Lesson goal: Maintaining sexual integrity is essential to maintaining sobriety. It is very common for guys to relapse right after falling sexually.

1 CORINTHIANS 6:18 (NIV)
Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.

Things to Understand About Lust
• Most men don’t need to know that they shouldn’t lust, but how to resist it.
• Lust is a pitfall that many graduates struggle with because they swallow lies from the enemy.
• There have been recent studies that have shown up to 60-70% of men in churches look at porn of some kind on at least a monthly basis. There is a battle raging against the church. You aren’t alone.
• The root problem is not about a strong sex drive, or being a man, but a lack of ability to deal properly with internal pain and difficulty.
• Masturbation and porn will destroy you spiritually if left unchallenged.
• Getting married won’t help it. It is best to get it under control before marriage.

Victory in this area is not achieved like a trophy that you earn and put on the shelf; it is more like being an undefeated football team while the season is still going on. The only way you maintain victory is by continuing to practice. When a team stops practicing and stops being disciplined in their eating or sleeping habits, they will soon be defeated.

Conquering Sexual Sin
• Step 1 – Truly wanting to change – coming to the end of yourself
• Step 2 – Giving things up, making sacrifices to achieve success
• Step 3 – Acknowledging small successes
  o Turn off the butt-kicking machine that constantly condemns you.
• Step 4 – Building a completely restructured lifestyle
  o On average, those who end up walking in victory in this area find themselves changing around 30 to 40 distinct areas of behavior in their lives.
• Step 5 – Seeking God
  o If you stop doing these things you were dependent on, you will automatically go to some different excess.
  o You need to put God in the position of being the one you derive meaning from and are dependent on. He will heal you and reduce the internal tension.
• Step 6 – Accountability
  o Finding an accountability partner is essential to maintaining victory in your life.
  o All you need is someone you can trust who will ask you certain questions every week. If you can find someone who has gained victory in this area, great!
  o It is more important for a partner to be consistent, and willing to ask you the questions you give them, than spiritually mature.
  o Finding a mentor who can give you wise counsel can also make a big difference.

What are some temptations you have faced recently in this area?