

SEX AND THE SINGLE GIRL

Facilitator's Guide



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TABLE OF CONTENTS

2	LETTER TO THE FACILITATORS
4	ABOUT AUTHENTIC INTIMACY
5	FACILITATING 101
6	FACILITATOR CHECKLISTS
7	GROUP FACILITATOR REQUIREMENTS
8	GROUP FACILITATOR'S ROLE & RESPONSIBILITIES
9	MARKETING & ADVERTISING FOR YOUR GROUP
11	PREPARING TO LEAD
12	BEFORE THE GROUP BEGINS
13	GENERAL MEETING STRUCTURE
14	PREPARING YOUR GROUP
15	BEFORE EACH MEETING
16	LEADING MEETINGS: SYLLABUS & SCHEDULE
17	SUGGESTED LAYOUT FOR EACH SESSION (SESSIONS ONE - EIGHT)
42	TIPS WHEN FACILITATING
48	APPENDICES

SEX AND THE SINGLE GIRL

FACILITATOR'S GUIDE

Letter to the FACILITATORS

Hello!

We are thrilled for you to lead *Sex and the Single Girl* in a small group setting. Leading a group on the topic of sexuality might be a bit intimidating. Because you said “Yes” to God even though you may feel unsure, we want to give you as much help as we can to prepare you to lead.

Within your small group, you may have some people who are quite hesitant to talk about sexuality and others who can't wait for these discussions. This is a great environment to learn from each other and to love each other well with patience and understanding.

Here are some practical guidelines to help you keep the conversation on track and edifying:

- Keep the focus on God's Word. Everyone has different opinions related to sexual issues; some of those opinions are rooted in deep pain and conflicts. Remember the most important opinion is God's.
- Focus on what God is teaching each person rather than sharing intimate personal details.
- If you sense that someone is oversharing or has hit on something painful, be available to talk after the group, and encourage the individual to meet with a Christian counselor.
- Trust the Holy Spirit and allow everyone to go at their own pace. Don't feel pressure to convince someone to change their views on a sexual issue. Present truth, dig into Scripture, be prayerful, and ask God to use you.
- It's okay to say, “I don't know.” Leading a group like this doesn't mean you have to be the expert. You are on a journey just like everyone else. Authentic Intimacy has a number of follow up resources and can refer you to other ministries and resources to help you sort through questions and issues from a biblical perspective.
- You are not expected to serve as a counselor. Your role as the leader is to guide your women through a discussion on each week's homework and to keep the group a fun and safe place for encouraging conversation.
- Remember that sexuality represents a spiritual battlefield. Spend time praying for wisdom and discernment.



LETTER TO THE FACILITATORS, CON'T

You might feel as though you are forging new ground through this study. After all, many Christian groups and churches haven't addressed sexuality so directly. Remember God equips His people in every generation to be the light of the world in the darkness around them. In our day, this is the topic that presents our greatest challenge. When God sent His people into new territory and challenges, He told them, "Be strong and courageous, for I am with you." Those words still apply to us today.

You might be wondering, "What qualifies me to lead a Bible study on sex?" Rest assured, you don't have to be a psychologist or sex therapist, nor do you need to have all the answers. There are a few things we would ask of you to help you be prepared to guide women through this study.

- A commitment that God's Word is the standard of truth. We all have opinions about sex, but this material is based on God's opinion.
- A heart for God's women. As you know, talking about sex is sensitive and may bring up painful or embarrassing issues.
- A humble spirit. Although we have been teaching on sex for decades, we are still growing in the wisdom and freedom God gives. It's okay to let the women you lead know that you are still learning and growing too.

If you ever need anything, please don't hesitate to reach out via emailing info@authenticintimacy.com.

We are praying for you!

-Juli Slattery and the Authentic Intimacy Team



ABOUT AUTHENTIC INTIMACY



Authentic Intimacy is a unique teaching ministry devoted to teaching on God's design for intimacy and sexuality. Our vision is represented by two words that are rarely put together: SEXUAL DISCIPLESHIP®.

Practically everyone, young and old, single and married, has experienced pain, shame, and confusion related to sexuality. We want men and women to understand God's purpose and redemption related to their sexuality. As a ministry, we disciple by consistently applying God's Truth to all questions, pain, and joys related to sexuality and intimacy.

Want to know more? Check out our resources:

- **SEXUAL DISCIPLESHIP:** For just \$15/month or \$144/year, the SexualDiscipleship.com platform is a place for leaders to connect with other leaders, learn about the biblical narrative of sexuality, and engage in conversations around sexual issues with a gospel focus. Your membership includes access to a Sexual Discipleship e-courses, cohorts, resources, monthly Office Hours with Juli, and help creating your own Sexual Discipleship Plan for your ministry.
- **JAVA WITH JULI:** "Java with Juli" is a truth-centered and grace-filled podcast wrestling with your honest questions about intimacy—no topic is taboo. Find us on iTunes, Stitcher, Google Play, or [our website](#).
- **CONTENT:** Our books, webinars, and blogs are updated regularly with new content addressing sexuality in marriage, singleness, and culture.
- **COMMUNITY:** Our online community is a place for men and women to connect with our ministry, our content, and each other, both through Authentic Intimacy and Sexual Discipleship.
- **AUTHENTIC INTIMACY MEMBERSHIP:** For just \$10/month or \$96/year, Authentic Intimacy members get access to monthly podcast discussions with Juli, hundreds of Java with Juli episodes from our archives, discounts on Online Book Studies and events, free digital products, and more. Join our Authentic Intimacy and Sexual Discipleship memberships for an additional 20% off. Learn more at authenticintimacy.com/member.

A top-down photograph of a still life arrangement on a white, wrinkled fabric surface. In the upper right, a white ceramic cup is filled with dark coffee. To its left, a notebook with a mustard yellow cover is partially visible, showing the text 'WEEK 3' and 'Facilitation' in a cursive font. In the bottom right corner, there is a bouquet of dried lavender flowers.

WEEK 3

FACILITATING 101

FACILITATOR CHECKLISTS

GROUP DATES AND TIME: _____

READ FACILITATOR'S GUIDE	✓
About Authentic Intimacy	
Requirements for a Group Facilitator	
Group Facilitator's Role & Responsibilities	
Marketing & Advertising for Your Group	
Preparing to Facilitate	
Preparing Your Group	
Facilitating Meetings	
Suggested Layout for Each Session with Content	
Tips When Facilitating	
Appendices	

BEFORE FIRST GROUP	✓
Confirm group time and dates with your church or ministry	
Pray for participants	
Prepare materials	
Partake in any needed training	
Market and advertise your group	
Send an introduction email to the group participants	
Prepare group covenant	



Group Facilitator

REQUIREMENTS

While leading a group is an important responsibility, don't feel the pressure to be perfect. Before we discuss what is required, let's look at what qualifications are not necessary.

What a group facilitator is not expected to be:

- Someone who has mastered sexuality
- Someone with a perfect sexual past
- Someone who has all of the answers
- Someone with professional training or experience

We are all sexually broken and still on the journey of sanctification as we follow the Lord. You are not expected to be an expert. Still, leading a small group is not a casual responsibility. There are a few requirements to be a group facilitator:

1. **A commitment that the Bible is the standard of truth**
2. **A heart for God's people**
3. **A humble spirit**
4. **An interest in and knowledge of the material**

This doesn't mean you have all of the answers, but that you can point out the major signposts along the way. A group facilitator must hold to the truth of Scripture as a foundation, while also ministering from a place of compassion and humility. Don't be concerned that you need complete knowledge of the material, but plan to bring a passion for what your group is learning.



Group Facilitator

ROLE & RESPONSIBILITIES

Organize Group Meetings

Your group day and time will be set by you or your church. People will sign up for your group knowing this information, but you will also want to reiterate with your group all of the details of when, where, and how the meetings will take place. You will want to communicate with participants before the first meeting to welcome them, share details about the group, and prepare them for the first meeting.

Facilitate Discussion

While some groups will naturally fill the set time with their thoughts and questions, some may not. Most groups will need a bit of encouragement, at least as the study begins. Facilitating discussion is one of your most important roles, which includes pre-selecting discussion questions, engaging quieter members, rephrasing or clarifying questions when needed, and at times redirecting a group member who naturally dominates conversations.

Safeguard the Discussion

It's the group facilitator's job to monitor group discussion. This may include stepping in if someone becomes disrespectful or if the discussion becomes too explicit. You can bring up the group covenant to remind your group of the safeguards in place.

See Appendix: Sample Group Covenant.

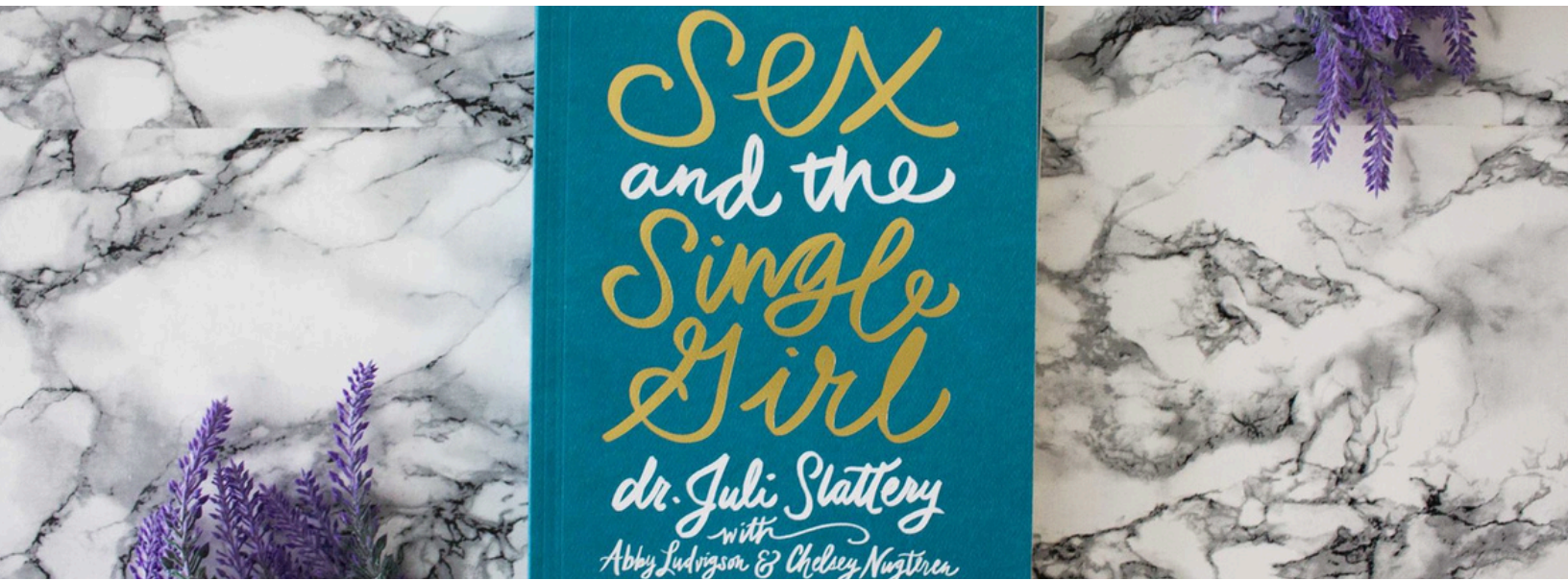
Pray for Group Members

Beyond the logistical or social details, each group facilitator should engage in spiritual preparation for his or her group. Praying for the group should be a regular habit, both during group meetings and outside of the meetings.

Share Responsibilities with Members (Optional)

A few weeks into the group you may want to assign roles to the group members. For example, encourage one person to be the prayer leader to encourage prayer throughout the week and perhaps another to provide snacks. The more group members contribute, the more they will feel like it is *their group*. Take notice of the people who step up to lead. These people could be future co-leaders or could branch out and lead their own groups.

MARKETING & ADVERTISING FOR YOUR GROUP



4 Week Promotional Strategy

Week 1

- Gather email addresses of those interested
- Print these **flyers**
- Make an announcement with this **slide**
- Determine the last day for women to join your group
- Be as clear as you can on location, dates, and times. The more information you can give, the better your recruitment will go!

Week 2

- Send out an interest email (sample email copy on the next page).
- Make an announcement with this slide at church or small group.

Week 3

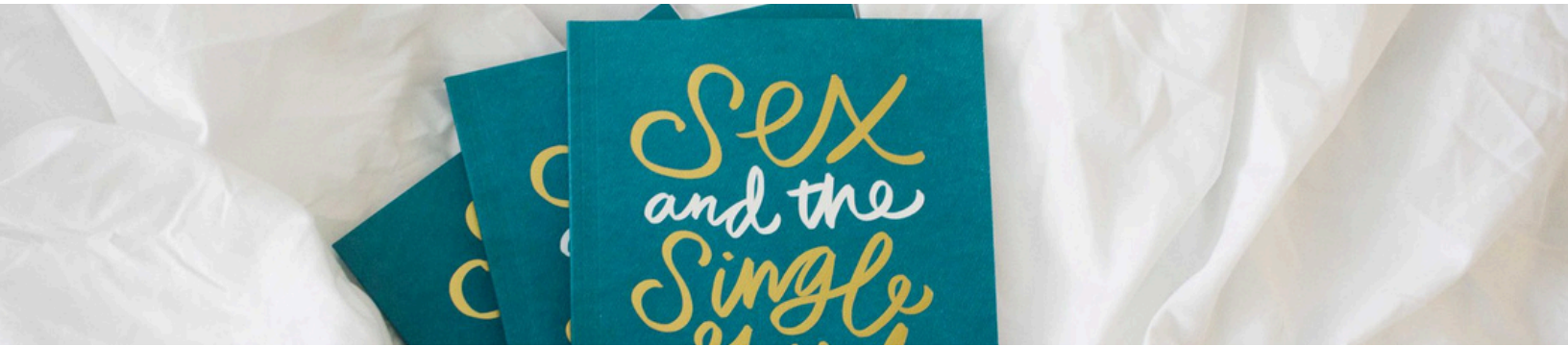
- Send out a follow-up email
- Meet with people who are interested but have not committed to the group. This can be a phone call or even a coffee meet-up.
- Make sure to walk through their barriers and listen to their fears or concerns.
- Ask the Holy Spirit to help discern if this is a good next step for them.
- For those who have committed, make sure they have ordered their books and let them know you are glad they are a part of the group.

Week 4

- Send a follow-up email (sample email copy on the next page) letting them know how to register and that this deadline is the last chance to sign up.
- Make sure committed members of the group have all the information they need for your first meeting together.



MARKETING & ADVERTISING FOR YOUR GROUP



Sample Email:

Dear Friend,

I am excited to share that I will be leading a small group through the book *Sex and the Single Girl* by Dr. Juli Slattery. The group will meet every _(day of the week)_ over the next 8-weeks. While together, we will engage in a discussion over the book. We would love for you to join us!

This 8-week small group will cover:

- Session 1: Introduction
- Session 2: Why Sexuality Matters
- Session 3: Embracing a Grand Design
- Session 4: Sexuality and Your Character
- Session 5: Sexual Boundaries
- Session 6: Battling Temptation
- Session 7: Restoring Intimacy with God
- Session 8: Now What?

We hope to see you there! You can register by _____ or emailing me to let me know you are interested.

Sample Follow-up Email:

Hi Friend,

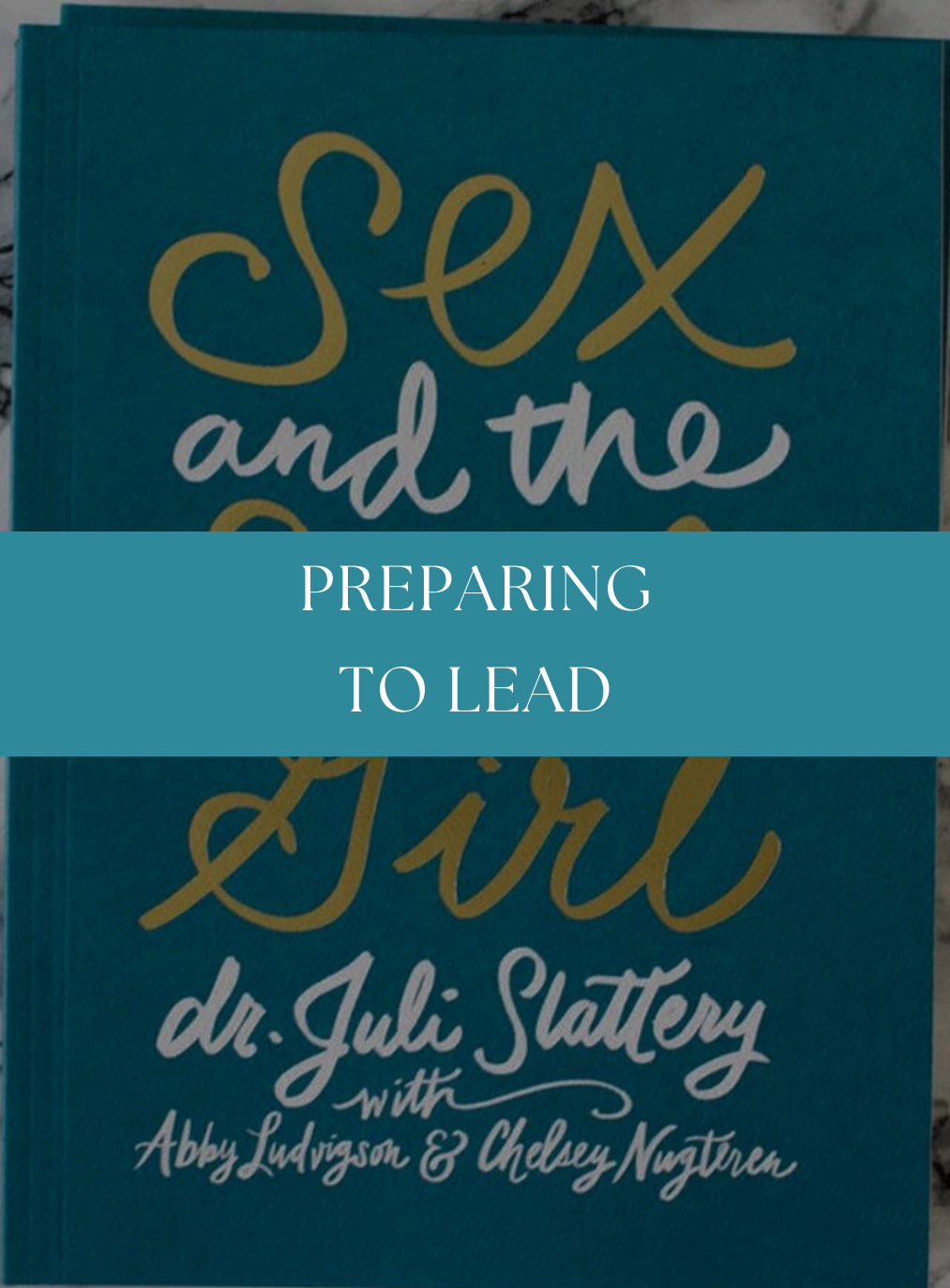
We wanted to let you know this is the **last week to register** for our small group based on the book *Sex and the Single Girl* by Dr. Juli Slattery. We would love for you to join us! You can find more about the book [here](#) as well as watch an introduction video to the curriculum. On that page you can also purchase the book.

You can register _____, or please don't hesitate to reach out if you have any questions.

*"Your sexuality paints a
vivid, living picture of the
gospel message. You were made
for love, for deep knowing and
for the safety of a promise
that can't be broken."*

SEX AND THE SINGLE GIRL | JULI SLATTERY

MOODYPUBLISHERS.COM



SEX
and the

PREPARING
TO LEAD

Girl
dr. Juli Slattery
with
Abby Ludvigson & Chelsey Nugteren



Before the Group

BEGINS

1

Material Preparation: A few weeks before the first group meeting, become familiar with the content of the study. This will help ensure that you will have a good understanding of the material to be covered by the group and will prepare you for content questions as they arise.

2

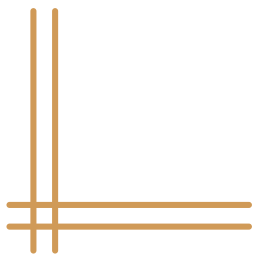
Training: Another way for a group facilitator to prepare includes investing in training provided through Authentic Intimacy's leader platform, [Sexual Discipleship](#)

- Complete the Sexual Discipleship Training E-course (self-paced or with a cohort).
- Learn from Small Group Leader Training Videos.
- Attend monthly online event, Office Hours with Juli.
- Engage in a cohort of other Christian leaders through meaningful content.

3

Number of Group Participants: If your group is larger than 12 participants, we recommend you break into small groups for discussion time. In a large meeting space, consider keeping the same participants in their discussion groups each week to build trust and consistency. You may also want to assign a mature leader to be in each small discussion group to ensure that the discussion stays on-track and constructive. Using round tables can promote engagement from participants as well.

If your group meets online, use the breakout room feature to create more intimate groups during discussion time.



GENERAL MEETING STRUCTURE

We recommend following the same general structure within the recommended 90 minutes of group time. The time ranges are estimates, so feel free to edit them based on your group.

Topic & Time	Key Point
Welcome & Opening Prayer (10–15 min)	Allow for a little small talk or get-to-know each other conversations, and then pray to start the meeting officially.
Ice Breaker (optional) (5–10 min)	Ask a get-to-know-you question. For a list of example icebreaker questions, see <i>Appendix: Icebreakers</i> . As a group grows closer together, you may want to skip the standard ice breaker and instead spend a little time catching up with each other.
Discussion (40–50 min)	This should be the bulk of the meeting. Each week is filled with five days of homework. The questions listed in this guide are our recommendations for you to ask in your small group. Depending on the size of your group and how much your women like to discuss, we recommend that you pick a few of your favorites below to make sure you cover.
Introduce the Material & Assign Homework (5 min)	Give a quick preview of the homework that each member should complete before the next meeting.
Prayer Requests & Closing Prayer (5–10 min)	Ask for any prayer requests. Then close in prayer by nominating one person to pray for the group, initiating “popcorn” style corporate prayer, or splitting the group into small groups to pray with each other.

PREPARING YOUR GROUP

Organization and communication are essential for making sure your group members feel comfortable and know what to expect.

Introduction Message: The introduction message is probably the most important tool for starting your group well. Here is a template to use for the introduction email. Feel free to personalize the email as you wish, but you'll want to ensure all of the following elements are present:

Hi Friends,

Welcome to the *Sex and the Single Girl* small group! What a blessing it will be to dive into His Word together as we work through this small group. My name is [FILL IN NAME], and it is my joy to lead this small group!

In our first meeting on [FILL IN DATE AND TIME], we will get to know each other and talk through how our time will be structured each week.

Please let me know if you have any questions before we gather together. We look forward to meeting you and are praying over each of you.

Many blessings,

Before Each Meeting: While the time of your meetings do not change week to week, it can be very helpful for members if you send an agenda or reminder message each week, including any special notes about your time together.





Before Each MEETING

As the group facilitator, you'll want to set aside a few hours each week to prepare for the group meeting. This time should include the following:

Complete the Material

1 Complete any homework from the group, including readings and response questions. Even if you have participated in the study before, it is essential to revisit the material to ensure you have a solid reference point for discussion during the meeting.

Choose an Icebreaker (optional)

2 Fun icebreakers are a great way to catch up after a week apart and get new groups more comfortable sharing. For a list of icebreaker ideas, see *Appendix: Icebreakers*.

Identify Discussion Questions

3 We highly recommend that you stick to the discussion questions suggested for each week. This will keep your group focussed on the content of the course and prevent tangents that may take the group off course. We have prepared a list of suggested questions for each week. It's not important to finish all of the questions, but be prepared to use them as the structure of your conversation.


Beyond the group-specific preparation, you may want to dive into some referenced Scripture passages, setting aside a time of prayer, or listening to some related “Java with Juli” episodes.

LEADING MEETINGS



Syllabus & Schedule

Session	Topic
1	Introduction
2	Week 1: Why Sexuality Matters
3	Week 2: Embracing a Grand Design
4	Week 3: Sexuality and Your Character
5	Week 4: Sexual Boundaries
6	Week 5: Battling Temptation
7	Week 6: Restoring Intimacy with God
8	Now What?

A top-down photograph of a white ceramic cup filled with dark coffee, a yellow notebook with 'WEEK 3' written on it, and a sprig of purple lavender flowers, all resting on a white, wrinkled fabric surface. A teal rectangular box with white text is overlaid in the center.

WEEK 3

SUGGESTED LAYOUT
FOR EACH SESSION

SESSION ONE

The First Meeting and Introduction

The first meeting for each group is set aside as an introduction meeting. In this meeting, you'll introduce yourself, get to know the group members, and cover introductory information for the group and the material. The following is an example agenda for a first meeting:

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

- Allow for a little small talk or get-to-know each other conversations, and then pray to start the meeting officially.
- Ask a get-to-know-you question. See *Appendix: Icebreakers*.

2

Introduction to Group Material (10–15 min)

- During this time, you may want to share why you chose to facilitate this book or how the content impacted you.

3

Discussion (30–40 min)

- Allow time for the group participants to introduce themselves and begin to get to know each other. Share about yourself and then invite each member to share. Here are some possible discussion questions for the first meeting:
 - *Why did you decide to join this study?*
 - *What do you hope to learn?*
 - *How do you hope to grow?*
 - *Have you ever been in a Bible study about the topic of sexuality?*
 - *Do you have any concerns?*

4

Review Group Covenant (10–15 min)

- During this time, you will want to read over the covenant. See *Appendix A: Sample Group Covenant*.

If time allows, choose a few of the questions to discuss (from pg. 12):

- *Why do many women separate their sexuality from their faith?*
- *What does it mean to be a sexual woman?*
- *Is there a deeper purpose underneath my sexuality than just having sex?*
- *How does my sexuality paint a picture of the Gospel?*
- *What do most people base their sexual choices on?*
- *Is my sexuality and my spiritual identity separate or do they align?*

SESSION ONE

(CONTINUED)

The First Meeting and Introduction

Tip: Feel free to tailor the first meeting to your specific group. Having a positive and engaging first meeting will encourage group members to be honest in following weeks.

5

Explain the Weekly Meeting Structure (10–15 min)

There are a few things you can cover during this time:

- Briefly explain the time structure for the group. See *General Meeting Structure* on page 13.
- A common question from participants will be what to read before the group sessions.

6

Introduce the Material & Assign Homework (5 min)

- End the group by explaining the homework for the next week. The homework each week is divided into five days. We highly recommend that none cram several days of homework into one day. The questions are designed to bring women to God's Word, to meditate on how His truth applies to their lives, and to grow closer to Him. Roughly between 30-60 minutes should be budgeted for homework each day.
- [Homework: Read Week 1, Day 1 through Day 5](#)

7

Prayer Requests & Closing Prayer (5–10 min)

- Ask for any prayer requests. Then close in prayer by nominating one person to pray for the group, initiating “popcorn” style corporate prayer, or splitting the group into small groups to pray with each other.



SESSION TWO



Why Sexuality Matters

This week you will learn about why sexuality matters. For some of the women, this could be a message that they have never heard before. Maybe they grew up hearing the message, “Just don’t do it,” instead of learning that God designed men and women as sexual beings. In your group, you have an opportunity to help break women free from the chains of sexual shame.

The women probably have many questions like: *Does God really care if you sleep around? Is it okay to look at porn or experiment with another woman sexually?* Give them the space to ask these questions. Many women have sexual abuse in their past; others equate their sexuality with guilt and shame. And most Christian sources haven’t been very helpful in sorting through these deep questions women are asking. You may have also had your own struggles. Our prayer is that you will learn and grow along with your group members. Incorrect messages about sexuality are everywhere, and we all have experienced their negative impact.

SESSION TWO

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

2

Discussion - Week 1 (30–40 min)

3

Introduce the Material & Assign Homework (5 min)

- Homework: Read Week 2, Day 1 through Day 5

4

Prayer Requests & Closing Prayer (5–10 min)



DISCUSSION QUESTIONS

DAY 1

- Who taught you about sex? How did the conversation go?
- What pressures and challenges are you, your roommate, and/or close friends battling right now? (Page 15)
- What questions are you having a hard time sorting through on your own? (Page 15)
- What are the primary things you've heard about sex from each of these sources? Parents, religion, media, and other? (Pages 16-17)



DISCUSSION QUESTIONS

DAY 2

- When you think of the word *intimacy*, what first comes to mind? (Page 20)
- What is your response to this concept: underneath your sexuality is a drive and desire to be known and loved? (Page 20)

DAY 3

- What are some ways the world portrays sexuality as separate from the relational and spiritual aspects of *yada*? How has this impacted your thinking about sexuality? (Page 24)
- What do you think about the concept of your sexuality being connected with your relationship to God? Explain in your own words how sexuality is a metaphor for intimacy with God. (Page 24)

DAY 4

- Look at the chart you completed on page 27. Are your spiritual identity and your sexual beliefs consistent or at odds with each other? How so?

DAY 5

- What would it look like for God to be the Lord of all of your life, including your sexuality? (Page 30)
- What barriers or fears are in the way of yielding this area of your life to God? (Page 30)

NEXT STEP

- Encourage your women to look at the chart on pages 31–32. Which truth did they rate the lowest? Have them write that truth on a 3x5 card or on their phone to look at this week.



Scan the QR code
for follow up
resources or click
the link [here](#).



SESSION THREE

Embracing a Grand Design

This week you will be studying how God created men and women as sexual beings. Sexuality is an intentional aspect of God's design. We at Authentic Intimacy believe that, "God's design is for your sexual choices to accurately reflect your devotion to Him and to reveal the level of commitment you've made to a man." Your group members may have a hard time processing this, especially if they've never heard this message before. They may also struggle with guilt and shame over past sexual sin. You can help the women experience forgiveness and freedom. Nothing is beyond God's healing and forgiveness! Remind the women that the enemy does not want them to be free, but 2 Corinthians 5:17 says, "Therefore if anyone is in Christ, the new creation has come: The old has gone, the new is here!" If we are in Christ, living with integrity means that God has made all things new.

SESSION THREE

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

2

Discussion - Week 2 (30–40 min)

3

Introduce the Material & Assign Homework (5 min)

- Homework: Read Week 3, Day 1 through Day 5

4

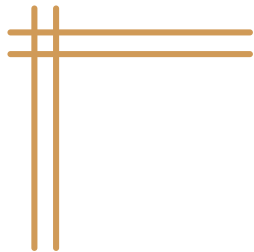
Prayer Requests & Closing Prayer (5–10 min)



DISCUSSION QUESTIONS

DAY 1

- Do you think it is more difficult to submit your sexuality to God compared to other areas of your life? If so, why? (Page 39)



DISCUSSION QUESTIONS

DAY 2

- Are your sexual actions consistent with your relational and spiritual commitments? Why or why not? (Page 43)
- Read James 1:22–25. If your choices are not consistent, what needs to change? What is one thing you can do today in pursuit of sexual integrity? (Page 44)
- On page 44, what was your definition of sexual integrity?

DAY 3

- Read Proverbs 1:7. What does this verse say about the difference between the wise person and foolish person? (Page 46)
- How do porn and erotica distort God's design for real relationships to function? (Page 47)
- Why do you think the culture has so wholeheartedly approved of living together? (Page 48)

DAY 4

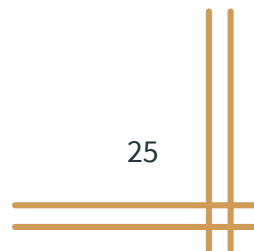
- When you think about your sexual choices and attitudes, do they reflect wisdom? Why or why not? (Page 52)
- Read Proverbs 1:23. What does wisdom (God) promise when you repent of your rebellion and folly? (Page 52)

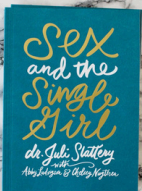
DAY 5

- Read Psalm 32:1–5. Describe how David felt when he hid his sin. Now describe how he felt after confessing his sin. Do you feel more like David felt before he confessed or after? (Page 55)
- Is there something specific you need to confess to the Lord? If so, what's holding you back? (Page 55)

NEXT STEP

- Encourage your women to look at the chart on pages 55–57. Which truth did they rate the lowest? Have them write that truth on a 3x5 card or on their phone to look at this week.





SESSION FOUR



Sexuality and Your Character

This week you will study how our sexuality impacts our character. We often fail to realize how God can use our sexuality to test us, refine our character, and make us more like God. Our sexual choices reveal what we believe about God. Sexual integrity is an act of worship. The women in your group may struggle believing this concept. Give them the space to process and ask questions. Encourage your women that their sexuality can be a testimony to others, because what we believe about God is reflected in how we live out our sexuality.

SESSION FOUR

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

2

Discussion - Week 3 (30–40 min)

3

Introduce the Material & Assign Homework (5 min)

- Homework: Read Week 4 Day 1 through Day 5

4

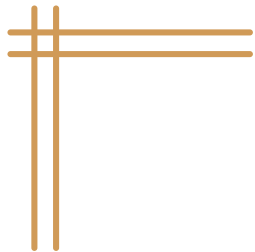
Prayer Requests & Closing Prayer (5–10 min)



DISCUSSION QUESTIONS

DAY 1

- What do your sexual choices and beliefs reveal about your character? (Page 63)



DISCUSSION QUESTIONS

DAY 2

- How do you see this same pattern (from Romans 1:18–32) playing out in your world and in our churches today? (Page 66)
- In your own words, describe the meaning of worship. (Page 67)
- How is sexual integrity an act of worship? (Page 67)
- What needs to change in your life for God to be worshipped in your sexuality? (Page 67)

DAY 3

- Read Genesis 3:1–7. How was Satan’s lie an attack on God’s character? Why do you think Eve believed Satan? (Page 70)
- How does a worldly perspective on sex make you think that God is keeping you from something good? (Page 70)
- How does Satan use your sexuality to tempt you to doubt God’s character? (Page 70)
- Do you trust that God’s design for intimacy is the best for you right now? Why or why not? (Page 71)

DAY 4

- Read 2 Corinthians 12:7–10. How did God use Paul’s struggle to make him more like Christ? (Page 74)
- How is God using the area of sexuality to make you more like Him? (Page 74)

DAY 5

- How does this week’s study change your perspective of sexual struggles and temptations? (Page 77)
- How can God use sexual struggles and temptations to work out for your good? (Page 77)

NEXT STEP

- Encourage your women to look at the chart on pages 78–80. Which truth did they rate the lowest? Have them write that truth on a 3x5 card or on their phone to look at this week.





SESSION FIVE

Sexual Boundaries

This week's study will help answer many of the questions your group members have been asking. For example: *How do we determine which sexual choices are right and which are wrong?* While God is clear about some of our sexual choices, there seem to be a lot of grey areas. The most common questions from both single and married women usually relate to whether certain things are right or wrong for Christians to engage in. In other words, how do we practically live out sexual integrity? It is your job as the leader to help women process and discuss these different questions. Remember, it is okay to say that you are not an expert and don't have all the answers. You are creating a safe place for women to feel comfortable asking questions that they may have never had the courage to ask before.

SESSION FIVE

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

2

Discussion - Week 4 (30–40 min)

3

Introduce the Material & Assign Homework (5 min)

- Homework: Read Week 5, Day 1 through Day 5

4

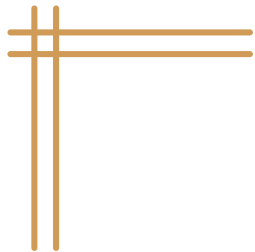
Prayer Requests & Closing Prayer (5–10 min)



DISCUSSION QUESTIONS

DAY 1

- How are you currently seeking truth through the Bible, prayer, and the Holy Spirit? (Page 85)
- Page 85 states, “Living with sexual integrity means addressing very practical questions in everyday life. To help you apply God’s wisdom, you can ask yourself three important questions to find God’s opinion (also known as Truth!) on any question you might have.” What are a few grey area issues I wonder about related to sexuality? Take an example situation through the three questions as a group.
 - Question #1 Does the Bible say it’s wrong?
 - Question #2 Is it consistent with God’s design for sexuality?
 - Question #3 Is it beneficial?



DISCUSSION QUESTIONS

DAY 2

- Look at the list on page 87. Does anything from this list surprise you? If so, which one(s)? Explain. Why do you think God says “no” to these sexual activities? (Page 88)
- How do you respond as Christians when God’s Word is different than the world’s perspective? (Page 88)

DAY 3

- What are some examples of how God’s design has been “acceptably” distorted among Christians? (Page 91)
- On page 92, what did you write to describe “God’s design for sexuality?”

DAY 4

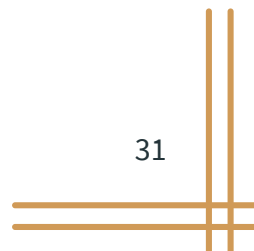
- Why do you think God leaves some sexual choices to your discretion rather than clearly saying “no”? (Page 94) (This is a good place to talk about God wanting us to seek His wisdom and honor and not just follow a list of rules.)
- Is it difficult for you to ask God for wisdom about sexual decisions? If so, why? (Page 94)

Day 5

- Day 5 discusses a few of the common “grey areas” like masturbation. Discuss with the women if what they read is similar or different to what they have learned in the past.
- What are some things in your life that God is calling you to give up or abandon to seek righteousness and purity in Him? (Page 98)

NEXT STEP

- Encourage your women to look at the chart on pages 98–99. Which truth did they rate the lowest? Have them write that truth on a 3x5 card or on their phone to look at this week.





SESSION SIX



Battling Temptation

This week's study will help women understand the four stages of how we move from temptation into sin and destruction. Here are the four stages:

Stage 1: We feel a desire.

Stage 2: We linger in the desire.

Stage 3: We take the bait.

Stage 4: We experience death.

All of us can relate with Paul, "I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.... what a miserable person I am!" (Romans 7:15, 24a). For the most part, people do not set out to fall into temptation or to have a sexual struggle. It's key to understand that the foundation of sexual temptation is the natural, God-given desire for something good. This week you will understand this at a deeper level by studying the word *yada*. By the end of the week, the women will have created an action plan for dealing with temptation. This is very important. Encourage the women to spend extra time processing through Day 5.

SESSION SIX

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

2

Discussion - Week 5 (30–40 min)

3

Introduce the Material & Assign Homework (5 min)

- Homework: Read Week 6 Day 1 through Day 5

4

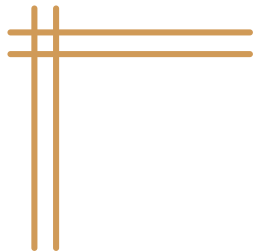
Prayer Requests & Closing Prayer (5–10 min)



DISCUSSION QUESTIONS

DAY 1

- Read James 1:13–15 on page 103 and then read the four stages. When does temptation turn into sin?



DISCUSSION QUESTIONS

DAY 2

- How have you seen this progression (the four stages of temptation) play out in your own life? (Page 107)

DAY 3

- How do you “flirt with sin”? (Page 109)
- Read Ephesians 6:10–18 on page 110. Share one way that you can put on this armor in real life from your list under “Reflect and Respond.”
- Read Ecclesiastes 4:9–12 on page 111. What does this passage say about the importance of fighting temptation with help rather than alone? How can you be more proactive in sharing your temptation with people who can help you and encourage you? (Page 111)

DAY 4

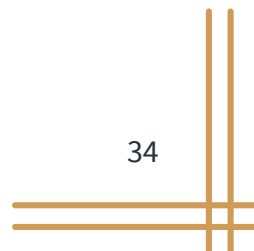
- Look at the four steps to implement when you experience temptation on pages 114–115. Which step is the hardest for you and why? List some practical examples of how God has provided you a way of escape in the past. (Page 116)

DAY 5

- This day is very important because the women will be creating an action plan. Encourage the women to share their action plans from pages 117–120.

NEXT STEP

- Encourage your women to look at the chart on pages 121–122. Which truth did they rate the lowest? Have them write that truth on a 3x5 card or on their phone to look at this week.





SESSION SEVEN

Restoring Intimacy with God

God has invited you to lead and go through this study, *Sex and the Single Girl*, not because He wants you to “clean up” your sex life nor because he wants you to “fix” others. We can obey all of the Christian “rules” about sex and still be very distant from God, locked in fear, and hindered by brokenness or legalism. God wants a relationship with us. He offers complete freedom in forgiveness and the power to live with a new identity! One of your goals as the leader this week is to help women know that they can ask God for forgiveness and experience it. This is so important because our sexual experiences often keep us from intimacy with God. We build up walls or run from God. The good news is that God never moves. He is right there next to us ready with an open embrace.

SESSION SEVEN

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

2

Discussion - Week 6 (30–40 min)

3

Introduce the Material & Assign Homework (5 min)

- Homework: On pages 144–145 answer the self-reflection and discussion questions

4

Prayer Requests & Closing Prayer (5–10 min)



DISCUSSION QUESTIONS

DAY 1

- How would you describe your personal relationship with God? What barriers do you feel stand in the way of you actually knowing God? (Page 127)
- Do you assume sexual sin is worse (or harder for God to cleanse) than other sins? Why? (Page 127)

DAY 2

- Read Psalm 32:1–5. What was David’s relationship with God like when he hid (or lied about) his sin? What did David do to “come out of hiding?” (Page 131)
- Read 1 John 1:8–9. What do these verses say is the difference between hiding sin and confessing it? (Page 131)



DISCUSSION QUESTIONS

DAY 3

- Think back on a time when you felt guilty and then look at the chart on the top of page 134. Knowing the characteristics of God's voice versus Satan's voice, who was speaking to you? How do you know? (Page 134)

DAY 4

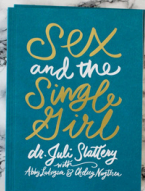
- Activity in group: On page 137 the women were given an activity during Day 4 of their homework. Some may have done this and others might not have, but this is a powerful activity to do together. Ask them to write down on a separate paper any sin areas in their lives where God is calling them to confess, repent, and draw near to him again. Ask God to reveal any unconfessed sin. As he brings sin to mind, have the women write each down on the paper and specifically confess them to God. Next have them write the words of 1 John 1:9 across the list of sins. As a symbol of his total forgiveness, tear the list up and throw it away. Ask, *how did this activity impact you?*

DAY 5

- Read Luke 7:36–50. What did you learn about the woman? How is she like you? Unlike you? Why do you think she was so desperate to be near Jesus? (Pages 138–139)
- In what ways are you holding on to your old identity and not allowing God to change you completely? (Page 141)
- How will you respond to God's invitation to forgiveness, freedom, and a new you? What is one way you can bring your shame or hidden wounds before the Lord this week? (Page 141)
- Brainstorm a few action steps you can take to allow Jesus to tear down the strongholds in your life so you might know true intimacy with Him. (Page 141)

NEXT STEP

- Encourage your women to look at the chart on pages 142–143. Which truth did they rate the lowest? Have them write that truth on a 3x5 card or on their phone to look at this week.



SESSION EIGHT



Now What?

If you have the time, we encourage leaders to add this week to the study to wrap up and provide next steps for the women. On pages 144–145 in *Sex and the Single Girl*, there are self-reflection and discussion questions. We encourage you to go through these with the women. We are including the questions below. Feel free to choose your favorites.

SESSION EIGHT

1

Welcome & Opening Prayer (10–15 min) & Ice Breaker (5–10 min) (optional)

2

Discussion - Week 7 (30–40 min)

3

Prayer Requests & Closing Prayer (5–10 min)



DISCUSSION QUESTIONS

BACKWARD-LOOKING

- How would you describe your view of sexuality when you first started this study?
- Did you have an “ah-ha” moment that powerfully impacted you? If so, when was that moment?



DISCUSSION QUESTIONS

INWARD-LOOKING

- What are a few ways you've developed or grown as a result of what you've learned?
- Of all the topics addressed in this study (boundaries, temptation, character, etc.) which do you feel you are strong in? Which do you feel you are weak in?
- In the area(s) you are weak in, what steps will you take to develop and strengthen them?

UPWARD-LOOKING:

- What have you learned about God throughout these six weeks?
- What are a few ways God has spoken to your heart?

FORWARD-LOOKING

- What is your next step in living out what you've learned?
- What are a few practical tools you gained from this study that you can take with you into daily life?
- Are there Scripture verses that really stuck out to you that you'd like to commit to memory? If so, make a list of them and consider transferring them to a notecard or your phone for continued meditation.
- What are a few principles on sexuality you can share with a friend or peer when the time is right?
- Can you think of a few friends or peers that you believe would really benefit from this study?
- Brainstorm names and pray about reaching out to them.
- What suggestion(s) would you give to someone starting this study that would help her get the most from it?



Scan the QR code
for follow up
resources or click
the link [here](#).

A Note From Juli



Friend,

Thank you for your effort and willingness to bravely bring God's healing truth to others!

We hope this isn't goodbye! Just because your group finished the *Sex and the Single Girl* study, we don't want to lose touch with you or the women in your group. Connect with us through authenticintimacy.com, Facebook, or Instagram.

Thank you for persevering in finishing this study! I pray God is using it to change and equip you to reach a hurting world. This is just an introduction to the concept of sexuality. I trust that you are hungry to learn more about God's design for sexuality and his redemption in response to our brokenness.

The ministry of Authentic Intimacy exists to encourage you on this journey as we continue to develop resources and a community for men and women. We have podcasts, blogs, books, conferences, trainings, webinars, and other materials to help you apply the biblical narrative to the questions and problems you may face related to sexuality. You are not alone!

Finally, we would love to hear from you! Please let us know about your group experience and any feedback you have as we strive to serve God's people more effectively.

All for Him
Juli



The background of the image is a white, wrinkled fabric. In the center, there are several teal-colored book covers stacked on top of each other. The top cover has the word 'Sex' in large, gold, cursive script. Below it, the word 'Girl' is also in gold cursive. Underneath 'Girl', the author's name 'dr. Juli Slattery' is written in a smaller, white, cursive font. Below the author's name, it says 'with Abby Ludvigson & Chelsey Nugteren' in a smaller, white, cursive font. A teal rectangular box with white text is overlaid on the middle of the books.

TIPS WHEN FACILITATING

Tips WHEN FACILITATING

Tips for Engaging the Discussion:

Some groups may be naturally talkative, but others may need a little coaxing. To help kickstart discussion, choose a few open-ended questions, especially any that speak more to a person's experience or perspective rather than right or wrong concepts. You can also ask for participants' reaction to the material or if anyone has had an experience akin to an example used.

Questions where the answers are obvious can sometimes stifle discussion, while too abstract questions can confuse group members. If no group members are responding to a question, resist the urge to answer it yourself. Instead, try to restate the question using different words, or allow for some silence. Group members may just be formulating their thoughts, so allow for a little time. If the question, *"How is the gospel revealed in sexuality?"* is receiving blank stares, try asking, *"What were you taught about the purpose of sexuality growing up?"* Referring to the past can often be a safe way to get topics started if people still aren't sure what to make of the material.

If you know group members well, you may consider calling on someone for an answer, but be very careful that you aren't pressuring someone to share something they aren't comfortable sharing.

A discussion dominated by one person isn't healthy, even if it is more active than silence. If a few people tend to dominate the conversation, you may want to ask for a response from anyone who hasn't yet spoken, or ask a quiet person if there are topics she'd like to discuss or questions she might have. You could say something like, *"We want to be sure that everyone who wishes to speak has the opportunity to do so,"* or *"Would anyone on this side of the room like to share?"* If necessary, speak to the person who is dominating the conversation after the group. Let them know that you appreciate their participation, but that it is also important to give others the opportunity to share their thoughts. Affirm them, but it must be clear that everyone must be given an opportunity to share.

Tips WHEN FACILITATING, CONT.

When Group Members Disagree:

There is no guarantee that group members will agree on issues of sexuality or that their beliefs will be rooted in the Bible. When group members disagree, don't panic. Sometimes a difference of perspective can lead to great discussion. If someone leads with a very different perspective on sexuality, do not think you need to immediately prove them wrong. Ask questions. How did they come to that conclusion? You can point back to specific Scriptures or to content in the resource. (Let the authors take the heat, in a sense.)

The key is to approach with humility. This is not a matter of being right or developing the best theological defense. Often, contradictory opinions are born out of pain. Be sensitive that your group members may have sexual pain from their past, and never let the goal of your group be to "fix" someone.

If a group member becomes verbally forceful, it's time to redirect. You could even take a moment to pray with the group, that God would reveal the truth of that matter, and that you will work together to find it. If verbal aggression around disagreements becomes a reoccurring issue, address it with the instigating member.

If a group member is making sexual choices that are contradictory to biblical standards of sexuality, for example, an unmarried couple living together, it's important to remember you do not need to be the Holy Spirit for them, convince them why they are wrong, or convict them. Instead, love them and pray for them. Don't be afraid to ask honest questions, but remember to show love and grace, which begins with humility. Be careful to not let a blatant untruth be treated as truth. If someone makes a proclamation to the group that affirms or approves of sin, gently provide the biblical perspective in response. Return to Scripture when needed to provide a foundation for truth.

When Pain or Brokenness is Revealed:

Sexuality may represent the darkest, most shameful and painful part of your group members' lives. At some point, someone may share a past experience or a current struggle that leaves you speechless. Here are some tips for wading into the brokenness:

Grieve with them.

"Rejoice with those who rejoice, weep with those who weep" (Romans 12:15).

When faced with the damage of evil and sin, sometimes your best option is just to grieve with the hurting person. Don't think you need to have a solution or provide some key piece of advice. Depending on where the person is on their journey, advice may be well received, but they may just need to lament and no longer feel alone in the pain.

Care for the rest of your group.

A raw display of pain or brokenness can knit a group together. You may not have had similar experiences, but someone else in your group may have walked that path before and be able to offer insight and encouragement. If your group is rallying around the hurting group member, embrace the messiness and lean in. However, if the display of pain or brokenness is making the rest of your group uncomfortable, or if the details being shared are infringing on the discussion guidelines, you may need to find an opportunity to speak privately with the hurting group member. Don't be worried if the honesty redirects discussion for a short time. But, if the hurting member is repeatedly derailing your time together or preventing discussion on the material at hand, you may need suggest that they seek outside help for what they are walking through.

Follow up.

Sharing something painful takes courage, so thank the group member for his or her honesty and authenticity. If the hurting group member is still in the depths of pain, it may be good to send them an encouraging note after the meeting or follow up a few days later to see how they are doing and processing.

Ask for help.

Part of a good leader's job is recognizing when an issue goes beyond the scope of the group or your expertise. You may encounter situations that involve past abuse and trauma, sexual or substance addiction, possible domestic violence, an active affair or mental illness. It is not your job to diagnose or to provide counsel in such situations. This group is intended to be for encouragement and education, not therapy. Offering advice on difficult and sensitive issues may end up doing more harm than good, even if you are well-intentioned. It is wise to be aware of respected Christian counselors in your area to which you can refer when necessary.

Here are links to ministries we trust and often refer people to:

- [MyCounselorOnline](#)
- [Focus on the Family Counseling](#)

DO YOU NEED
MORE HELP?

Email
info@authenticintimacy.com

Meeting Follow-Up:

After each meeting, you may want to consider sending out the list of prayer requests, links to any referenced resources, or a brief summary of the time you spent together.

If the homework for each week is not self-explanatory, it is very helpful to post or email the homework so that anyone who missed the meeting can be prepared for the next week.

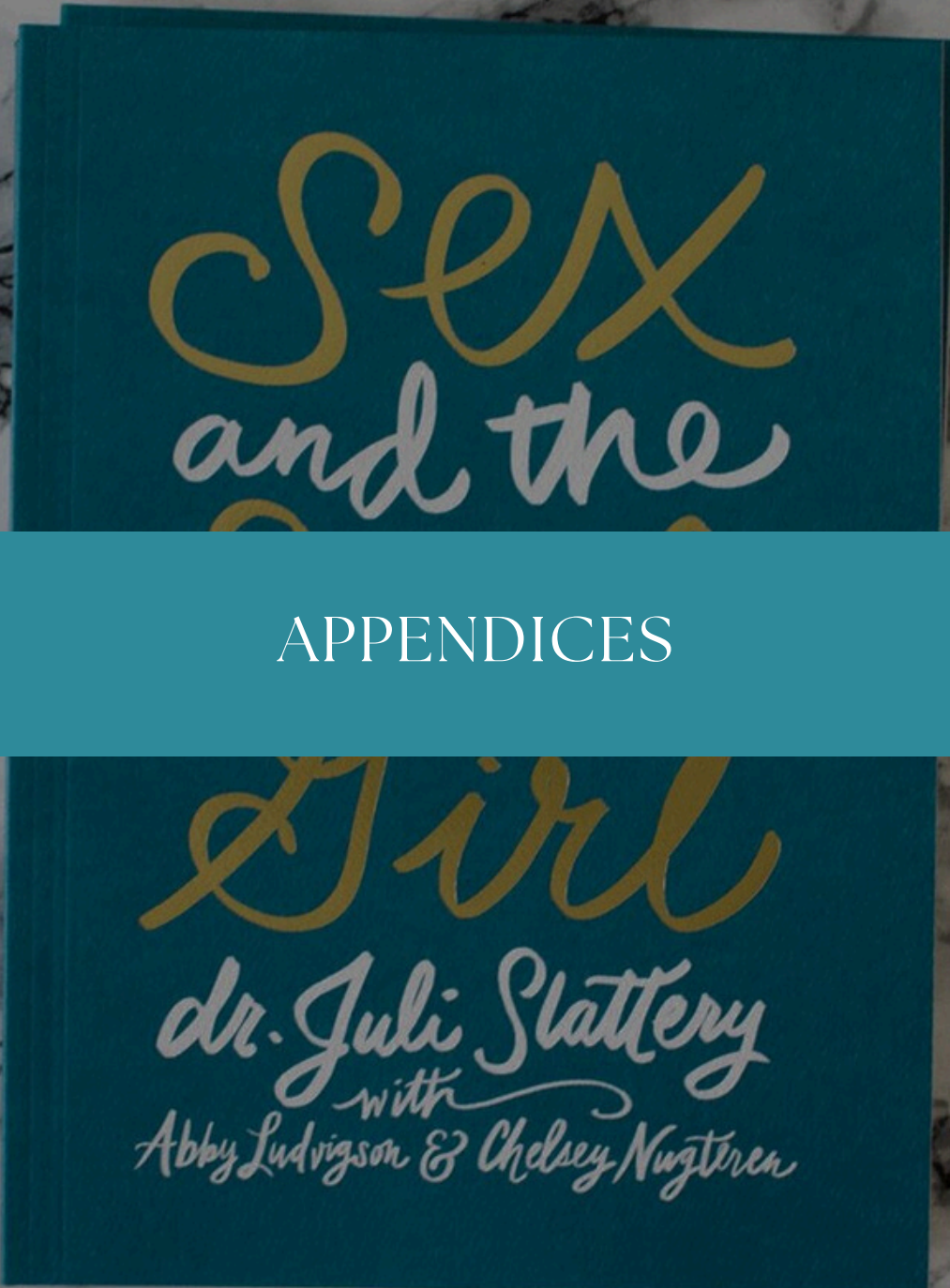
Ending a Group:

Every group must come to an end. Here are some tips for handling the end of your group:

- Set aside some time at the end of the group for reflection. Ask about takeaways from the group, what was surprising, or what members want to know more about.
- Set aside time in your last meeting to pray together.
- Send an email to members with next steps and how they can continue to engage with materials when the group ends.

Caring for Members Who Miss Meetings:

It's unlikely that all of the members who sign up will attend every single week. There may also be members who miss a few meetings in a row without an explanation. If you find that any members have stopped interacting or attending, you may want to send a quick email asking how you can be praying for them or whether they need any help getting caught up. Some people may leave and never respond, but reaching out after someone misses a meeting or two can help people stay engaged and feel valued.



SEX
and the

APPENDICES

Girl
dr. Juli Slattery
with
Abby Ludvigson & Chelsey Nugteren

APPENDIX A:

SAMPLE GROUP COVENANT

Group Facilitators:

1. Copy and paste the covenant below into a new document.
2. Customize it to fit the details of your study.
3. Share the covenant with your group on or before the first day you meet.
4. During your first meeting together, read through the covenant with your group.
5. Ask each participant to affirm their agreement to these standards for your time together.
6. Record everyone's name who affirmed the covenant on this document.

Small Group Covenant:

Our group will be studying *Sex and The Single Girl*.

We will be meeting from _(Date)_ through _(Date)_ on _(Day of week)_ from _(Time)_.

To get the most out of this study and ensure the best experience possible, we agree together to live by the following standards throughout our time together doing this study:

- We agree to be on time in order to respect others.
- We agree to keep things said in group confidential.
- We agree to attend group as faithfully as possible making it a priority.
- We agree to participate in group, while being careful not to dominate.
- We agree to treat one another with respect at all times, especially in times of disagreement or conflict.
- We agree to pray and support one another throughout our time meeting together.
- We agree to give our full attention to the group and study (as much as we are able) during the meeting time, and limit distractions in our surroundings.

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” -Hebrews 10:24-25

I am in agreement with this Group Covenant:

APPENDIX B: ICE BREAKERS

- Best/Worst: Have each person share their best and worst moments from the previous week.
- Most Unique: Have each person share something that makes him or her unique, such as “I’ve never left the state I was born in” or “I am one of 10 kids.”
- Two Truths and a Lie: Have each person make three statements about him or herself: two true statements and one lie. For example: “*I’ve never broken a bone. I have five sisters. I was born in Yugoslavia.*” The group tries to guess which statement is the lie.
- What do you do for fun?
- What would be your ideal vacation?
- What is the most memorable activity you did with your family as a child?
- What quality do you appreciate most in a friend?
- What is one characteristic you received from your parents that you want to keep and one you wish you could change?
- What is a good thing happening in your life right now? What makes it good?
- If you knew you couldn’t fail and money was no object, what would you like to do in the next five years?
- What would you like said at your funeral?
- When, if ever, did God become more than a word to you, and how did it happen?
- If you could talk to anyone in the world (alive or dead), who would it be? Why?
- Deserted Island: Ask: “You’ve been exiled to a deserted island for a year. You are told you may take three things you want, apart from the essentials. What would you take and why?”
- Heroes: Ask each member to name three people, past or present, he or she admires. Why?
- What was a typical dinner growing up? Or what meal makes you think of home?
- Describe your week in terms of weather (metaphorically).
- If you could keep any animal as a pet (regardless of whether it is tamed or not and assuming you could care for it effectively), what animal would you pick?
- If you could have dinner with anyone, past or present, who would it be?
- If you could travel anywhere in the world, all expenses paid, where would you go?
- How have you seen Jesus show up in the last few weeks?
- If you know it, what’s your spiritual gift?

APPENDIX C: HELPFUL JAVA WITH JULI EPISODES AND RESOURCES

Some of our Java with Juli episodes will be locked as member-only resources and others will be open to the public. You can become an Authentic Intimacy member [here](#) to have access to all of the content below.

Java with Juli Episodes:

- [#133 “How to Follow Jesus in an UnChristian Culture”](#)
- [#139 “Why Your Story Matters”](#)
- [#146 “All You Need is Jesus... and Your Therapist”](#)
- [#160: “Why God Created You to be Sexual”](#)
- [#166 “We Are All Sexually Broken”](#)
- [#192 “Engaging in Restorative Relationships”](#)
- [#203 “Navigating Different Views on Sexuality”](#)
- [#236 “Pursue Wholeness, Not Purity”](#)
- [#273 “Tell Someone You’re Broken”](#)
- [#297 “Finding Freedom in the Midst of Brokenness”](#)

Authentic Intimacy Blogs:

- [“The ‘Why’ for Every Sexual Question”](#)
- [“Why your Story Matters”](#)
- [“You Can be Single and Sexual”](#)

Other Ministries and Book Recommendations:

- [MyCounselor.Online](#)
- [Is God Anti-Gay? - Sam Allberry](#)
- [Holy Sexuality and the Gospel - Dr. Christopher Yuan](#)
- [Gay Girl, Good God - Jackie Hill-Perry](#)
- [7 Myths About Singleness - Sam Allberry](#)
- [Born Again This Way - Rachel Gilson](#)
- [People to be Loved - Preston Sprinkle](#)
- [Unwanted - Jay Stringer](#)
- [Messy Grace - Caleb Kaltenbach](#)
- [Embodied - Preston Sprinkle](#)



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