

# » IT'S **NOT** JUST YOU

BY **ASHLEY CHESNUT**

DISCUSSION GUIDE

CHAPTER-BY-CHAPTER QUESTIONS  
FOR INDIVIDUAL OR GROUP USE

## CHAPTER 1

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1. Ashley gives results of an anonymous sexual survey of seventy-four single women in their twenties and thirties on page 8. Look back over those findings. What surprises you about those numbers? What findings are in line with what you'd expect? Why do you think so many single women are struggling in so many different areas of sexual brokenness?
2. Next, Ashley quotes results from another survey regarding biblical teaching on issues of sexuality on page 9. Of these findings, what surprises you and which results meet your expectations? Discuss any biblical teaching you've heard on the topics Ashley lists.
3. How do you respond to the statement, "we're all sexually broken"?
4. How does the storyline of the Bible—creation, Fall, redemption, and consummation—offer answers and insight into the problem of our sexual brokenness?

## CHAPTER 2

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1. How do you relate to the stories of Lucy and Sadie? How have you resisted Christ's Lordship in your life—whether it involved sexual sin or some other type of sin
2. What does it mean that we are "born into sin"? Why is this important to understand when it comes to struggling with sexual sin?
3. Read Romans 7:15, 18b-19, and 21-23. In your own words, describe what Paul is saying here. How do you relate to these passages? When have you experienced this in your life?
4. Have you ever considered that "temptation is a form of suffering"? How do you respond to that idea? Where do you find hope and strength when you face temptation?

## CHAPTER 3

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1. Assess the damage and hurts in your life. How will you respond, without wallowing your past, to effectively address your wounds?
2. How have you seen Satan use deception in your life? What lies do you believe about yourself, your situation, others, or God?
3. What coping mechanisms do you use to deal with pain? How do you self-medicate? What does it look like to go to God with your hurts rather than coping in unhealthy ways?
4. How does knowing that God has already won the war and Satan is defeated empower you to fight?

## CHAPTER 4

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1. Read through Genesis 1-2. By looking at how God created humanity, gender, sex, singleness, and marriage, what do you learn about his perfect design for them? What boundaries did he establish, and why is it important to understand those?
  2. What does God mean when he says He'll make Adam "a helper corresponding to him"?
  3. What do you think about experiencing "fullness of joy" in God's presence? Why does a relationship and time spent with God bring joy?
  4. How do your sexuality and your being bought with a price relate? Why is this important to consider when making decisions about your sexuality?
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## CHAPTER 5

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1. How does our culture view sexual fulfillment? What does the Bible have to say about sexual fulfillment? Why are these aspects of sexuality critical to understanding the topic of homosexuality from a biblical perspective?
2. How does sex between a husband and wife reveal the relationship between Christ and the Church? Why is it important to understand this meaning of sex?
3. How do you respond to Ashley's explanation of what the Bible says about homosexuality? How do you respond to this statement on page 57: "A sexual act may be legalized or culturally lauded, but that doesn't make it right or acceptable to God"?
4. Why is homosexuality anti-biblical? Give examples from Scripture.

## CHAPTER 6

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1. In your own words, describe why God's design for sex is relational. Give examples from Scripture to support your answer.
2. How do each of the sexual topics Ashley covers in this chapter violate God's requirement that sex be relational: masturbation; sexual fantasy and erotica; bestiality; sexbots, sex toys, and sexual fetishes; and BDSM?
3. What are some helpful questions to ask when determining if a sex toy or sexual act is permissible for a husband and wife?
4. In what ways may the Enemy be deceiving you to make you feel as though you are missing out when it comes to your sex life? How will you refute his lies?

## CHAPTER 7

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1. How does an understanding of God's covenants with His people inform the meaning of the marriage covenant? Why is a sign for a covenant important to the parties in the covenant? What is the sign of the marriage covenant?
2. Discuss the biblical reasons for divorce and remarriage. What does Scripture say about each? (1 Cor. 7:10-16; Matt. 5:31-32; 19:1-12; Mark 10:1-12)
3. How does Ashley's explanation of "how far is too far?" clarify for you what constitutes sexual immorality? What surprises you about the points she discusses?
4. How do cohabitation, oral sex, and looking at porn with your spouse align with or contradict God's design that sex is covenantal?

## CHAPTER 8

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1. Give examples of how sex is fruitful. How does regarding sex's fruitfulness affect the way we view it?
  2. Is it okay if Christian couples choose to not have children? Why or why not?
  3. How can single people or couples struggling with infertility still be fruitful?
  4. How does abortion contradict God's design that sex is fruitful?
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## CHAPTER 9

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1. In your own words, describe selfless sex.
2. What do you know about AR/VR relationships? Why are they considered selfish as opposed to selfless?
3. Why is our attire a matter to address when considering God's design that sex is selfless?
4. Read through Hosea 1–3. What do you take away from this portion of Scripture? How do this relate to selfless sex?

## CHAPTER 10

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1. Why does our culture support “enjoying the benefits of covenant without actually having committed to that covenant in the first place” (page 122)? What makes doing so attractive? Why is doing so sinful?
2. How is sex within the marriage covenant symbolic of the covenant relationship between Christ and His Church?
3. What are the similarities and differences between polygamy, polyamory, and swinging? Why does God call these types of sexual relationships sinful?
4. Consider that the Bible begins with a marriage (Genesis 1-2) and ends with a marriage (Revelation 19). How does this support the claim that marriage exists for God's glory, not ours? How do you respond to that truth?

## CHAPTER 11

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1. Why is “follow your heart” bad advice?
2. Using the webbing tool Ashley outlines on pages 131-136, identify and work through uncovering a root cause of a certain emotion or sexual behavior. What did you learn about yourself in this process? What did you learn about God? What did you learn about others?
3. How does real transformation happen? What do you need to do to be transformed by God?
4. Read through the Scriptures listed on pages 139 and 140. Which of these stood out to you? What is God teaching you through His Word?

## CHAPTER 12

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1. Answer the questions Ashley offers on page 146:
    - Why is God worthy of your resistance to temptation? What is His character?
    - Why do you want to resist temptation? Why is it important to you?
    - What result are you hoping for?
    - What would life be like if you did not give into your sin struggle? How would your life be different than it is now?
  2. Which is a more effective motivator for fighting your sin and obeying God—duty or love? Why?
  3. Review Colossians 3. How will you use it as your “playbook” for fighting sin, both offensively and defensively? Give specific examples that you can apply in your life.
  4. Which of the truths about your identity in Christ from Colossians 3 do you most need to remember right now? How do these truths encourage you to fight your sin and obey God?
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## CHAPTER 13

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1. What would it look like for you to grow emotionally so that you most accurately reflect God emotionally?
2. How do you respond to the statement, “As a Christian, you can help how you feel. You’re not at the mercy of your emotions” (page 159)?
3. What circumstances has God allowed you to experience in order to grow your faith?
4. What is the greatest challenge you’ve faced when it comes to connecting your knowledge of God’s truth and your feelings? How can you overcome it to find connectedness?

## CHAPTER 14

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1. Using the reflection questions on page 176, how would you describe the current state of your spiritual health? What one step will you take to grow your relationship with God this week?
2. What is the difference between resting from work and escaping from it?
3. Define your support system and life-giving relationships that help you as you minister to others who drain you.
4. How is God calling you to walk alongside a friend or loved one who is struggling with sexual brokenness? What do you need to do to be equipped to help them?

## CHAPTER 15

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1. Do you believe that healing only occurs within a flourishing community? Why or why not?
  2. When has the local church modeled what the Body of Christ should be in your life? When has it disappointed you? How have these experiences shaped your relationship with the local church?
  3. What does it look like specifically in your life to walk in the light? What areas of darkness do you need to flee from?
  4. When have you felt like your sin was “too much” for Jesus? How does it feel to know that you are not “too much” for him?
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