



ACCFS Courses

Course Notes

Sexual Integrity 1.2.3. *For Women*



APOSTOLIC CHRISTIAN

Counseling and Family Services

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These course notes were created to accompany participants enrolled in the ACCFS Core 8: Sexual Integrity 1.2.3. Course for Women.

Colossians 3:1-15

¹ If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. ² Set your affection on things above, not on things on the earth. ³ For ye are dead, and your life is hid with Christ in God. ⁴ When Christ, who is our life, shall appear, then shall ye also appear with him in glory. ⁵ Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry: ⁶ For which things' sake the wrath of God cometh on the children of disobedience: ⁷ In the which ye also walked some time, when ye lived in them. ⁸ But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. ⁹ Lie not one to another, seeing that ye have put off the old man with his deeds; ¹⁰ And have put on the new man, which is renewed in knowledge after the image of him that created him: ¹¹ Where there is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but Christ is all, and in all. ¹² Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; ¹³ Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. ¹⁴ And above all these things put on charity, which is the bond of perfectness. ¹⁵ And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Lesson 1:
Freedom: Do I really want it?

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Do I want to be made whole?

The question is not as straightforward as we would like to admit. Often, we want to want wholeness. Sometimes we want wholeness without cost. In this lesson we will be real and not exaggerate our aspirations. Let’s be honest as we identify them and give them over to God.

How ready is an individual for healing? Sometimes individuals want to be without the sexual vice but only because of the negative consequences the vice brings them or because they know they should be without it. Jesus asked the cripple at the pool of Bethesda, “*Wilt thou be made whole?*” (John 5:6) This was not a trite insignificant question. Healing was tied to his “wanting.” Though not the only determination of complete healing, the “wanting” is a critical component if steps toward overcoming are to be made. The below questions are meant to help ascertain an individual’s motivation for healing.

Answer the following questions on a scale from 1 to 10:

- How ready are you to tackle your sexual purity issue with whatever it takes and for however long it takes?
(1 = not ready, 10 = very ready)

1 2 3 4 5 6 7 8 9 10

- How much hope do you have in change? (1 = no hope, 10 = full and certain hope)

1 2 3 4 5 6 7 8 9 10

- To what degree are you afraid of life without this sexual vice? (1 = very afraid, 10 = not at all afraid)

1 2 3 4 5 6 7 8 9 10

- Do you want to be made whole? (1 = not at all, 10 = absolutely yes)

1 2 3 4 5 6 7 8 9 10

REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.

Memory Verse:

***“If ye then be risen with Christ, seek those things which are above,
where Christ sitteth on the right hand of God.” Col 3:1***

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 2

Repentance: I feel guilt but not shame.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Shame says:

- “I am a mistake.”
- “I am hopeless.”
- “God doesn’t want me.”

Shame:

...is not helpful.
... leads to further indulgence.

Guilt says:

- “I made a mistake.”
- “Hope is this way.”
- “God wants me and loves me.”

Guilt:

...is helpful.
...leads to repentance and
repentance leads to healing.

Lies We Believe

Shame usually stems from lies we believe. Understanding what lies we believe is critical for winning the battle over sexual vice. Consider the list of lies at the link below (on the next page).

How many can you relate to?

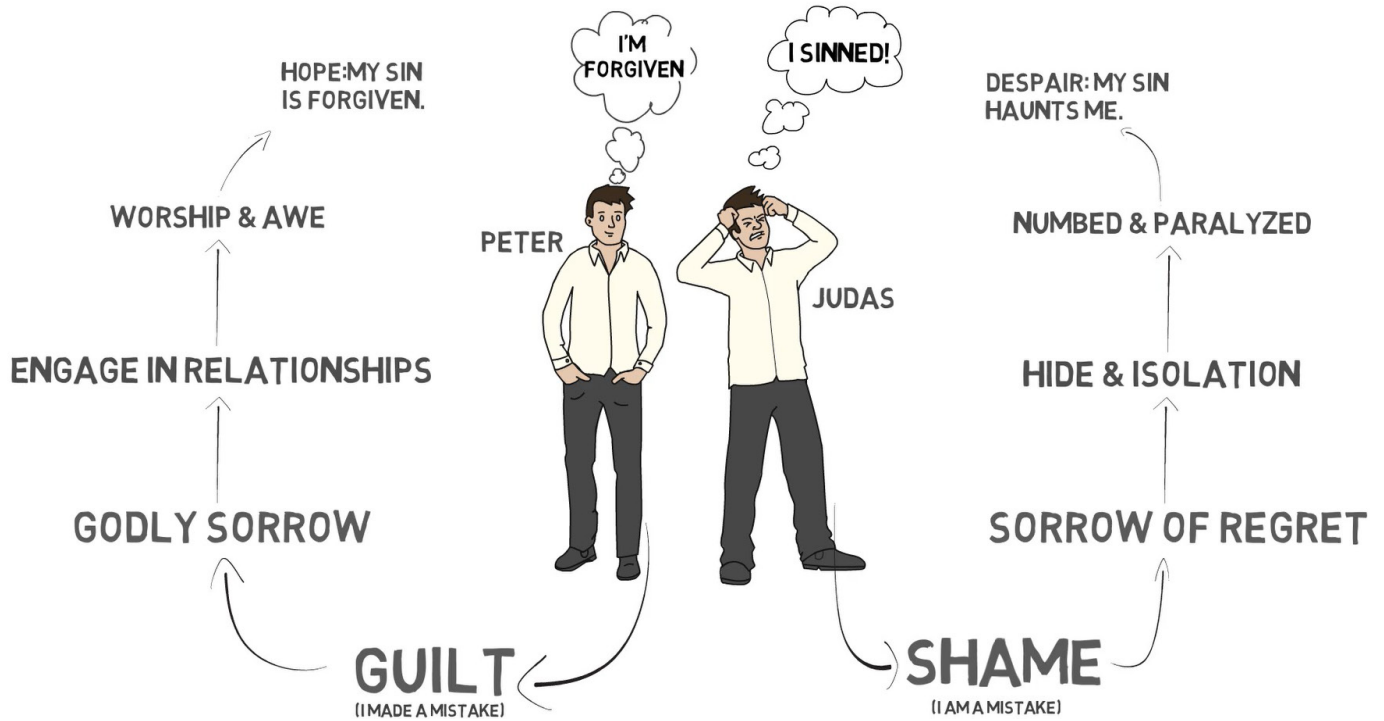
Common Lies We Believe

- Everyone hates me.
- I am a burden.
- God does not care about me.
- I am a failure.
- Everything I do turns out bad.
- No one understands me.
- Nobody loves me.
- I must protect myself (or be hurt).
- I cannot please anyone.
- God never does anything for me.
- I always mess things up.
- I always mess up.
- Nothing I have to say is important.
- I'm just a passive person.
- I will never accomplish anything.
- I'll never be man enough.
- I don't deserve anything.
- I am a loser.
- I am not gifted.
- God does not love me.
- I am all alone.
- My opinions never matter.
- I am forgotten.
- I am hopeless.
- I am insignificant.
- I am never going to get anywhere in life.
- Everyone is against me.
- I am not accepted.
- I am not good enough.
- God cannot use me.
- I can't say anything right.
- I am not important.
- I can never change.
- I'll never measure up.
- I'm a burden to my parents.
- I am not special.
- I am not worthy of love.
- I cannot keep from failing.
- I am on my own.
- I am stupid.
- No one appreciates what I do.
- I can't speak in public.
- I am ugly.
- I am weird | different.
- I am worthless.
- I can never overcome _____.
- I can't hear from God.
- No one cares how I feel.
- I cannot be forgiven.
- I can't do anything worthwhile.
- I don't have any real friends.
- I have nothing to offer someone.
- I cannot speak well.
- I am boring.
- I was a mistake.
- I will never be a good as _____.
- God has no purpose for my life.
- I'll never be free.
- I'm not adequate.
- I'm not needed.
- I am always left out.
- I am an idiot.
- If I'm not perfect, I won't be loved.
- It's always my fault.
- I am not qualified.
- Everyone will be better off without me.
- I cannot please God.
- I don't fit | belong.
- My past will always define me.
- I am not likeable.
- Nothing I do is ever good enough.
- I am always wrong.
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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Watch the video linked in the course.

WHAT DO I DO WITH REGRET?



Notes from the video:

REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE & READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.

Memory Verse:

“Set your affection on things above, not on things of the earth..” Col 3:2

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 3

Gospel: I am powerless to change, but oh, for the Gospel!

Watch the lesson intro video linked in the course.

Notes from Intro Video:

The Gospel

The Gospel can be understood by the mnemonic G.O.S.P.E.L.

G - God's holiness

O - Our brokenness

S - S Christ's Sacrifice

P - Profession of faith

E - Equals

L - Life

It is good, because brokenness is redeemed to life. It is our brokenness that through our profession we appeal to God's holiness through Christ's sacrifice. In short, our brokenness presses us into God. Herein, we see God's brilliance. The curse is redeemed. What Satan uses to cause loss, God uses to bring gain. For this reason, we stand in the Gospel - today and every day. Our brokenness demands it.

Listen to the hymn "Jesus Lover of My Soul" linked in the course.

Lyrics:

1 Jesus, lover of my soul,
let me to thy bosom fly,
while the nearer waters roll,
while the tempest still is high; hide
me, O my Savior, hide,
till the storm of life is past;
safe into the haven guide,
O receive my soul at last!

2 Other refuge have I none;
hangs my helpless soul on thee;
leave, ah! leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenseless head
with the shadow of thy wing.

3 Plenteous grace with thee is found,
grace to cover all my sin;
let the healing streams abound;
make and keep me pure within.
Thou of life the fountain art;
freely let me take of thee;
spring thou up within my heart,
rise to all eternity.

The Spoken Gospel

Paul spoke the gospel into Titus' life. Use the template below to do the same for yourself. Print the pdf, fill in the blanks with your name or personal pronoun (I, me, my) and put it in a place that you can review it often.

For ___ was sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another. But after that the kindness and love of God ___ Savior toward ___ appeared, not by works of righteousness which ___ have done, but according to his mercy he saved ___, by the washing of regeneration, and renewing of the Holy Ghost; which he shed on ___ abundantly through Jesus Christ ___ Savior; that being justified by his grace, ___ should be made an heir according to the hope of eternal life... that ___ might be careful to maintain good works. Titus 3: 3-8

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

"For ye are dead, and your life is hid with Christ in God." Col 3:3

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 4

Confession: I am humbled and therefore ready for healing.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Confession

Confession of sin is critical. But who should I confess to? How should I make the confession? What are components of a thorough confession? If there is a metric by which to measure confession, it might just be humility. To what degree does my confession humble me? For when we are humbled, we are in a place of resurrection.

“Humble yourself in the sight of the Lord and He shall lift you up.” James 4:10

One of the keys to generating meaningful confession is the understanding that my sin affects others. Identifying who has been affected by my sin goes a long way in helping me know who and what I should be confessing.

Read the chapter on confession from “Finally Free” by Heath Lambert (linked in the course)

Notes from the Reading:

Template for Confession

Some pre-work for preparing for confession is to consider the offense against another person you may have inflicted. Here is a pretty good template for making a confession.

“Due to my pride, I deceived myself to do this action _____.”

“I justified my selfishness by believing this lie _____.”

“I believe I have wronged you in this way _____.”

“My sin has affected _____ or made you feel _____.”

“Can you forgive me for _____?”

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

***“When Christ, who is our life, shall appear,
then shall ye also appear with him in glory.” Col 3:4***

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 5

Lifestyle: I build a lifestyle conducive to my weakness moments.

Watch the lesson intro video linked in the course.

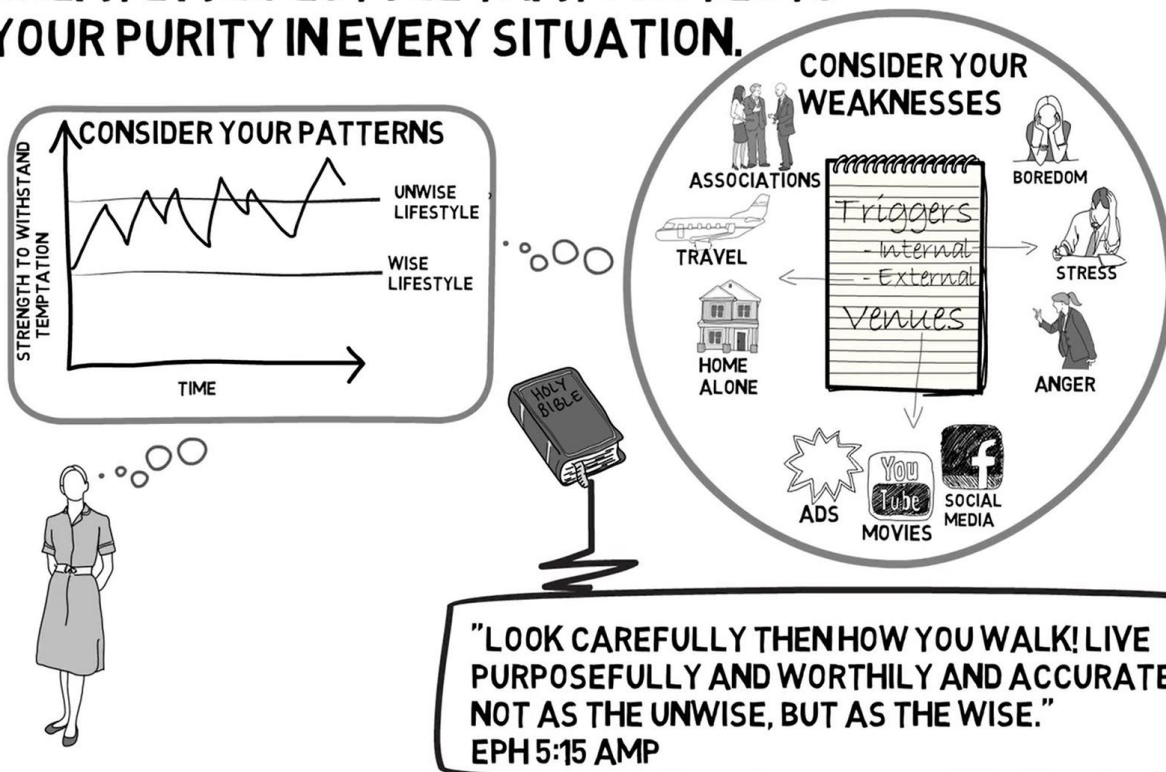
Notes from Intro Video:

How Well Do You Know Yourself?

It is of critical importance we are real with ourselves. When do I fall? Why do I fall? What leads to my falling? Knowing ourselves is the first step in building a lifestyle that is sufficient in cradling our weakest moments and tendencies. If our lifestyle reflects who we are on most days, then we will fall on some days. If our lifestyle reflects who we are on our weakest days, then there is a much better chance to weather difficult days.

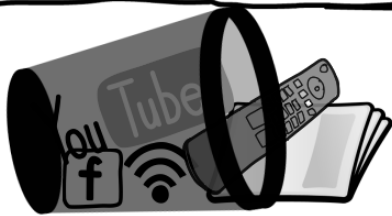
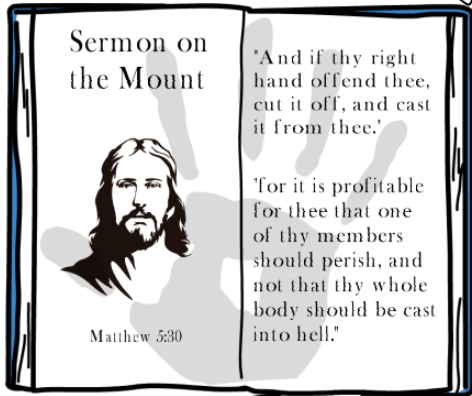
Watch the video linked in the course.

CREATE A LIFESTYLE THAT PROTECTS YOUR PURITY IN EVERY SITUATION.



Watch the video linked in the course.

RADICAL AMPUTATION



TION



1. CONSIDER WHAT TRIGGERS YOU TO SIN AND THROUGH WHAT VENUE YOU INDULGE.



2. IS IT PROFITABLE? CONSIDER WHAT YOU WILL GAIN IN EXCHANGE FOR THE LOSS.

3. EXPECT AN INCONVENIENCE.



4. REALIZE BEHAVIOR ADJUSTMENT IS NOT ALL WE DESIRE. REFORMATION OF THE HEART IS OUR GOAL.



Video notes:

REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE & READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.

Memory Verse:

“Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:” Col 3:5

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 6

Action: I have a plan for action and I'm working that plan.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Circumspection

If nothing changes, then nothing changes. In this lesson, concepts learned thus far will be spun into a plan of action. The Bible calls us to a life of circumspection (*Eph 5:15*). "Circumference" is in the word circumspect. The diligence that circumspection inspires is a complete review (all the way around).

Review the personal motivation article linked in the course.

Article notes:

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

"For which things sake the wrath of God cometh on the children of disobedience:" Col 3:6

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 7

Temptation: I see temptation as an opportunity to worship.

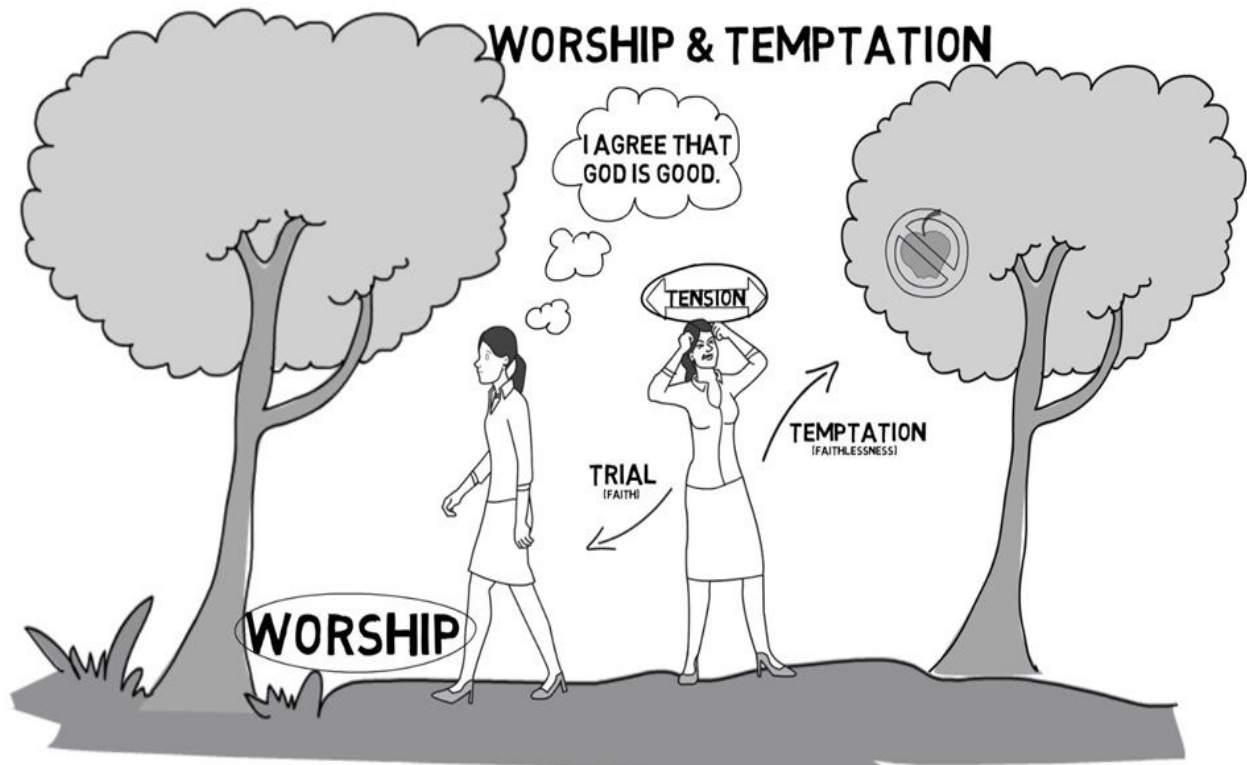
Watch the lesson intro video linked in the course.

Notes from Intro Video:

Worship and Temptation

Very often we see temptation and worship as being incompatible. We believe that if I'm being tempted, then God must be far away. The contrary is true. Temptation is the environment that makes worship quite deep. When we understand this, we will not fall to sin as easily. And if we do fall, we will not linger in sin for long.

Watch the video linked in the course.



Video notes:

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

“In the which ye also walked some time, when ye lifed in them.”Col 3:7

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 8

Identity: I behave according to who I believe I am.

Watch the lesson intro video linked in the course.

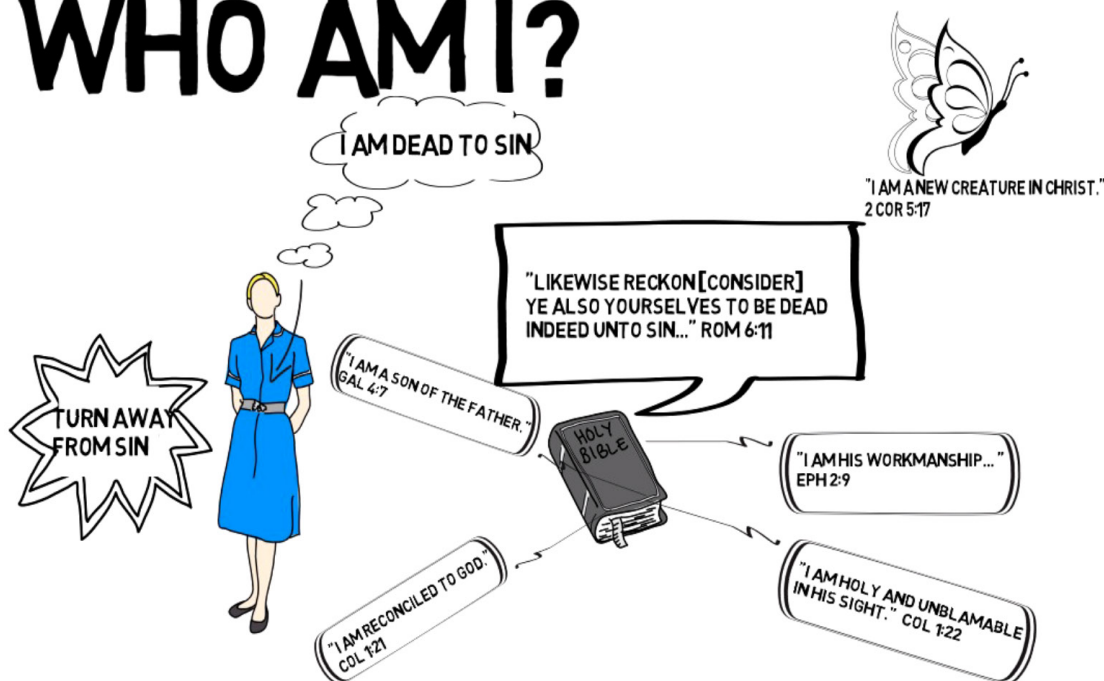
Notes from Intro Video:

Identity

Who we are has far reaching effects. I'm a lawyer, that's the way lawyer's think. I'm a teacher, that's what teachers do. I'm a mother, of course I would do such and such. The identities we take on are often constructed from the outside in. That is, my circumstances demand for me to be x; therefore, I will have to behave as an x. Wonderfully, the Gospel builds identity from the inside out, The Gospel declares us pleasing to God. The Gospel declares us deal to sin, When we understand this transforming identity, it will transform our behavior according to its likeness.

Watch the video linked in the course.

WHO AM I?



Healthy Self-Talk

For the one who has repented of their sin and received Christ's atonement, the following statements are true. Since they are true, they should be believed. Believing these truths goes a long way in helping us live according to their reality. Rehearse these truths daily.

- I am dead to sin. (*Rom 6:2*)
- My old man is crucified with Him. The body of sin is destroyed so that I don't have to serve sin. (*Rom 6:6*)
- I am dead to sin and alive to God through Jesus Christ. (*Rom 6:11*)
- There is no more condemnation for me because I'm in Christ. (*Rom 8:1*)
- I am free from the law of sin and death. (*Rom 8:2*)
- I am saved by grace through faith; and that not of myself. It is the gift of God. (*Eph 2:8*)
- I am his workmanship, created in Christ Jesus unto good works, which God has before ordained that I should walk in them. (*Eph 2:10*)
- I am reconciled to God. (*Col 1:21*)
- I am holy and unblamable and unreprouvable in His sight. (*Col 1:22*)
- I will continue in the faith grounded and settled and be not moved away from the gospel. (*Col 1:23*)
- I am complete in Christ. (*Col. 2:10*)

See also: [God's Promises to the Believer](http://www.accounseling.org/Gods-Promises-to-the-Believer.pdf/) (www.accounseling.org/Gods-Promises-to-the-Believer.pdf/), [Truth Talk](http://www.accounseling.org/Truth-Talk.pdf/) (www.accounseling.org/Truth-Talk.pdf/), [Negative Thinking vs. God's Promises](http://www.accounseling.org/Our-Negative-Thinking-Versus-Gods-Promises-To-Us.pdf/) (www.accounseling.org/Our-Negative-Thinking-Versus-Gods-Promises-To-Us.pdf/)

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

***"But now ye also put off all these; anger, wrath, malice, blasphemy,
filthy communication out of your mouth." Col 3:8***

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 9

Thoughts: My thoughts give way to my feelings which give way to my behavior.

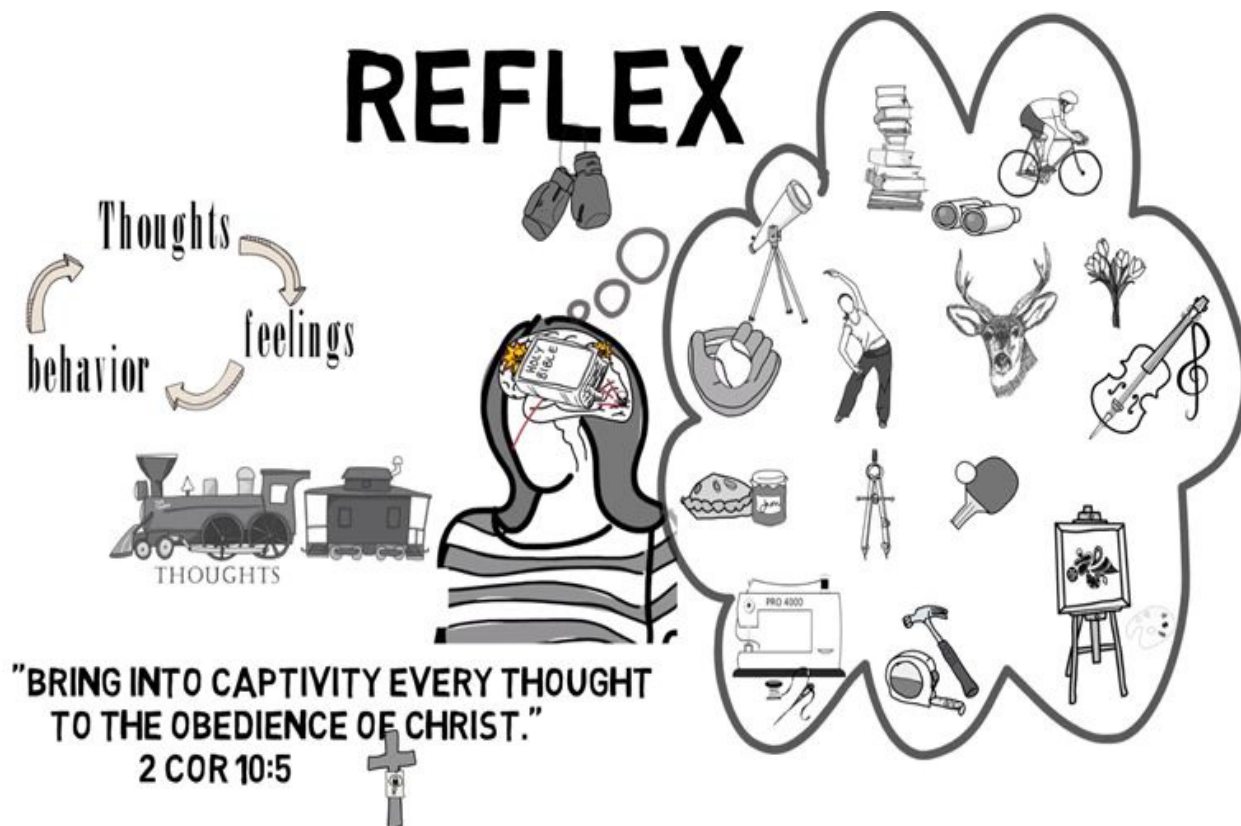
Watch the lesson intro video linked in the course.

Notes from Intro Video:

Your Brain

Your brain is your most important sexual organ. Much of the battle for sexual integrity happens at the thought level. Short-term gains can be made by changing behaviors. However, long-term gains are made by thinking differently.

Watch the video linked in the course.



Video notes:

REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.

Memory Verse:

“Lie not one to another, seeing that ye have put off the old man with his deed:” Col 3:9

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 10

Brain: My brain changes for the better or for the worse.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Fearfully and Wonderfully Made

The boundaries between our spiritual lives and our physical bodies is not as well-defined as we might think. God made us “*fearfully and wonderfully*.” The spiritual impacts the physical and the physical impacts the spiritual. For example what might start as a moral failure can in time, and with repeated use, become a complexity of the brain. That is, our brains are negatively impacted by sin. Therefore, overcoming sin becomes not only a spiritual task but a physical one too.

Watch the video linked in the course.

Video notes:

THE SCIENCE OF THE BRAIN

THE WILL-POWER CENTER CAN BE STRENGTHENED.

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

- FEARFULLY AND WONDERFULLY MADE -

REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE & READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.

Memory Verse:

“And have put on the new man, which is renewed in knowledge after the image of him that created him.” Col 3:10

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 11

Addiction: The anti-Gospel.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Addictions

It's been said, that if you want to yield to a temptation, you better be willing to take on addiction. This statement brings the realness of our sinful battles to bear. Addictions are Satan's anti-Gospel. They promise, by way of the flesh, to sooth our inward trouble. In so doing, we give ourselves over to the control of a substance. Scripture, on the contrary, says, *"be not drunk with wine, but be filled with the Holy Spirit."* Eph. 5:18 This lesson is about addictions.

Listen to the Addiction Podcast Series linked in the course.

Notes from the podcast series:

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

***"Where there is neither Greek nor Jew, circumcision nor uncircumcision,
Barbarian, Synthian, bond nor free: but Christ is all and in all." Col 3:11.***

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 12

Wounds: My addictions medicate deeper pain.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Addictions Medicate

One of the attributes of addiction is that they medicate deeper pain. In this way, our vices often plague us only as symptoms of a deeper problem. God is not primarily interested in getting us off porn, off liquor, etc. He wants to heal our deeper brokenness. This lesson teaches on the wounds we carry.

Listen to the testimony “Coming Out From Porn” linked in the course.

Note section for testimony:

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;” Col 3:12

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 13

Relationships: My vice thrives in isolation.

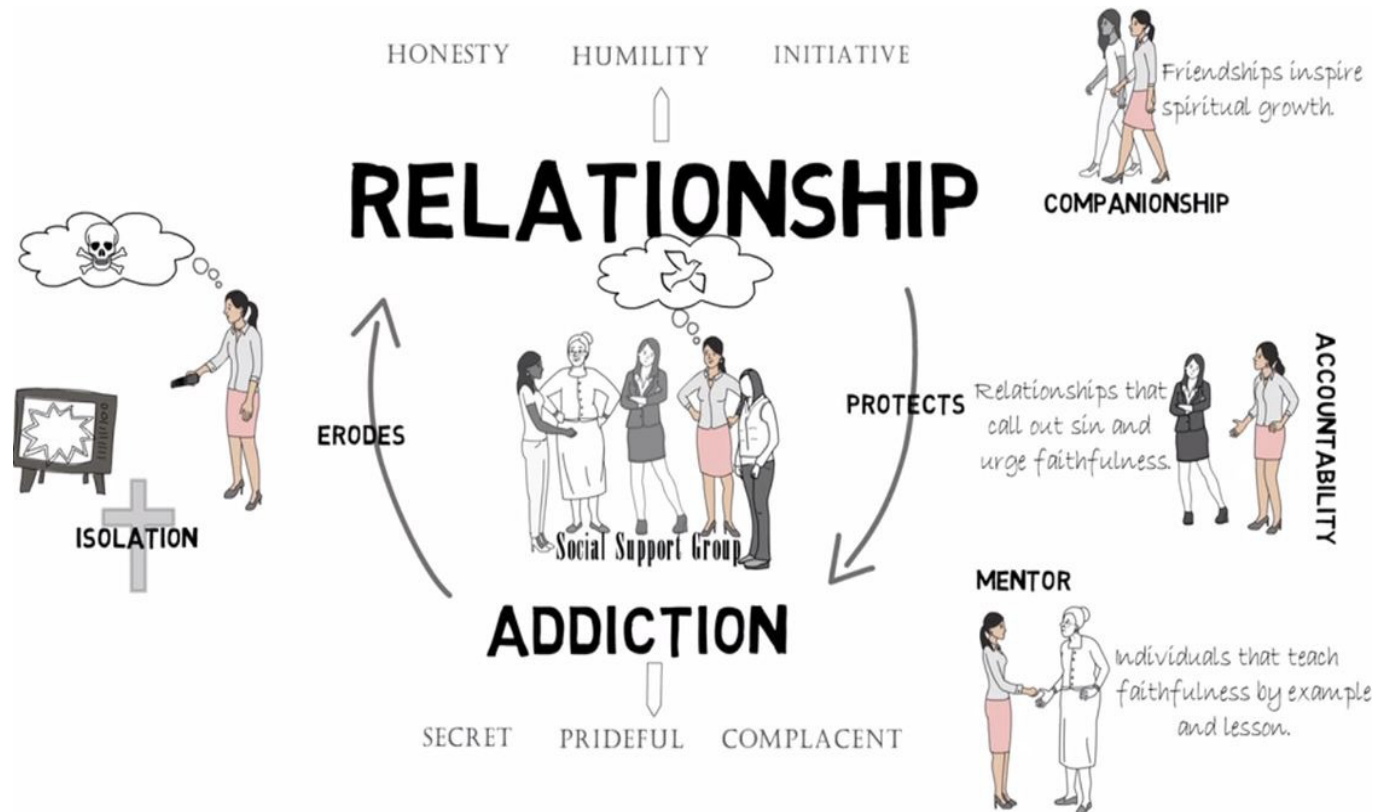
Watch the lesson intro video linked in the course.

Notes from Intro Video:

Isolation

You've experienced it. Isolation. Many of our tragic moments happen in isolation. This is not surprising. God created us as relational beings. Therefore, we are most healthy when we are in community with our sisters.

Watch the video linked in the course.



Video notes:

REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.

Memory Verse:

***“Forbearing one another, and forgiving one another, if any man have a quarrel
against any: even as christ forgave you, so also do ye.” Col 3:13.***

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 14

God-Facing: This is what God wants.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

What Does God Want From Us?

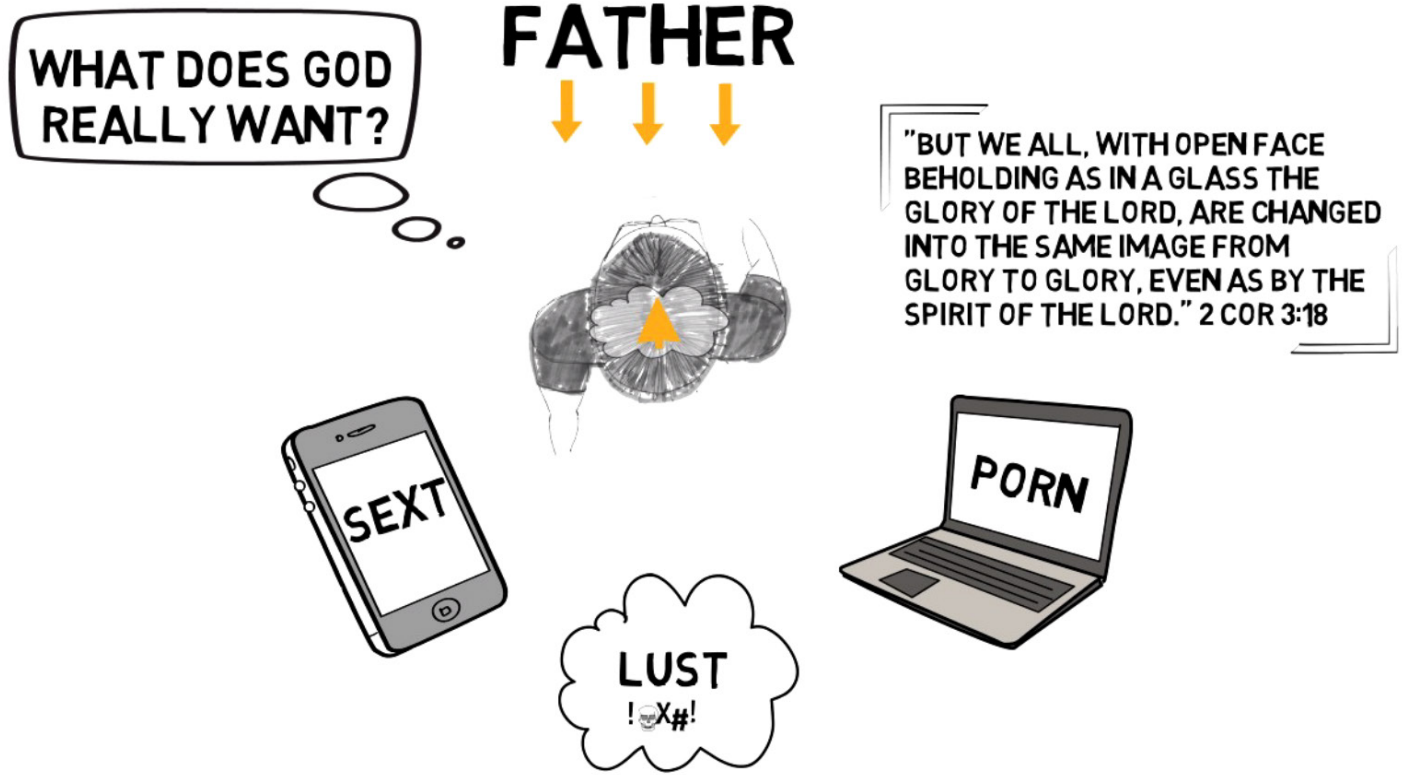
Jeremiah shared this from the Lord,

“For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water.” (Jer 2:13)

God summarized all that ailed the Israelites into two errors. First, they rejected Him. Second, they scrounged up other sources of satisfaction. God wants us to face Him and to seek Him and to find Him satisfying. And thereby, not needing to look other places.

Watch the video linked in the course.

Video notes:



REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE & READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.

Memory Verse:

"And above all these things put on charity, which is the bond of perfectness." Col 3:14

Prayer: Dedicate this effort to God. Record your prayer in the online course.

Lesson 15

Overcoming: Planning for the future.

Watch the lesson intro video linked in the course.

Notes from Intro Video:

Freedom

What should we expect from “recovery”? What does freedom look like? Is it freedom from temptation? Is it freedom from struggle? This lesson sheds light on what we mean by living an “overcoming” life.

What Does an Overcoming Christian Life Look Like?

Review the image on the next page.

**REMINDER: MAKE SURE TO FILL OUT THE LESSON QUESTIONS IN THE COURSE
& READ THE RESPONSES OF YOUR FELLOW PARTICIPANTS.**

Memory Verse:

***“And let the peace of God rule in your hearts, to the which also
ye are called in one body; and be ye thankful.” Col 3:15***

Prayer: Dedicate this effort to God. Record your prayer in the online course.

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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