

Building Sexual Integrity – Lesson

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
 - Turn off the butt-kicking machine that constantly condemns you.
- Step 4 – Building a completely restructured lifestyle
 - 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
 - If you stop doing these things you were dependent on, you will automatically go to some different excess.
 - 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
 - Finding an accountability partner is essential to maintaining victory in your life.
 - 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!
 - It is more important for a partner to be consistent, and willing to ask you the questions you give them, than spiritually mature.
 - 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?