



Reflection Guide
Sermon Title: I Need Somebody To Help Me

Key Takeaways

- ⇒ Those who are reckless relationally will eventually be ruined emotionally.
- ⇒ A soul tie is an emotional and relational bond formed through physical intimacy that continues to exert influence over your thoughts, decisions, and vulnerabilities long after the relationship has ended.
- ⇒ There are three approaches to dating.
 - Culture's Way: Enjoy and Attachment
 - Church's Way: Avoid Sin and Rush In
 - The King's Way: Discern and Decide

Personal Reflection

1. What is one decision in your life, relational or otherwise, that you wish you had approached with more discernment? What did that experience teach you?
2. How did you grow up thinking about dating? Was it shaped more by culture, church, or something else?
3. "It is difficult to have a good relationship with a bad pick." What makes picking well so difficult in practice?
4. Pastor Dharius drew a distinction between the gift of discerning spirits and the capacity of discernment. Before this sermon, how has your understanding shifted or expanded about discernment?
5. Pastor Dharius defined a soul tie not only as a spiritual union through physical intimacy, but also as a strong emotional memory of an experience that creates complexity around someone who did something good to you but was not good for you. Have you seen this dynamic play out in your own life or in the lives of people close to you?
6. Soul ties increase temptation, infect discernment, and intensify shame. Which of these three effects do you think is most underestimated in conversations about relationships and why?
7. "Your esteem impacts what you find attractive." Do you believe that is true? How have you seen a person's self-perception shape who they pursue or who they allow to pursue them?