

Building Sexual Integrity – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

One of the most difficult aspects of gaining victory in this area is coming to a point of resolve and truly not wanting to do this anymore. Really believing that God's way is better. The fact is, we eventually do what we really want to do. If, in our hearts, we want to get as close to sexual sin as possible because we like it, then we will never gain victory in this area. The good news is that many of the principles of maintaining victory in this area are the same used in maintaining victory over drugs and alcohol. One difference is that sexual desire is always with us, indulging in it is free, and is usually undetectable by others for quite a long time. First, write out the good things that sexual sin does for you, and reasons you like it. Then, write out the negative consequences and the bad that comes from it. Then take some time to read both lists and compare the benefits with the consequences and decide what you really want to do.

Day 2

Coming to a point of being willing to do anything it takes to gain victory is essential to gaining victory. Being willing to take suggestions and trust those who have gained victory in this area are important parts of this. These are principles of success in any area. This includes making sacrifices of things that are not sinful. How far are you willing to go in order to walk in victory? On average, those who find victory in this area end up changing dozens of areas in their lives. How many things have you changed about your lifestyle in order to maintain victory in this? Make a list of all the things you have changed in your lifestyle so far.

Day 3

Memorize

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.

Day 4

The longer you walk in sexual integrity you begin to see how things are connected. If you are eating properly, sleeping properly, exercising, and being responsible around the house, it becomes much easier to maintain victory in the sexual areas of your life. Things that seem to have no logical connection seem somehow connected. Self control is something that affects every area of our lives, and it is one of the fruits of the Spirit, indicators of true Christians. The question to ask yourself is not if this is sinful or not, but will this make it harder for you when temptations come?

Write some things you feel God is asking you to change to make it easier to gain victory.

Day 5

The most important area for maintaining sexual sobriety is developing your walk with God. We all need a sense of wonder to make life meaningful, whether we admit it or not. We get that from different places, but God is the only one who can completely satisfy that need for "WOW!" Find some good Christian books that really open your mind to thoughts about God and spend time in His presence daily. Ask God to begin revealing areas in your life that need to be healed by Him and begin seeking him to do that.