical sexual ethic? Why does God reserve sex for the context of covenant marriage between a man and a woman?
4. Read Ephesians 5:4 again. Take a few moments to list as many things as you can think of for which you are thankful. Ask God to remind you of these things when you are tempted to stray sexually. And ask Him for courage to trust Him for what is best for you and for those around you today.