

## **Week One: “The Benefits of Sexual Purity”**

### **Day One: “Created by God”**

**Read:** Genesis 2:18-25

**Reflect:** What messages did you receive about sex in the home where you were raised?

What messages does our media present about sexuality?

What is the main message of the Bible about sexuality?

**Dig:** Why did God create woman? See verse 18.

Notice that verse 23 is set off as poetry. This is the first poem from a man to a woman. Based on this poem, what do you sense is in Adam’s heart when he first sees Eve?

Look up the various places that verse 24 is recorded in other places in the Bible: Malachi 2:15, Matthew 19:5, Mark 10:7-8, 1 Corinthians 6:16, Ephesians 5:31.

When this verse is quoted, what point is usually being made? (Study the context each time this verse is quoted.)

Why did the man and woman feel no shame in being naked? See Genesis 3:7, 10-11.

**Apply:** Ask God to deepen your commitment to receive sexuality as one of his best gifts. *Examine* your commitment to practice the Bible’s revelation of the steps toward sexual fulfillment:

1. leave father and mother
2. be united to spouse
3. become one flesh

## **Week One: “The Benefits of Sexual Purity”**

### **Day Two: “Purity and Seeing God”**

**Read:** Matthew 5:8

**Reflect:** In your experience, how does purity in mind help you see God?

**Dig:** Read Matthew 5:8 and Psalm 66:18. What do the pure in heart get to see?

What does Psalm 24:3-4 say about the connection between purity and spiritual sight?

What does Psalm 66:18 tell you about purity and your prayers?

Read 1 John 1:9 and write out the two things that are promised when we confess our sins:

**Apply:** Since sexual purity is so clearly connected to our ability to see and hear God, confess your sins and thank God for the cleansing that he continues to give to us.

## **Week One: “The Benefits of Sexual Purity”**

### **Day Three: “Parameters for Purity, Part I”**

**Read:** Song of Solomon 2:1-7

**Reflect:** Have you ever longed for ‘romantic’ love without seeing the fulfillment of that longing or wished that a friendship relationship would progress faster? Have you ever sought physical intimacy in the absence of a committed relationship? Put into words the emotions you felt at such times.

**Dig:** The words of verse 7 are spoken three times in Song of Solomon. Note their context in both Song of Solomon 2:6 and 8:3. Given the context, why do you think the ‘beloved’ would be prompted to speak these words of advice to her friends?

Are the desires for physical intimacy part of God’s original plan? Recall Genesis 2:24-25.

What happens when such desires become all-consuming (i.e. idolatrous)? Have you seen this happen in your own life?

Read Psalm 37:4 to remind yourself what David says about desire and delight.

**Apply:** Assess your level of delight in the Lord. Now, following the instruction of Psalm 37:5, prayerfully *commit* your way to the Lord and *trust* Him.

## **Week One: “The Benefits of Sexual Purity”**

### **Day Four: “Parameters for Purity, Part II”**

**Read:** Proverbs 5:15-20; Song of Solomon 2:16, 7:10

**Reflect:** Think about a committed relationship or marriage that you know of in which one partner was unfaithful. List in detail the effects this had on the relationship.

**Dig:** Read Genesis 2:24-25. The King James Version translates Genesis 2:24 by saying that a man should ‘cleave unto his wife.’ What synonyms can you think of for the word “cleave”? According to these verses, whose idea was it that husbands and wives should cleave to each other?

Considering that God’s laws are more *descriptive* of the best way to live rather than simply being a list of *prescriptive* rules, why does it make sense that God would institute fidelity?

Compare the imagery of the Proverbs passage with that of Song of Solomon 4:12-15. What are the benefits of exclusivity and how does this passage stand in sharp contrast to the opinion of those who would maintain that being in a lifelong, monogamous relationship is ‘boring’?

**Apply:** Evaluate what it means for you—whether single, married, divorced, or separated—to *celebrate* your sexuality within God’s healthy parameters.

## **Week One: “The Benefits of Sexual Purity”**

### **Day Five: Lectio Divina**

Using the “*Lectio Divina*” method of Bible study (see page 2 of this booklet), meditate on this scripture:

**“Since the Master honors you with a body, honor him with your body!” 1**  
Corinthians 6:13 (The Message)

*Lectio divina* (a Latin expression which means Sacred reading) is done in three stages:

- reading: you read the passage slowly and reverentially, allowing the words to sink into your consciousness; after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.
- Meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life; write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer – thanksgiving, humility and petition. Write out a prayer based on the passage.

## **Week Two: “The Costs of Sexual Impurity”**

### **Day One: “Defiling God’s Temple”**

**Read:** 1 Corinthians 6:12-20

**Reflect:** Ephesians 5:3 says there must not even be a *hint* of sexual immorality among us. Scrutinize your habits and thoughts of this past week: Do you detect any hints of sexual impurity? What if someone else could see your thoughts and know your habits—would that make you uneasy?

**Dig:** Read 1 Corinthians 6:12-20. (If you have *The Message* paraphrase of the Bible, read these verses in that version as well). What appears to be the rationale of the time for minimizing the seriousness of sexual promiscuity and immorality? See verses 12-13.

How does Paul respond? See verse 12-13.

Note in verses 15 and 18 the reasons why sexual sins are so serious.

Paul quotes Genesis 2:24 in reference to prostitution (verse 16). Is he arguing that ‘becoming one flesh’ is sinful? (Again, check out the context of Genesis 2:24.) How has our sinful nature corrupted God’s good design—and how can the original beauty be restored? See verses 15, 19-20).

**Apply:** Put verse 20 into action—from the clothes you wear today, to the thoughts you think, to the things you do— ‘Honor God with your body.’

## **Week Two: “The Costs of Sexual Impurity”**

### **Day Two: “A Continual Lust for More”**

**Read:** Ephesians 4:17-19; James 1:13-18

**Reflect:** Identify the temptations within your life that are at the greatest risk of corrupting the beauty of sexuality. (The spectrum could range from temptations to *ignore* one’s sexuality altogether to emotional affairs to temptations to become obsessive and impure).

**Dig:** Read James 1:13-18. Note the progression of such temptation—how does it start? See verse 14.

What happens in stage 2? See verse 15a. How about stage 3? See verse 15b.

According to Ephesians 4:19, what happens when sensitivity is lost? Is lust ever satisfied? How is this related to the progressive stages seen in James 1?

Go back to the temptation you identified above—where would you place it on the continuum we see in these verses? Related to that, evaluate your level of sensitivity.

**Apply:** Ask God to heighten your level of sensitivity. Since one of the ways that we increase our sensitivity is by feeding upon God’s word (Psalm 119:9-11, 37) consider memorizing scripture that specifically addresses the temptations you listed (perhaps 1 Corinthians 6:18 or 6:20; Ephesians 5:3; or 1 Peter 5:8).

## **Week Two: “The Costs of Sexual Impurity”**

### **Day Three: “The Cost to Other People”**

**Read:** 1 Thessalonians 4:1-8

**Reflect:** Many people say that what we do in the privacy of our own homes (or minds) does not hurt others and therefore is no big deal. What do you think?

**Dig:** Read 1 Thessalonians 4:1-8 and answer these questions:  
What are we called to avoid?

What is contrasted with “passionate lust”?

What does verse six teach us we do when we sin sexually?

What does Matthew 5:27-30 teach you about how our thoughts are to be pure?

What do you read in this passage about how seriously Jesus takes this mental sin?

What does verse 8 tell you about God’s attitude toward our sexual sin?

**Apply:** Since James 1 teaches us that sin begins with entertaining thoughts that are impure...and they eventually grow ugly fruit, ask God to cleanse your mind and then seek today to think pure thoughts.

## **Week Two: “The Costs of Sexual Impurity”**

### **Day Four: “Let the Light Shine!”**

**Read:** Ephesians 5:1-14

**Reflect:** How much has your tolerance of sexual images, jokes, movies, TV, and language changed in your lifetime? Have your standards changed?

**Dig:** After reading Ephesians 5:1-14, please answer these questions:

What are the three things that we are told should not even be hinted at?

What do these three have in common?

What does this text call an “immoral, impure, or greedy person”? See verse 5.

An “idolater” is a person who values something above God. How is sexual sin putting something above God?

What does “light” do to these dark sexual activities?

How would you interpret the wake up passage in verse 14 in terms of sexual sinning?

**Apply:** How must your life change (in terms of media intake: songs you listen to, movies you see, conversations you engage in) so that you can obey the command that no “hint” of sexual immorality be in you?

Ask God for the grace to obey this command.

## **Week Two: “The Costs of Sexual Impurity”**

### **Day Five: Lectio Divina**

**Using the “Lectio Divina” method of Bible study** (see page 2 of this booklet),  
**meditate on this scripture:**

“There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, ‘The two become one.’ Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever--the kind of sex that can never ‘become one.’ There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for ‘becoming one’ with another.” 1 Corinthians 6:16-18 (The Message)

*Lectio divina* (a Latin expression which means Sacred reading) is done in three stages:

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- Meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life; write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer – thanksgiving, humility and petition. Write out a prayer based on the passage.

## **Week Three: "Overcoming Sexual Bondage"**

### **Day One: "Sexual Abuse"**

**Read:** 2 Samuel 13

**Reflect:** What do you think is the understanding of sexual freedom in our culture? What would the understanding of sexual bondage be? How is it different in the Bible?

**Dig:** As you read this text, notice where you find the typical expressions of sexual abuse:

Obsession: verses 1-2

Deceit: verses 5-9

Seduction: verses 9-11

Use of force: verses 12-14

Resulting hatred: verse 15

Vows of silence: verses 20-21

Sexual sin and abuse is often a family or generational pattern. Is this the case here? See 2 Samuel 11:1-5 and 2 Samuel 12:11-12.

We are called to "take the way of escape" from sexual lust (1 Corinthians 10:13). Where did Amnon fail to take this exit?

When have you failed to take this exit provided by God?

**Apply:** Ask God to reveal to you how lust has brought grief in your life. Where have you thought of lust as a "victimless crime"? Admit to God the foolishness of such thinking.

## **Week Three: "Overcoming Sexual Bondage"**

### **Day Two: "Sexual Sin"**

**Read:** Proverbs 7:6-27

**Read:** Commentary (*Freedom in Christ Bible*, p. 700)

**Reflect:** What foolish thinking have you done regarding the consequences of sexual sin? What lies does our culture tell us about sexual sin?

**Dig:** What do the first five verses of the chapter tell you with regard to avoiding sin?

Why are they the introduction to the rest of the chapter?

According to this passage, what is the cost of sexual sin? See verse 23.

According to Jesus, what is your soul in danger of in lust? See Matthew 5:27-30.

What should we be willing to sacrifice to avoid sinning?

**Apply:** If you are going to "take every thought captive" (2 Corinthians 10:5) and "if your right eye causes you to sin, gouge it out and throw it away," (Matthew 5:27) then what drastic action might God be asking of you?

## **Week Three: "Overcoming Sexual Bondage"**

### **Day Three: "The Entrapment of Sin"**

**Read:** 2 Chronicles 29

**Reflect:** Why is it that sexual sin (even if it is mostly mental and fantasy) makes us feel not only guilty but also unclean?

**Dig:** What steps does Hezekiah take to cleanse the temple?

Verse 5:

Verse 15:

Verse 21:

Verse 27:

Verse 29:

Even though we live in the new age with the blood of Jesus as our cleansing agent, how might these steps be followed when we need to be cleansed?

What parallels do you see between this passage and Romans 12:1-2?

**Apply:** In prayer, offer the parts of your body to God, asking him to cleanse each part and then consecrate them to the Lord. Begin with your head (offer your mind, your eyes, your ears) then continue through your whole body.

## **Week Three: "Overcoming Sexual Bondage"**

### **Day Four: "Satan's Schemes"**

**Read:** 2 Corinthians 2:5-11

**Reflect:** What might Satan's most useful schemes be in your life? Does he attack your weak points?

**Dig:** Most Bible teachers say that what Paul was referring to in verses 5-9 is the incident coming out of 1 Corinthians 5:1-5. Read the passage to get a sense of what was going on at the church.

Notice also what Jesus says about the seriousness of unforgiveness. What does Matthew 6:13-15 add to your understanding of this text in 1 Corinthians?

Satan is said to try to "outwit" us. How does he try to do that according to 2 Cor. 4:4?

Finally, go to Philippians 4:4-7. Answer this question: what is our part here to guard our minds and what is God's part?

**Apply:** Do what Philippians 4 tells you to do: Make a list of what you are grateful for and simply put your requests before God. Then trust him to keep and guard your mind today.

## **Week Three: “Overcoming Sexual Bondage”**

### **Day Five: Lectio Divina**

**Using the “Lectio Divina” method of Bible study** (see page 2 of this booklet),  
**meditate on this scripture:**

“How can a young person live a clean life? By carefully reading the map of your Word. I'm single-minded in pursuit of you; don't let me miss the road signs you've posted. I've banked your promises in the vault of my heart so I won't sin myself bankrupt.” Psalm 119: 9-11 (*Message*)

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- prayer: you allow the meditation to lead you to prayer – thanksgiving, humility and petition. Write out a prayer based on the passage.

## Week Four: “What About Homosexuality?”

### Day One

**Read:** 1 Corinthians 6:9-11; Romans 1:26-27

**Question:** These passages are often cited as evidence that engaging in homosexual practice is wrong. However, I’ve heard that these passages could just as well have been referring to heterosexuals who are going “against nature” or that it is referring to homosexual rape or harassment, not to the modern day consensual (two adults who agree to have a sexual relationship) homosexual relationship.

**Answer:** Take a close look at Romans 1:26-27. Does the language used here indicate that God has in mind individual people who decide to engage in homosexual acts or does he have in mind the entire society?

Also, the passage uses the words “natural relations” and keeps referring back to what God created. What do you know of the creation and purpose of sexuality that might help you understand what God is saying in Romans 1 (see Genesis 1:26-27, Genesis 2:23-25), and therefore what the Bible would define as “natural relations”?

Take a close look also at the 1 Corinthians passage. Notice that the words “male prostitutes” and “homosexual offenders” are used. What are all the others kinds of sins that are listed?

Look up Leviticus 18:22. The term “homosexual offenders” (*arsenkoitai*) actually comes from the Greek translation (called *The Septuagint*) of this verse. Thus even the New International Translation of the New Testament could actually read “those who lie with a man as with a woman” as a most accurate translation of this verse.

Since 1 Corinthians 6:9-10 is based in part upon Leviticus 18:22, what does that tell you about the New Testament view of homosexual behavior?

## **Week Four: “What About Homosexuality?”**

### **Day Two**

**Read:** John 8:1-11; Romans 7:21-25

**Question:** The Bible seems to teach that engaging in homosexual practice is wrong. But what about *being* homosexual—is it wrong to have homosexual tendencies and attractions? If not, then why is it wrong to act on them?

**Answer:** What does John 8:1-11 tell you about the distinction between sinful practices and tendencies or attractions when it comes to heterosexual sin? Might it be the same with regard to homosexual sin?

What do you learn from Paul in Romans 7:21-25 about his tendency to sin?

Does he make a distinction between sin and another part of himself? How might this passage apply to homosexual tendencies and attractions, on the one hand, and homosexual practice on the other?

Alcoholics may have a genetic link to the practice of drinking too much. According to the Bible, what must they do about this tendency?

All heterosexual single people are called by God to remain pure (some never get married) and must make a distinction in their life between attraction and acting upon it. How might this apply to homosexual tendencies and acting on those tendencies?

## **Week Four: “What About Homosexuality?”**

### **Day Three**

**Read:** Galatians 3:23-29; Philemon; Revelation 22:14-15

**Question:** The Bible seems to endorse slavery and a secondary role for women. We now live in a society that generally recognizes that both of these actions are wrong. Isn't it possible that the comments that Paul makes regarding slavery and women *and homosexuality* are all influenced by his particular culture during that particular time period? Isn't it time to recognize that homosexuality also fits into this category and thus is not really a sin?

**Answer:** In reading the text from Galatians, what social categories do you see here which are no longer appropriate categories in the church?

Are sexual differences mentioned? What do you make of that?

In other places, Paul sows the seeds for equalizing the status and roles of women, ethnic groups, and even sows the seeds for the destruction of the practice of slavery (check out the book of Philemon). Do you know anywhere in the Bible where hetero- and homosexual categories are treated this same way? What conclusions do you draw from that?

## **Week Four: “What About Homosexuality?”**

### **Day Four**

**Read:** 1 Samuel 20:41; 2 Samuel 1:26

**Question:** Aren't these passages evidence that David, the great man of God, was bisexual and was attracted to Jonathan?

**Answer:** Look up Genesis 33:4, Exodus 4:27, Exodus 18:7, Ruth 1:9, and 1 Samuel 10:1. In each case, men were said to have “kissed” each other. This was a common practice in this culture and does not indicate a sexual relationship.

In considering 2 Samuel 1:26, notice that although David's love for Jonathan is compared to his love for a woman, there is nothing that would indicate to us that this was understood in a sexual way.

From what you know of God's judgment on David for the sexual sin of adultery with Bathsheba (see 2 Samuel 11) does it seem consistent to you that if there was a sexual relationship with Jonathan that God would not punish it, especially since the Old Testament condemns both heterosexual adultery and homosexual relationships?

## **Week Four: “What About Homosexuality?”**

### **Day Five**

**Read:** Romans 2:1; Ephesians 5:1-3

#### **Time for some serious reflection**

If you are heterosexual, think carefully about how you have thought of and treated people who are gay, lesbian, or bisexual. Have your thoughts and actions been full of love and compassion?

If you have engaged in gay, lesbian, or bisexual relationships, what is God calling you to do about those relationships?

## **Week Five: “Sexuality and Media”**

### **Day One: “Media’s Impact”**

**Read:** Proverbs 4:20-27

**Reflect:** What “traditions” are celebrated in your home? Read the following paragraph. What is your reaction?

“Tradition is the handing down of information, beliefs, worldview from one generation to another by word of mouth and by regular repetition.” This brief definition of a tradition from Noel Piper prompted me to ask the following questions: If TV is the air we breathe in our household, what am I handing down, what do my children believe, what worldview will shape their hearts and minds, what do they see mommy and daddy captivated by? What does Daddy really celebrate?

**Dig:** What are the promises that are given to a person who follows God’s way? See verse 22.

What are we to do “above all else”?

In order to guard our heart (verse 23), what are we to do with our mouth and our eyes and our feet? See verses 24-26.

How does what Jesus says in Mark 7:14-18 help you understand this passage from Proverbs?

**Apply:** Think about and write a response to the following based on your study today:

Someone may ask: What’s wrong with television?

Don’t worry, I’ll be the last to sound off and give some holier-than-thou-shalt-not-watch-tv-schpiel. Let me simply answer the question with a few questions: “What’s RIGHT with television? How does it help me develop passion for God? How does it facilitate connecting in life-giving relationships? How does it equip me to become an agent of renewal? How does it contribute to shalom?”

## **Week Five: “Sexuality and Media”**

### **Day two: “Media’s Distortion of Self-Worth”**

**Read:** Psalm 139

**Reflect:** Think of 5 popular TV shows, magazines, or movies and evaluate how (a.) men’s bodies and (b.) women’s bodies are portrayed. What messages are being sent?

How have such messages affected you? When you are with a number of other people who are more muscular than you (men) or are thinner, more ‘attractive’ than you (women) does your sense of self-worth go down? How about the converse—if you are the most fit, ‘well-proportioned,’ well-groomed person in the room, does your confidence level increase?

**Regaining Perspective:** Read 1 Samuel 16:7 to remind yourself what God values. What do you value more—praise from people or praise from God? See John 12:43 for a parallel reference albeit in a different context.

Read 1 Peter 3:3-4 and note what Peter writes regarding the source of true beauty. Is this passage an argument against wearing jewelry, makeup, etc.?

Men, note what Paul writes to Timothy regarding being strong (2 Timothy 2:1).

Slowly read Psalm 139:13-14 and let these verses soak in.

#### **Apply**

Spend some time praising God that you—with every wrinkle and extra roll of skin—are ‘fearfully and wonderfully made’.

## **Week Five: “Sexuality and Media”**

### **Day three: “Developing a Crap Detector”**

**Read:** Deuteronomy 6:4-9

**Reflect:** How do you decide which media is OK and which is not OK? What is your standard of measurement?

Pastor Dave’s father used to say that knowing good theology was a good way to build a finely tuned “crap detector.” If that is the case, how well is your crap detector working?

**Dig:** What is the basis for all the “commandments” that God gives to us? See verse 4.

Children, and especially adolescents, often ask “what’s wrong with \_\_\_\_\_?” According to this passage, what might be a better question?

If parents are going to do what this verse suggests, should they be watching TV or listening to possibly objectionable songs with their children to help them discern?

This kind of parenting (or discipling...if you are single but still influence children in your life) takes time and patience. How are you doing with this kind of investment in the children in your life?

**Apply:** Ask God to sharpen up your “crap detector” and make some kind of commitment to listen to what you children are listening to so that you can help them make good choices.

## **Week Five: “Sexuality and Media”**

### **Day four: “Your Thought Life”**

**Read:** Matthew 5:27-30

**Reflect:** How has lust affected your life?

If you are a male, how does what you see affect your sexuality?

If you are a female, how does what you see affect your sexuality?

Why is pornography so widely used in our society?

**Dig:** What does Jesus say we are guilty of if we look at someone lustfully?

Why is this passage written from a man’s perspective?

What does Jesus say will happen to you if you don’t kill lust in your life?  
(can lust send you to hell?)

Jesus is using “hyperbole” (humorous exaggeration to make a point) when he says that we must “cut off our right arm” or “gouge out” our eye. What would be an application of this principle (of radical action) in your life if you were fighting lust?

**Apply:** In terms of lustful thinking, what do you need to gouge out of your life or cut off in your life in order to avoid the judgment of hell?

## **Week Five: “Sexuality and Media”**

### **Day five: Lectio Divina**

Using the “Lectio Divina” method of Bible study (see page 2 of this booklet), meditate on this scripture:

**“Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious--the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.”** Philippians 4:8 (Message)

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- Meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life; write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer – thanksgiving, humility and petition. Write out a prayer based on the passage.

## **Week Six: “A Battle We Can Win”**

### **Day One: “Sound Judgment and Discernment”**

**Read:** Proverbs 3:21-26

**Reflect:** Identify an instance in the past week or so in which you used ‘sound judgment and discernment’ with respect to your sexuality. Any instances in which you let sound judgment and discernment get ‘out of your sight’?

**Dig:** Verse 22 makes a clear link between preserving sound judgment and ‘life.’ Think of tangible/practical ways you have seen this to be true. For additional reading, note God’s words to Israel in Deuteronomy 30:11-20.

Note the metaphor at the end of verse 22. For what reasons does one wear a necklace? List as many as you can. How does this enrich your understanding of sound judgment being like a necklace?

For further insight note the paraphrase of verses 21 and 22 in The Message: “Dear friend, guard Clear Thinking and Common Sense with your life; don’t for a minute lose sight of them. They’ll keep your soul alive and well, they’ll keep you fit and attractive.”

**Apply:** Go back to how you answered the ‘reflect’ question. Identify the areas of your life in which you have to keep a tighter rein on ‘sound judgment and discernment’. Put a plan into effect to keep them in sight.

## **Week Six: “A Battle We Can Win”**

### **Day Two: “Taking Captive Every Thought”**

**Read:** Philippians 4:8; 2 Corinthians 10:1-5

**Reflect:** With respect to your sexuality, have your thoughts of the past few weeks been true, noble, right, pure, lovely, admirable, excellent, and praiseworthy?

**Dig:** How would you characterize the ‘standards of this world,’ particularly in areas of sexuality?

Are you living more according to the world’s standards or Christ’s standards?

How does Paul characterize the weapons that Christ-followers should fight with? In other words, what gives such weapons their power?

**Apply:** Evaluate: are there any strongholds in your life that need to be demolished? Any thoughts that need to be taken captive? Recognize that in Christ you have Divine Power to do so (the Christian version of ‘weapons of mass destruction’!) and then commit to find a partner in prayer who can join you in this battle. (You may want to consider setting up a Freedom in Christ appointment with a prayer servant.)

## **Week Six: “A Battle We Can Win”**

### **Day Three: “Walk in Purity”**

**Read:** Romans 7:14-25

**Reflect:** What do you do to handle sexual temptation?

Is it effective?

**Dig:** Do you find that certain sin habits are virtually impossible to break? How do you feel about that?

Read carefully Romans 7:14-25 and see if you can note the phrases that Paul uses that indicate that he is describing the state of a believer, not an unbeliever.

How is the first sentence in verse 18 a key to understanding this passage?

How is chapter 7 related to chapter 8? In other words, what does the "therefore" mean in the beginning of chapter 8?

**Apply:** Admit to God in prayer the sexual and other sins that still stubbornly dwell in you. Now ask him to deliver you from this body of sin. Determine to keep fighting against this sin because you have the power of Jesus!

## **Week Six: “A Battle We Can Win”**

### **Day Four: “Offering Up Our Bodies”**

**Read:** Romans 12:1-2

**Reflect:** How have you seen evidence of your mind being *renewed* in the past week, month, year? How has that process *transformed* your actions, behaviors, and thoughts?

**Dig:** According to verse 1, what are we urged to offer up as a living sacrifice?

Let's get real specific—think of specific body parts to offer up.

Now, think about how offering up your sexuality and sexual organs can be an act of worship (yes—worship!).

According to verse 2, what is the result of 'not conforming' but rather of 'being transformed'? Apply this verse—both the command and the result—to areas of sexuality.

**Apply:** Once again let's apply verse one—but this time get very specific and identify specific body parts including sexual organs as you offer them up and surrender them to God.

## **Week Six: “A Battle We Can Win”**

### **Day Five: Lectio Divina**

Using the “Lectio Divina” method of Bible study (see page 2 of this booklet), meditate on this scripture:

**“So, my very dear friends, don’t get thrown off course. Every desirable and beneficial gift comes out of heaven. The gifts are rivers of light cascading down from the Father of Light.” James 1:16-17 (The Message)**

*Lectio divina* (a Latin expression which means Sacred reading) is done in three stages:

- reading: you read the passage slowly and reverentially, allowing the words to sink into your consciousness; after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.
- Meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life; write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer – thanksgiving, humility and petition. Write out a prayer based on the passage.