

# STEWARDED SEXUALITY WOMEN

Morton 2.29.20

Apostolic Christian Counseling and Family Services  
877-370-9988 | www.accounseling.org | info@accounseling.org



## Objectives for Women's Portion

- Perspectives
- Preparation
- Equipping



## Perspectives

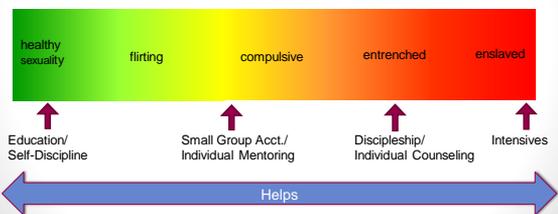
Common Misconceptions:

- Only affects males.
- Meanings of sexual impurity means.
- Sexual Impurity is a stand-alone issue.
- It not a "said it, done with it" thing. Can vary in intensity, day-to-day and at different life stages.

**Ephesians 5:3**

*"But fornication, and ALL uncleanness, or covetousness, let it not be once named among you, as becometh saints;*

## Perspectives: Sexuality Continuum



## Perspectives: Stewarding Vulnerabilities

- Satan does his best to try to normalize sin.
- You are exposed to messages DAILY...biblical vs cultural.
- Women can be unaware of how much they stimulate men of all ages.
- Women are geared to connect and may end up making compromises to feel loved.

*"The problem with pornography is not that it shows too much of the person, but that it shows far too little." – Pope John Paul II*

Taking Every Thought Captive Dr. Mark R. Lasseer/Beacon Hill

## Perspectives: Realize sexuality is everywhere.

- 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*

## Preparation



## Preparation: 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*

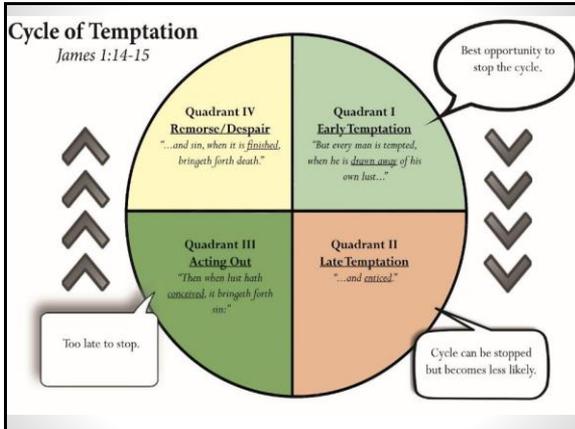
“Jesus] was in all points tempted like as we are, yet without sin.”

### Lust

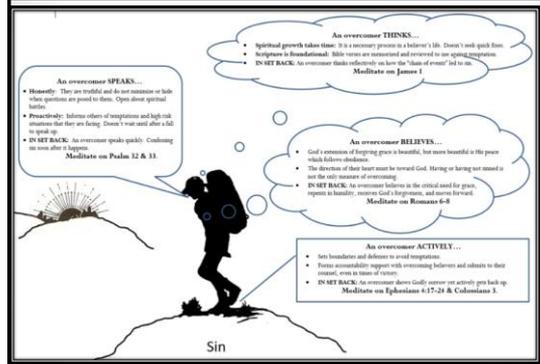
- “Covet or longing, especially for that which is forbidden.”
  - Unrestrained sexual desire.
  - Self stimulation or masturbation.
  - Lust is sinful and never satisfied. (*Prov. 27:20*)

**Pornography** – anything that leads to or encourages sexual impurity.

*James 1:15* “Then when lust hath conceived, it bringeth forth sin:...”



## Preparation: Overcoming



## Equipping



## Equipping: Triggers & Venues

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



## Equipping: Identify your Triggers

### **Internal** – Feelings or Emotions

- Anger
- Boredom
- Confusion
- Depression
- Entitlement
- Loneliness

### **External** – Activities or Situations

- Being alone.
- Novels, movies, etc.
- Idleness
- When with a certain friend or in a certain environment.

## Equipping: Know your Venues

- Computers [laptop, ipad]
- Social Media [Facebook, Snapchat, Instagram]
- Mobile [apps, media, texting]
- TV
- Novels
- Magazines
- Ads
- Movies [Youtube, Netflix, etc]
- Personal [co-workers, co-students, etc]
- Alone at home

## Equipping: 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 towards 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.

## Equipping: 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*

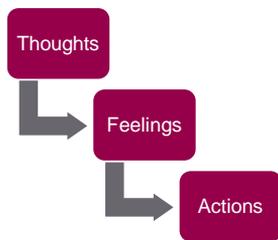
**Help:** Like Daniel, purpose in your heart not to defile yourself.

**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.

## Equipping: Bringing Thoughts into Captivity

Our thoughts, feelings and actions are connected.



## Equipping: 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*

Taking Every Thought Captive: Dr. Mark R. Laaser Beacon Hill Press

## Equipping: Accountability

- Accountability relationships should go beyond sexual stewardship.
  - If they don't, they often become behavior-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.
  - See accountability questions [appendix].



## A Vision for Female Community

Confession  
 Endurance Confidentiality Submission  
 Openness Accountability  
**Gospel** Trust  
 Lies Ubelieve Discipline humility  
 Action Plan  
 Wounds

## APPENDIX

- I. Accountability Questions
- II. True Guilt/False Guilt
- III. Wife Perspective
- IV. Sexual Development

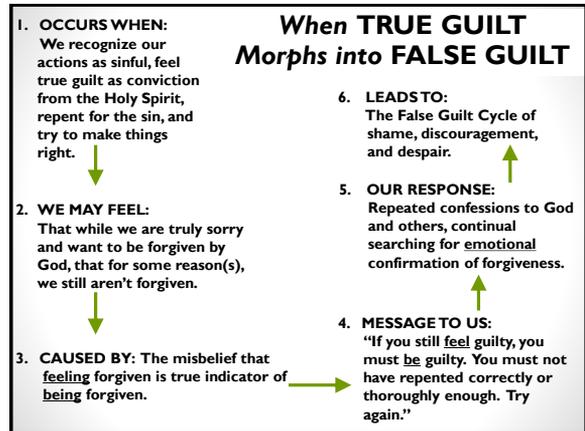
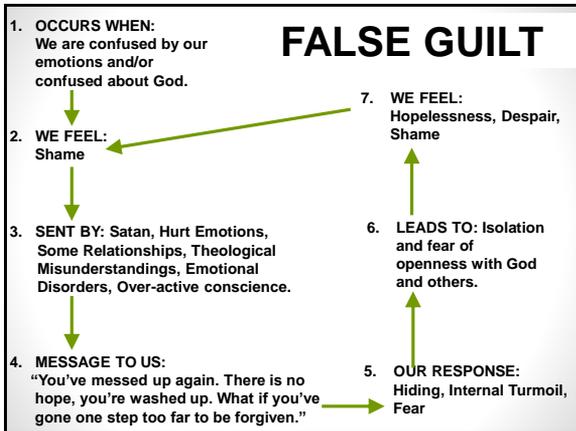
## Accountability Questions

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?





### Wife's Perspective

- 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.

### Wife's Perspective

- 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 cannot 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.

### Wife's Perspective: Marital Struggle

- 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.

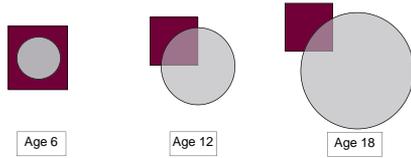
### Healthy Sexual Development

Age 6                      Age 12                      Age 18

Sexuality is contained.

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

Sexual Development altered by pornography in early adolescence can lead 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



**God's Design for Sex**  
 By: Stan & Brenna Jones, 2007  
 Recently revised Aug. 2019



**Good Pictures Bad Pictures**  
**Good Pictures Bad Pictures Jr. (ages 3-6)**  
 By [Kristen A. Jenson](#)

## 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.**



Sin



# 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 _____