

STRIVING FOR SEXUAL PURITY FOR WOMEN

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Why this Topic?



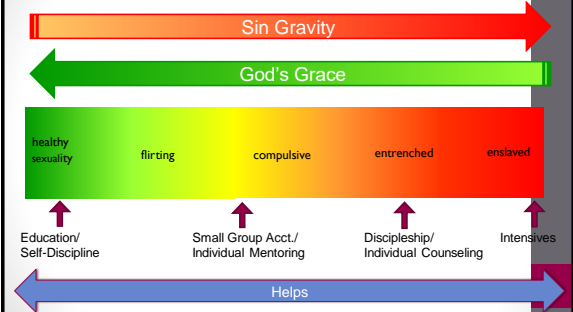
The Struggle for Sexual Purity

- It is more common in females than one would expect.
- It is not just a male "thing".
- Is not a "said it, done with it" thing.
- Can vary in intensity day to day and at different life stages.
- We are called to purity of heart!

Matthew 5:8

"Blessed are the pure in heart for they shall see God."

Sexual Addiction Continuum with Helps



Our Presentation Perspective

- Don't despair or be shamed into silence if your struggle seems overwhelming. Realize there is hope!
- If you do not struggle in this area, how can you seek to help those who need help?



Creation, Sin, Redemption

John 1:3

"All things were made by him; and without him was not any thing made that was made."



Biblical Creation Concepts:

- Created male & female:

Genesis 1:27

"So God created man in his own image, in the image of God created he him; male and female created he them."

- Created sexual:

Proverbs 30:18-19

"There be three things which are too wonderful for me, yea, four which I know not: The way of an eagle in the air; the way of a serpent upon a rock; the way of a ship in the midst of the sea; and the way of a man with a maid."

Biblical Creation Concepts:

- Created Marriage:

Genesis 2:24

"Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh."

- God is one:

John 17:21

"That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us..."

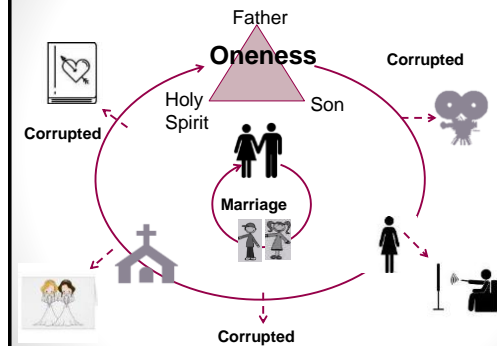
Sin Changed Things



Romans 5:12

"Wherefore, as by one man sin entered into the world..."

Unity Hijacked



Help to Sexual Purity:

Take control of your sex education.

- We are continually being influenced sexually:
 - Fashion
 - Definitions of beauty
 - What makes us complete or happy?
 - In our Identity
 - Media & entertainment

"Therefore see that you walk carefully [living life with honor, purpose, and courage; shunning those who tolerate and enable evil], not as the unwise, but as wise [sensible, intelligent, discerning people] Eph. 5:15 AMP

Help: Take your cue from the Trinity.

Example: Learn to spot and reject the subtle and overt falsehoods of Satan's messages on sex.

Resources: Meditate on Genesis 1, 2; John 21, 1 Cor. 6, 7

Redemption



Colossians 1:14

"In whom we have redemption through his blood, even the forgiveness of sins."

Micah 7:8-10

"Rejoice not against me, O mine enemy: when I fall, I shall arise; when I sit in darkness, the Lord shall be a light unto me..."

"He will bring me forth to the light..."

"... I shall behold his righteousness."

Get up

Stay up

Move up

Pathway to Purity

There is Hope!

Shame alone leads to further indulgence.

Gospel

↓

Forgiveness leads to healing.

Now being made free from sin, and become servants to God... Rom. 6:22

WHO AM I?

I AM DEAD TO SIN

I AM A NEW CREATURE IN CHRIST 2 COR 5:17

TURN AWAY FROM SIN

I AM A SON OF THE FATHER 1 JN 3:1

I AM HIS WORKMANSHIP... EPH 2:9

I AM RESPONSIBLE TO GOD COL 1:10

I AM TIMELY AND UNRELIABLE WHEN SINNING COL 3:22

"LIKEWISE RECKON [CONSIDER] YE ALSO YOURSELVES TO BE DEAD INDEED UNTO SIN..." ROM 6:11

Help to Sexual Purity: Remember Who You Are

- If you are a believer, you are a new creature and have undergone conversion (metamorphosis).
- Knowing who you are goes a long way in helping you behave according to your identity.

"Likewise reckon ye also yourselves to be dead indeed unto sin..." Rom 6:11

Help: Speak the Gospel to yourself.

Example: "I am a new creature in Christ." 2 Cor. 5:17

Resources: Be refreshed in the Gospel.
Rom. 5-8, 1 Cor. 15, Eph. 2, Col. 1, 1 Pet. 1, Tit. 3

Vice to Virtue

Christ is a redeemer.

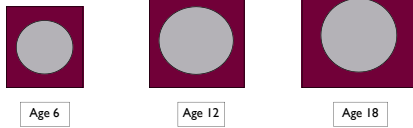
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He restores the virtue from the vice.

If you struggle with sexual sin, God's design for sexuality within you has been corrupted. Jesus can redeem this and restore it to His created purpose.



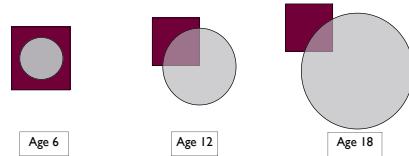
God's Design for Healthy Sexual Development



Sexuality is contained.

Legend:
 Square = Spiritual, Emotional, & Relational Development
 Circle = Sexuality Development

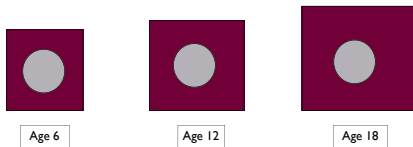
Sexual Development altered by pornography in early adolescence leads to sexual addiction and out of control behavior.



Sexuality is not contained – outpaces other development.

Legend:
 Square = Spiritual, Emotional, & Relational Development
 Circle = Sexuality Development

Inadequate Sexual Maturity



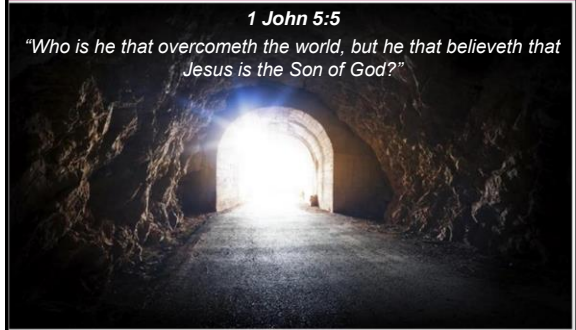
Sexuality is not keeping pace with development.

Legend:
 Square = Spiritual, Emotional, & Relational Development
 Circle = Sexuality Development

The Call to Overcome

1 John 5:5

"Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?"



What does Overcoming look like?

An overcomer SPEAKS...

- **Honesty:** They are truthful and do not minimize or hide their struggles or sin. Open about spiritual battles.
- **Practicality:** Address habits of temptation and high risk situations that they are facing. Don't wait until after a fall to speak up.
- **IN SET BACK:** An overcomer speaks quickly. Confessing sin soon after it happens. Meditate on Psalm 32 & 51.

An overcomer THINKS...

- **Spiritual growth takes time:** It is a necessary process in a believer's life. Don't walk quick from holiness to foundational. Bible verses are revisited and returned to on a regular frequency. **IN SET BACK:** An overcomer often understands the true "state of grace" and so on. Meditate on James 1.

An overcomer BELIEVES...

- **God's extension of forgiving grace is beautiful, but more beautiful is the grace which follows obedience.**
- **The direction of their heart must be toward God.** Hearing or being not stated or not the only measure of overcoming.
- **IN SET BACK:** An overcomer believes in the critical need for grace, repentance to healthy, restore God's forgiveness, and restore forward. Meditate on Romans 6-8.

An overcomer ACTIVELY...

- **Set boundaries and address to avoid temptation.**
- **Form accountability support with overcoming behaviors and submit to their counsel, even in times of victory.**
- **IN SET BACK:** An overcomer allows God's mercy not actively get back up. Meditate on Ephesians 6:17-24 & Colossians 3.

Temptation vs. Lust

Temptation

- "Enticement to partake of some activity which will lead to sin."
 - It is not sin to be tempted.
 - Temptation is being aware of and desiring sin.

Hebrews 4:15

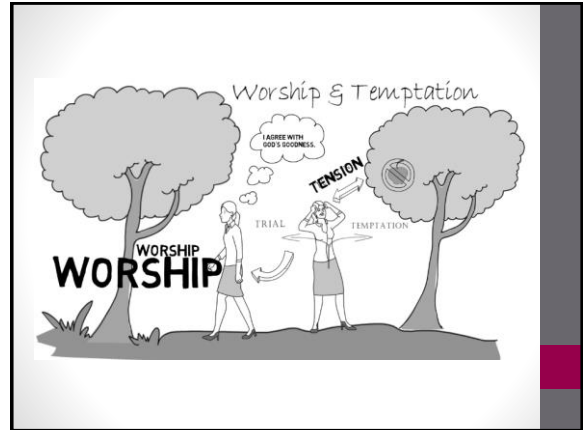
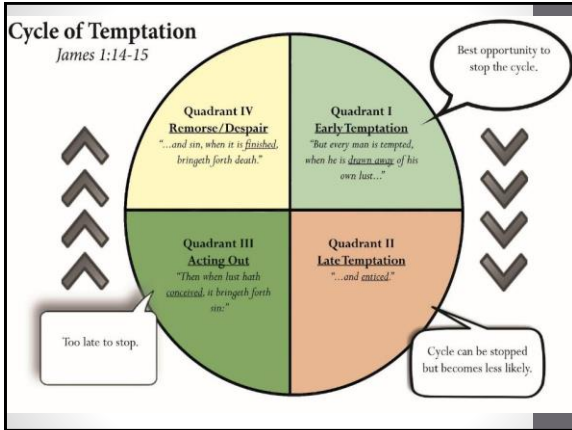
"[Jesus] was in all points tempted like as we are, yet without sin."

Lust

- "Covet or longing, especially for that which is forbidden."
 - Unrestrained sexual desire.
 - Self stimulation or masturbation.
 - Lust is sinful and never satisfied. (*Prov. 27:20*)

Pornography – anything that leads to or encourages sexual impurity.

James 1:15 "Then when lust hath conceived, it bringeth forth sin:..."



Help to Sexual Purity:

Temptation as a Gateway to Worship

- When we resist temptation we are agreeing with God's goodness. This is an act of faith and therefore worship.
 - The greater the temptation, the greater the faith and greater the worship.
 - It is not hypocritical to turn to God in the mist of sin.

"Blessed is the man that endureth temptations: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him." James 1:12

Help: Think... "Direction over location"
Example: I demonstrate faith by not watching that movie or reading that book. I demonstrate faith the moment I resist "fantasizing" about a relationship.

Sexual Impurity vs. Sexual Purity

Sexual Impurity	Sexual Purity
<ul style="list-style-type: none"> Unrest (<i>Psalm 32</i>) Fear of being found out/shame Loss of "nearness" to God Fear of not being available for God's service Slavery to sin (<i>Romans 6:12-13</i>) Feelings of "dirty" or "something is wrong with me". 	<ul style="list-style-type: none"> Peace of heart No need to hide anything from anyone Communion with God Communion with others Clear conscience <ul style="list-style-type: none"> <i>Psalm 24:3-4 "Who shall ascend into the hill of the LORD? or who shall stand in his holy place? He that hath clean hands, and a pure heart..."</i>

Overcoming Is...

- A continual **process** toward sanctification measured in degrees of success:
 - Striving to conquer and prevail
 - Often marked by one small step after another
 - Realizing it will not be instant success
 - Never giving up.
 - Remembering it is a heart issue.
 - Hating all impurity.

John 16:33
These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Help to Sexual Purity:

Make Commitment

- Commitment is at the heart of God. God's covenant towards us is central to His Gospel purposes. He delights in commitment and offers special grace to those who step out in faith.
 - Requires faith.
 - Exposes your heart.
 - Sin is more convicting when commitment is violated.
- "I will set no wicked thing before my eyes..." Ps. 101:3*

Help: Like Daniel, purpose in your heart not to defile yourself.
Example: "I will not watch that movie or read that book as it creates a fantasy world and steals my contentment."
Resources: Over 180 times in the *Psalms*, David models commitment. Use *Psalm 101* as an example.

Triggers And Vulnerabilities



Be Aware of Triggers

Create 'advanced warning systems' in order to deal with vulnerabilities (either **Internal** or **External** Triggers) in the Early Temptation phase.



Triggers can take 2 Forms

Internal – Feelings or Emotions

- Anger
- Boredom
- Confusion
- Depression
- Entitlement

External – Activities or Situations

- Alone watching a movie
- Novels
- Loneliness or discontentment
- When with a certain friend or in a certain environment.

Help to Sexual Purity: Radically Amputate

- Consider the intensity of the message that Jesus is giving: all earthly pursuits (novels, movies, inappropriate male relationships, alone time, etc.) that will lead us to sin must be abandoned regardless of how gratifying they are to the flesh.

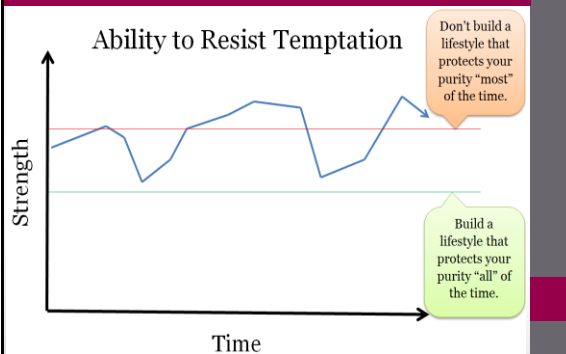
"And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish..." Matthew 5:30

Help: Make an inconvenient sacrifice that profits your purity.

Example: Novels, movies, inappropriate relationships

Resources: Refer to the "Trigger" and "Venue" lists to help identify possible amputations.

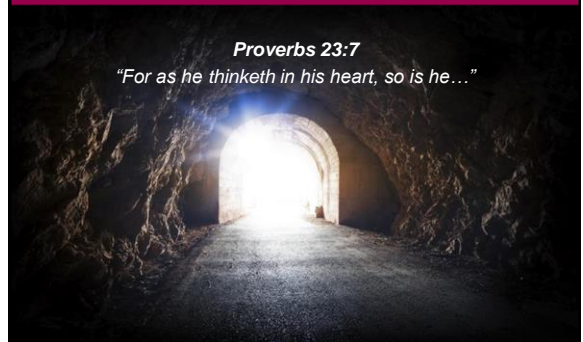
Build a lifestyle conducive to your weakest moments.



Think about your thoughts

Proverbs 23:7

"For as he thinketh in his heart, so is he..."



Help to Sexual Purity: Taking Every Thought Captive

- Many thoughts will pop in and out of your mind. If we dwell on some of these thoughts, they will lead to temptation, fantasy, and sin. We are to bring these thoughts into captivity and dwell on the reality of what is holy and pure in Christ.
- "...bringing into captivity every thought to the obedience of Christ;" 2 Corinthians 10:5

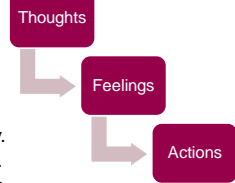
Help: "Shift" your thinking rather than trying to "forget" the impure thought.

Example: As an impure thought pops into your mind, divert it to thinking about the pure blessings God has given.

Resources: Memory verses *Phil. 4:8*

Bringing Thoughts into Captivity

- Avoid Triggers
 - Be aware of what triggers your fantasies and avoid as much as possible.
- "Three Second Rule"
 - Do not dwell on thoughts.
- "Think through the Drink" (action/thought)
 - Separate fiction from reality.
 - Shift your thinking to reality.
 - Think through the long-term consequences of following your actions down the path of fulfillment.



Help to Sexual Purity: Develop Spiritual Reflex

- Develop spiritual reflex by having God's Word in your mind. Impure thoughts are then absorbed and captured by God's Word.

"Thy word have I hid in my heart, that I may not sin against thee." Psalm 119:11

Help: Rehearse God's Word enough for it to take hold of your thinking.

Example: Read *Philippians* every day for a month.

Resources: Memory verses *Prov. 1:10, Rom. 13:14, 1 Cor. 10:13, James 1:12, 1 Pet. 1:13*

The Necessity Of Accountability

Accountability: An obligation to account for our actions and behaviors.

"Do you want to get well?"



The Need for Confession

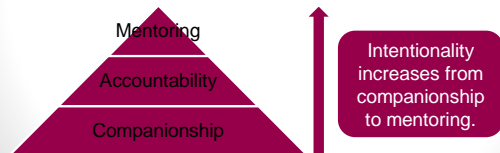
1 John 1:9, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

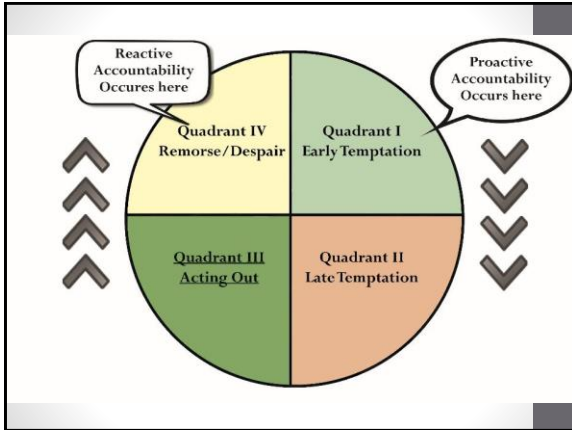
James 5:16,
"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

- Confession to someone who can help is necessary to expose Satan, bring sin into the light, and increase accountability.
- Accountability creates the vital relationship structure which God calls us to in the Body.

The Keys to Accountability

- | <u>Helped</u> | <u>Helper</u> |
|------------------|--------------------|
| • Be committed. | • Be confidential. |
| • Be proactive. | • Expect growth. |
| • Be consistent. | • See progression. |
| • Be real. | • Offer hope. |





Help to Sexual Purity: Accountability

- Accountability relationships should go beyond sexual purity.
 - If they don't, they often become symptom-focused, rather than heart-focused.
- Accountability only works when combined with attitudes of humility and honesty.
 - You are to take the initiative in an acct. relationship, not just expect your partner to check up on you.
 - You are responsible TO each other but FOR yourself.

Accountability Tools

- We are called to help each other.
 - Romans 15:1**, "We then that are strong ought to bear the infirmities of the weak..."
- Use a journal to track patterns:
 - When did the cycle of temptation start?
 - Triggers involved?
 - How did you rationalize?
 - Steps taken to break cycle?
 - Steps NOT taken?
 - Accountability partners can help track weak spots.
- Use your cell phone to help with accountability.
 - Record a voice memo to encourage you when struggling.
 - Create an "SOS" text stream to send out to acct. partners in times of temptation.
- Enroll in ACWP-Apostolic Christian Way of Purity

Help to Sexual Purity: Strong Female Relationships

- Addiction erodes relationships.
- Relationships protect us against addiction.

"And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching. Hebrews 10:24-25"

Help: Seek out spiritually challenging sisters.
Resources: Titus 2:3-5

Help to Sexual Purity: Reinforce Always

- Always be building and reinforcing.
 - We build up our walls in times of attack.
 - We build up our walls in times of peace. (*Nehemiah 4*)

Wherefore let him that thinketh he standeth take heed lest he fall. 1 Cor. 10:12

Help: "Lean in" to spiritual formation during times of ease.
Example: Build up your walls by loving God with all of your being and loving your neighbor as yourself. Build your walls by continuing to build up defenses even when you are having victory.

Where do we go from here?

Overcoming Is...

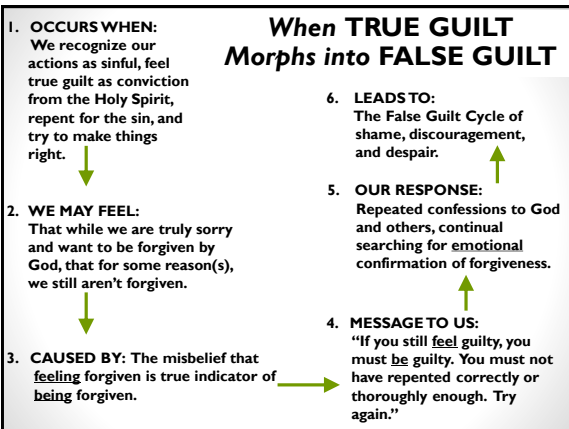
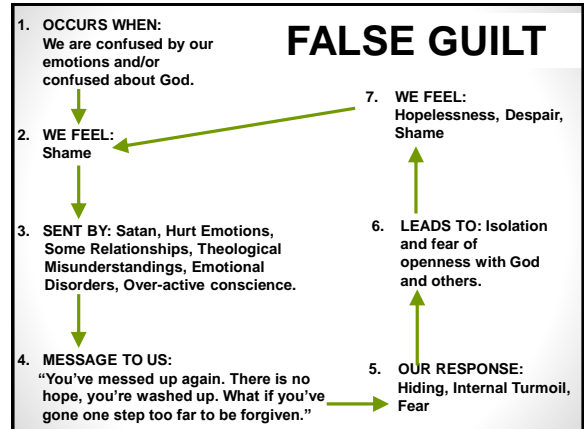
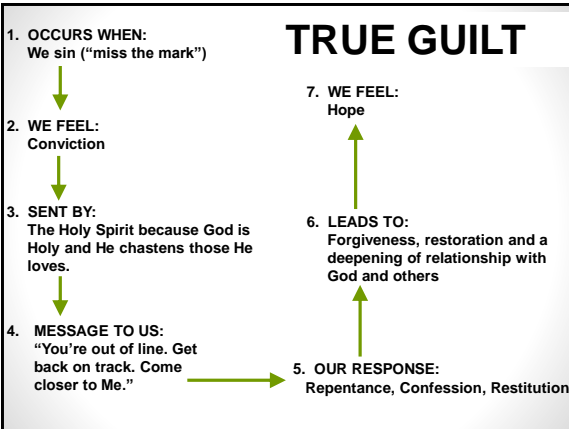
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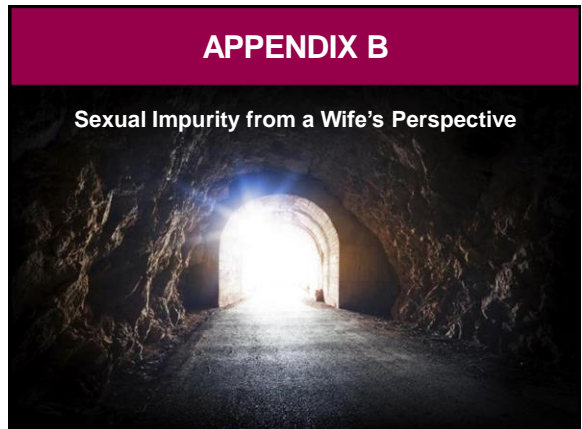
APPENDIX A

True Guilt/False Guilt



APPENDIX B

Sexual Impurity from a Wife's Perspective



She Doesn't Understand

- In the typical female's mind, it is very difficult to conceptualize, rationally and emotionally, why her husband would fall into sexual sin.
 - She is unable to remove the emotional component from sex in the way he can.
 - Since for women sex is about an intimate emotional relationship, she interprets his struggle as a relational offense and evidence of a betrayal.
- She will likely :
 - Feel betrayed, rejected, hurt, angry, depressed, jealous, powerless, bitter, confused.
 - Have a damaged sense of self-worth or negative feelings about her body.

How She May React

- Have obsessive preoccupation about the transgression.
- Do extensive blaming to try and make her husband feel guilty enough to balance out her hurt or adopt a victim role.
- Show defensiveness: denying any wrongdoing on her part.
- Attempt to know, fix, and control all aspects of the husband's life including his behaviors, thoughts, and emotions. (need to balance between no accountability and controlling every move made.)
- Cut off all sexual activity with spouse.
- Come to global conclusions such as:
 - "All men are sex addicts" or "Men can't be trusted"
- May experience hindrances in her relationship with God, may struggle to apply Scriptural direction about forgiveness.
- May question God's role in allowing this type of sin to enter her marriage, "Why me?" questions are common.

Sharing with your Wife

- It is important to be wise with how a husband discloses information to his wife. Therefore we recommend:
 - The husband be aware of the needs of his wife and how she will potentially internalize the information.
 - It is important that the husband take responsibility for the spiritual care of his spouse. That is, he should have a plan for her recovery.
 - If a husband is wondering what and how much should be shared with his spouse, he should counsel with his elder.
 - A counselor/elder can help determine when and how to disclose information so that she is cared for properly.

APPENDIX C

Accountability Questions



Accountability Questions

1. Have you been with a man or woman anywhere this past week that might have been seen as compromising?
2. Have you exposed yourself to any sexually explicit materials either online, in text or visually? Has your thought-life been pure and in line with Scripture?
3. Have you made appropriate use of technology in both content viewed and time spent?
4. Have you spent adequate time in Bible study and prayer?
5. What are you actively doing to expose sin and/or cut-off sin in your struggle to overcome?

Accountability Questions cont.

6. Have you given priority time to family and friends?
7. Have you resolved any interpersonal problems that have come up? Have you dealt with frustration and anger in a biblical manner?
8. Are you using your God-given talents and abilities in a manner consistent with how God has gifted you?
9. What has been the greatest victory this past week?
10. Have you just minimized issues or lied to me?

What does an Overcoming Christian Life look like?

An overcomer SPEAKS...

- **Honestly:** They are truthful and do not minimize or hide when questions are posed to them. Open about spiritual battles.
- **Proactively:** Informs others of temptations and high risk situations that they are facing. Doesn't wait until after a fall to speak up.
- **IN SET BACK:** An overcomer speaks quickly. Confessing sin soon after it happens.

Meditate on Psalm 32 & 33.

An overcomer THINKS...

- **Spiritual growth takes time:** It is a necessary process in a believer's life. Doesn't seek quick fixes.
- **Scripture is foundational:** Bible verses are memorized and reviewed to use against temptation.
- **IN SET BACK:** An overcomer thinks reflectively on how the "chain of events" led to sin.

Meditate on James 1

An overcomer BELIEVES...

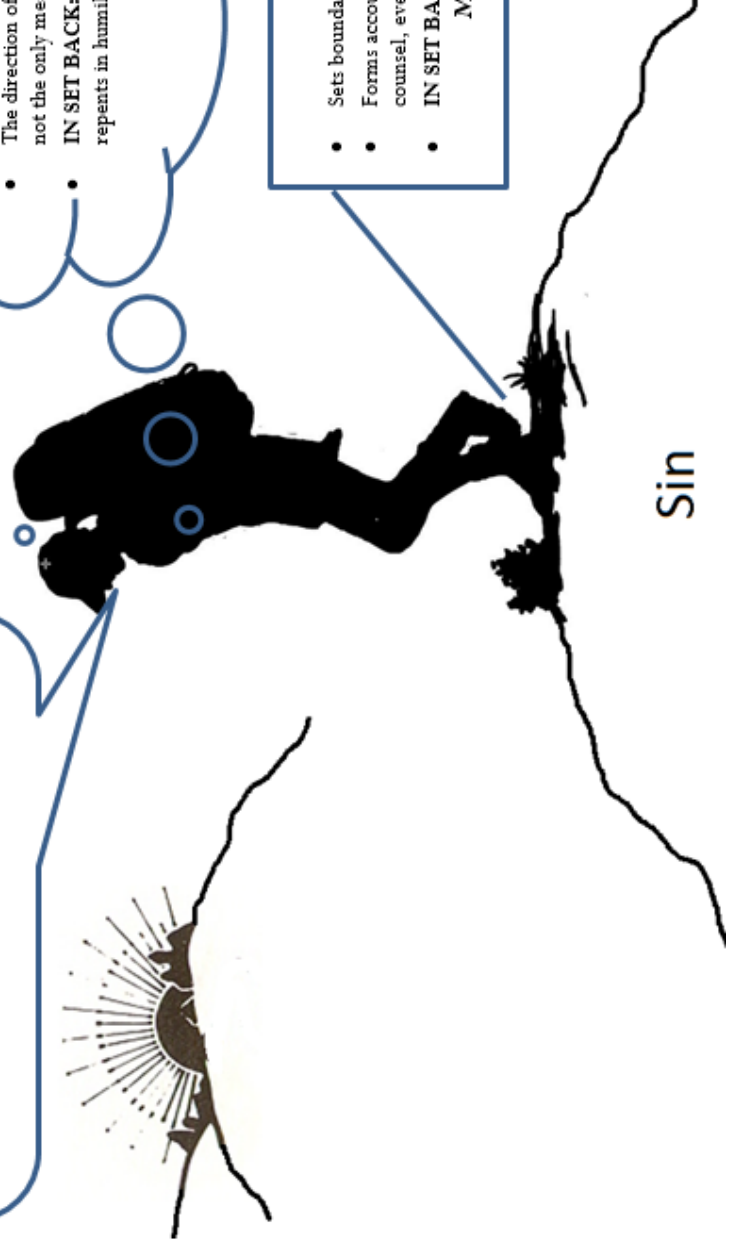
- God's extension of forgiving grace is beautiful, but more beautiful is His peace which follows obedience.
- The direction of their heart must be toward God. Having or having not sinned is not the only measure of overcoming.
- **IN SET BACK:** An overcomer believes in the critical need for grace, repents in humility, receives God's forgiveness, and moves forward.

Meditate on Romans 6-8

An overcomer ACTIVELY...

- Sets boundaries and defenses to avoid temptations.
- Forms accountability support with overcoming believers and submits to their counsel, even in times of victory.
- **IN SET BACK:** An overcomer shows Godly sorrow yet actively gets back up.

Meditate on Ephesians 4:17-24 & Colossians 3.



Triggers, Venues, & Helps

Triggers

Anger: When you get angry and don't express it appropriately (e.g., hold it inside, explode, etc.).

Boredom: When you feel like you don't have anything to do, especially when you don't want to concentrate on anything.

Confusion: When you don't know what is going on and/or things are not clear in your mind.

Depression: When you are feeling down and/or hopeless.

Entitlement: You start to believe you "deserve" certain privileges. This type of thinking can lead to rationalization of unhealthy, ungodly behavior.

Fatigue: Lowers your resistance to things that aren't good for you. You may have less patience, be more irritable, have an "I'm too tired to care" attitude.

Fear: When you are feeling afraid, anxious, worried, or powerless.

Frustration: When you're feeling like things aren't working out how you want them to or a goal you are working toward is blocked.

Helpless: When you feel like no matter what you try, it isn't going to work out anyway.

Humiliation: When you feel that someone has put you down (especially in front of others) or when you feel like everyone knows the mistake you made and everyone is always judging you.

Hunger: When your physical body is hungry or you are dealing with emotional tension by emotional eating.

Impatience: When circumstances in your life are moving "too slow" for you and you're getting agitated or irritable about them.

Impulsive: When you feel like you would rather take quick action of some type regardless of the consequences. Looking for short term pay-offs and not caring about longer term consequences.

Loneliness: When you are feeling all alone or when no one is there in the way that you are wishing for.

Physical Pain: When you're in pain and you feel like doing "anything" to make it stop.

Rejection: When you tried to be close to someone, and they pushed you away.

Sadness: When you feel sad, and wish someone or something could take away the feelings.

Self-pity: When you feel sorry for yourself or feel like you are a victim.

Shame: When you feel flawed and alone thinking no one could love you if they really knew you.

Stressed Out: When stress is really bearing down on you and you look for an escape.

Triggers, Venues, & Helps

Through what VENUE do most temptations arise?

Home computer	Movies
Laptop	Browsing movie choices
Ipad	Watching trailers
	Watching full movies
Social Media	YouTube
Facebook	Netflix
Snapchat	
Instagram	Personal interaction
	Co-workers
	Co-students
	Business associates
Phone	
Surfing apps	Alone at Home
Surfing media	
Texting	
TV	Other _____
Novels	
Magazines	
Advertisements	

Practical HELPS to Sexual Purity

Maintain regular daily devotion	Be active in the Body of Christ (invest)
Stay busy (productivity)	Exercise
Being accountable to someone	Confession
Memorize Scripture	Bounce your thoughts
Recite the gospel to yourself	Listen to Christian music
Radical amputation	Prayer/Fasting
Self-restrictions	Other _____

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Rejection: When you tried to be close to someone, and they pushed you away.

Sadness: When you feel sad, and wish someone or something could take away the feelings.

Self-pity: When you feel sorry for yourself or feel like you are a victim.

Shame: When you feel flawed and alone thinking no one could love you if they really knew you.

Stressed Out: When stress is really bearing down on you and you look for an escape.

Triggers, Venues, & Helps

Through what VENUE do most temptations arise?

Home computer	Movies
Laptop	Browsing movie choices
Ipad	Watching trailers
	Watching full movies
Social Media	YouTube
Facebook	Netflix
Snapchat	
Instagram	Personal interaction
	Co-workers
	Co-students
	Business associates
Phone	
Surfing apps	Alone at Home
Surfing media	
Texting	
TV	Other _____
Novels	
Magazines	
Advertisements	

Practical HELPS to Sexual Purity

Maintain regular daily devotion	Be active in the Body of Christ (invest)
Stay busy (productivity)	Exercise
Being accountable to someone	Confession
Memorize Scripture	Bounce your thoughts
Recite the gospel to yourself	Listen to Christian music
Radical amputation	Prayer/Fasting
Self-restrictions	Other _____