

STRIVING FOR SEXUAL PURITY

Apostolic Christian Counseling and Family Services

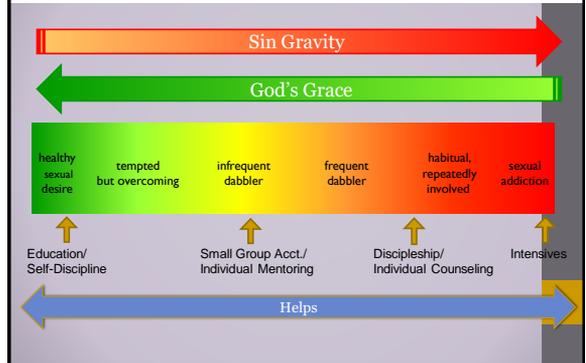
877-370-9988

www.accounseling.org

info@accounseling.org



Sexual Addiction Continuum



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?



INFORM: Biblical Framework

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:
- Created sexual:

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."

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:
- God is one:

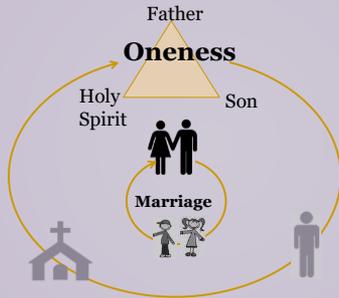
Genesis 2:24

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

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..."

Sexuality in Context



Virtue to Vice

Satan is not a creator.



He corrupts the virtue that God creates.

The greater the vice... the greater the virtue.
Thus, the virtue of oneness is very great.

Vice to Virtue

Christ is a redeemer.



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.

APPLICATION:

Take control of your sex education

- We are continually being influenced sexually.
 - Locker room
 - Work lounge
 - Supermarket
 - Advertisements
 - Media entertainment
- *"That they also may be one in us." – Jesus (Jn 17:21)*

Help: Take your cue from the Trinity.

Example: "See the affront to God's oneness as the backdrop of every provocative image."

Resources: Meditate on Genesis 1,2, John 17:21, 1 Cor 6,7

INFORM: Porn Landscape



Pornography
fuels sex
trafficking, child
sexual abuse,
sexual violence,
and more.

DIRECTED BY



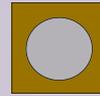
INFORM: Sexual Development



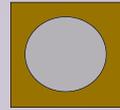
Healthy Sexual Development



Age 6



Age 12



Age 18

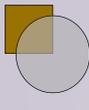
Sexuality is contained.

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

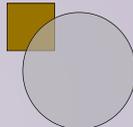
Unhealthy Sexual Development



Age 6



Age 12



Age 18

Sexual Development altered by pornography/abuse in early adolescence

Sexuality is not contained – outpaces other development.

INFORM: Brain Science

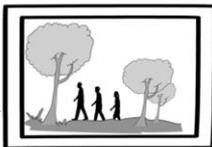


THE SCIENCE OF THE BRAIN



THE WILL-POWER CENTER CAN BE STRENGTHENED.

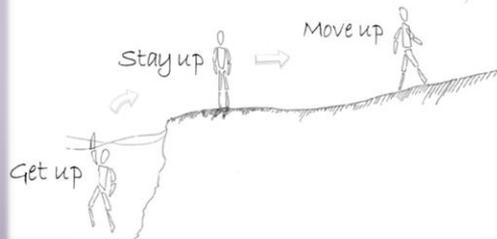
- FEARFULLY AND WONDERFULLY MADE -



SEXUAL PATHWAYS CAN BE REWIRED WITH TIME. NEW GOD GLORIFYING PATHWAYS CAN BE FORGED.



PURITY TO PATHWAY



Equip: Get Up



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

GETTING BACK UP

I fail { **8 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.** } God's light shines into our darkness

I feel God's chastisement and repent { **9 I will bear the indignation of the Lord, because I have sinned against him, until he plead my cause, and execute judgment for me: he will bring me forth to the light, and I shall behold his righteousness.** } God advocates, justifies, delivers

I am restored in Christ's righteousness { **Micah 7:8-9** }

Application:

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.

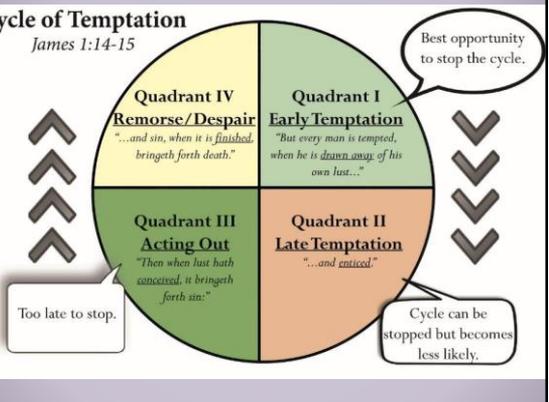
Rom. 5-8, 1 Cor. 15, Eph. 2, Col. 1, 1 Pet. 1, Tit. 3

Equip: Stay Up



Cycle of Temptation

James 1:14-15



Application: 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 going to the website. I demonstrate faith the moment I "X out" of the website.

Application: Radically Amputate

- Consider the intensity of the message that Jesus is giving: all earthly pursuits (computer access, bad relationship, occupation, 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: Install blocking software on your computer.

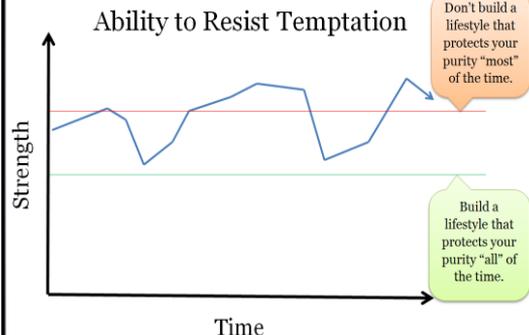
Resources: Refer to the "Trigger" and "Venue" lists to help identify possible amputations.

Be Aware of Triggers

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



Build a lifestyle conducive to your weakest moments.



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.



Application: 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*

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.

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.

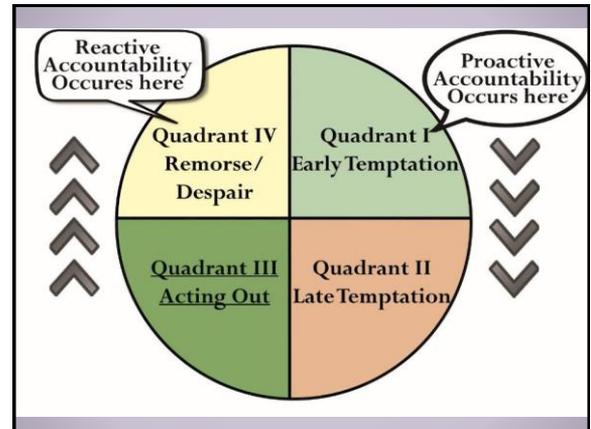
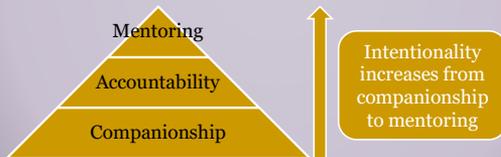
The Keys to Accountability

Helped

- Be committed
- Be proactive
- Be consistent
- Be real

Helper

- Be confidential
- Expect growth
- See progression
- Offer hope



Accountability Tools

- Use a journal to track patterns:
- 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.
 - "rTribe" and "Nomo" are good phone apps for accountability
- Enroll in ACWP-Apostolic Christian Way of Purity
- See accountability questions in appendix
- Use the green "help's to sexual purity" slides in this presentation.

Application: Accountability

- Be in an accountability relationship with a brother who can help you.



- **Romans 15:1**, "We then that are strong ought to bear the infirmities of the weak..."

Application: **Strong Male Relationships**

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

“Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.” Prov 27:17

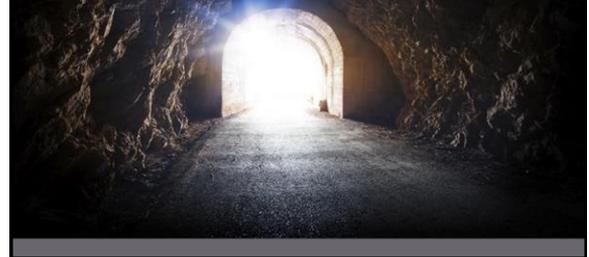
Help: Seek out spiritually challenging brothers.

Resources: Paul describes his friendship with Epaphroditus in *Philippians 2:25*

Equip: Move up

1 John 5:5

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



The Power of Vision

3 *If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.*

Set your affection on things above, not on things on the earth.

For ye are dead, and your life is hid with Christ in God.

When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

Col 3:1-5

Who we are

What we do

Application: **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.

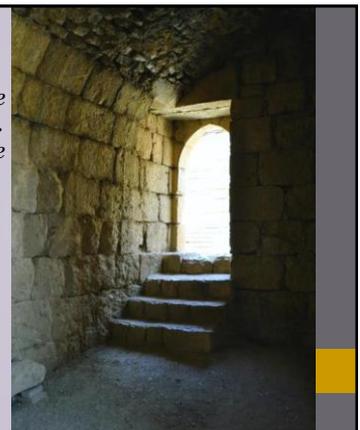
The 7 Principles of Highly Accountable Men, Dr. Mark E. Lauer, Simon & Schuster



Motivate: Where do we go from here?

“Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.”

Winston Churchill



APPENDIX



You Wife 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.

Accountability Questions

1. Have you been with a man or woman anywhere this past week that might have been seen as compromising?
2. Are you effectively budgeting your time and finances? Have any of your financial dealings lacked integrity?
3. Have you exposed yourself to any sexually explicit materials? Has your thought-life been pure and in line with Scripture?
4. Have you been inappropriate, insensitive, or excessive in your use of any substance?
5. Have you made appropriate use of technology in both content viewed and time spent?

Accountability Questions cont.

6. Have you spent adequate time in Bible study and prayer?
7. Have you given priority time to your family?
8. Have you resolved any interpersonal problems that have come up? Have you dealt with anger in a biblical manner?
9. Are you using your God-given talents and abilities in a manner consistent with how God has gifted you?
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 A SET BACK:** An overcomer speaks quickly. Confessing sin soon after it happens.
MEDITATE ON PSALM 32 & 33.

An overcomer THINKS...

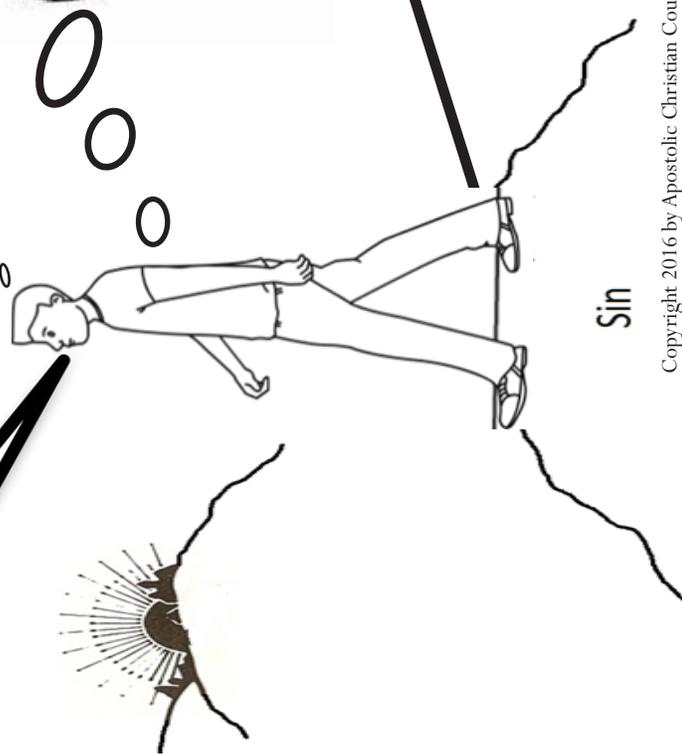
- **Spiritual growth takes time:** It is a necessary process in a believer's life. Doesn't seek quick fixes but focuses on the long term trend.
- **Scripture is foundational:** Bible verses are memorized and reviewed to use against temptation.
- **IN A SET BACK:** An overcomer thinks reflectively on 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 A 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. Cuts off influences which weaken their ability to overcome.
- Forms accountability support with overcoming believers and submits to their counsel, even in times of victory.
- **IN A 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 _____

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	Watching full movies
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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	

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