

DAY 7

START RIGHT: CONFESS | LEARN | ADJUST

REFLECTION:

Over the past two weeks, we have read about *God's design for sex, marriage and the family*. What are the “2” biggest “take-aways” from these lessons that you will apply to your life?

> 1.

> 2.

> After reading about the “Biblical View” of sexual sin this week, what are the “3” biggest “take-aways” from these lessons that you will apply to your life?

> 1.

> 2.

> 3

.

Below is a “key scripture” to hide in your heart in fighting Sexual Sin. Write it down and carry it with you wherever you go. Read it daily and read it often until it has sunk into your soul!!! This scripture is God’s will for you!!

TRANSFORMATION PASSAGE: 1Thessalonians 4:1-8

*“**Brothers**, we instructed you how to live in order to please God...Now we ask you and urge you in the Lord Jesus to do this more and more... 3 It is God's will that you should be sanctified: that you should avoid sexual immorality; 4 that each of you should learn to control your own body in a way that is holy and honorable, 5 not in passionate lust like the pagans, who do not know God... The Lord will punish all those who commit such sins, as we told you and warned you before. 7 For God did not call us to be impure, but to live a Holy life. 8 Therefore, anyone who rejects this instruction does not reject man but God, the very God who gives you His Holy Spirit.”*

ACTION STEP: Reflect & Write how God wants you to apply this scripture.

The SPIRAL



Forgiven and Free

Daily Devotionals
Chapter 2 - Sexual Sin

“3” EXIT STRATEGIES FROM THE SPIRAL”

1) Flee/Run or 2) Confess or 3) Prayer or a combination of all “3.”

DAY 1

START RIGHT: CONFESS | LEARN | ADJUST

REFLECTION: Read the chapter all the way through today!

Last week we studied how God designed man, woman, sex, and marriage. This week our hope is that you will grasp the lies and deceptions of various sexual sins. While it's fresh in your mind, write down your top "3" take-aways from this chapter:

> 1.

> 2.

> 3.

The chapter starts off with Dustin's SALVATION story and his thoughts about GOD and CHURCH at that time. Dustin shares about going to church after the crisis of his second divorce on pages 47-48. He says, *"How could God possibly forgive someone like me—a sexual pervert enslaved to pornography?"* Can you relate to his feelings of guilt, shame and unworthiness? How so? Describe how your sexual sin has caused these feelings?

> What have you done to cope with the feeling of shame in the past?

> Read Matthew 11:28-30. What does God say to do with these feelings for the future?

> What did Dustin realize about God and the type of people He came to heal and save? How can this help you let go of your guilt & shame? (Towards the bottom of page 48.)

TRANSFORMATION PASSAGE:

"For God did not send His Son into the world to condemn the world, but to save the world through Him." John 3:17

"For I will be merciful to their unrighteousness, their sins, and lawless deeds, and I will remember their sins no more." Hebrews 8:12

"As far as the east is from the west, so far has He removed our sins from us." Ps 103:12

ACTION STEP: Reflect & Write how God wants you to apply these scriptures.

"3" EXIT STRATEGIES FROM THE SPIRAL "

1) Run or 2) Confess or 3) Pray or a Combination of all "3."

DAY 6

START RIGHT: CONFESS | LEARN | ADJUST

REFLECTION:

Being on the same page is important as we discuss love and lust (pages 55-56). Define LOVE in your own words below!

> Love:

> How is LUST different than LOVE?

> Can you share a story from the past week of how love propelled you to action regardless of what it cost you?

> Why do you hide your sin? How has this worked for you? How do you feel when you do it? How does God want you to handle it from now on? (Jas 5:16, Eph 5:12-17)

TRANSFORMATION PASSAGE: 1Corinthians 13:4-8

Today, let's take a look at each line in the "Love Chapter" where God defines LOVE. Reflect on each word and how it applies to YOU. Write down what God wants you to work on and how you will try to do this! Realize, this type of LOVE is impossible to live out apart from the HOLY SPIRIT. (This is a 3x5 card verse.)

"4 Love is... patient, love is kind. It does not envy, it does not boast, it is not proud."

5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

6 Love does not delight in evil but rejoices with the truth.

7 It always protects, always trusts, always hopes, always perseveres.

8 Love never fails..."

"3" EXIT STRATEGIES FROM THE SPIRAL "

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DAY 5

START RIGHT: CONFESS | LEARN | ADJUST

REFLECTION:

PORNOGRAPHY is the entry level drug to sexual sin. Most men are introduced to PORN between 8-12 yrs old with fantasy & masturbation behavior starting soon after. This fantasy world for many men was daily! If he started at age 10, by 21 a young man has had 4,015 sexual experiences in his mind with multiple women. If he has looked at porn for an hour a day, by 21 he has spent almost 6 months of his life (24/hrs a day) looking at porn videos and fantasizing. This is called his happy place. Over the years he learns he can run to this place for relief from stress, failures, belittlement, rejection, boredom...and the list goes on! **THIS IS HOW MOST MEN BECOME ADDICTED TO PORN!**

PORNOGRAPHY is defined on page 55. It's the emotional, spiritual, and physical abuse of people performing profane acts of sexuality for the arousal of a viewer or audience. Porn "divorces the dignity" of the person made in the image of God from his/her sexuality.

> **Do you agree that porn is emotional, spiritual and physical abuse? Why or why not?**

> **Emotional Abuse -**

> **Spiritual Abuse -**

> **Physical Abuse -**

> **How does porn separate/divorce the dignity of a person from his/her sexuality?**

> **As you think about how this dignity is lost, does it change your perspective on porn? How so?**

> **Write to God confessing/repenting of the first time you looked at PORN and the massive number of times that followed until the age of 21. Then PRAY for the women caught up in the sexual industry, women who dress inappropriately that are starved for attention, and for Gods' daughters to stay pure/holy. Ask God to help you begin to PRAY for these women instead of PREYING on them.**

TRANSFORMATION PASSAGE:

"Your eyes are too pure to look upon evil..." Has 1:13

"You have heard that it was said, 'You shall not commit adultery.' 28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than for your whole body be thrown into hell."

"Abstain from all appearances of evil." 1Thes 5:22

ACTION STEP: Reflect & write how God wants you to apply this scripture.

"3" EXIT STRATEGIES FROM THE SPIRL

1) Run or 2) Confess or 3) Pray or a Combination of all "3."

DAY 2

START RIGHT: CONFESS | LEARN | ADJUST

REFLECTION:

One of the main recovery principles in all programs is that there can be no secrets or lying, and you must remain completely open and honest with others. **Why do you think this is so important?** (This assumes you're doing this with safe people.)

God tells us how "Adam and Eve" responded when they sinned...

"When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees." Gen. 3:8

> **Have you been hiding from the Lord like Adam? How have you been hiding? Why have you been hiding?**

> **Have you been hiding your sin from your wife, your friends, your pastor, and others? Why? How did that work for you until you got caught or until you will get caught?**

> **How long have you been hiding? What is preventing you from moving from the darkness into the light?**

To confess your sin to someone at first seems like the hardest thing you will ever have to do in life! You're not sure how others will respond? What will they think of you? What will the consequences be? What will your wife say? Your pastor? Your girlfriend, fiancé, or your friends? CONFESSION does bring consequences, BUT the result is so freeing... no more hiding... no more pretending you're someone you're not! It's good to be able to just be you with all the good, bad, and ugly stuff about YOU. We all got Ugly!

> **Write a commitment sentence to GOD that from now on you will try, with His help, to start being honest, open, and truthful with others about how you're struggling.**

TRANSFORMATION PASSAGE:

"Woe to those who go to great depths to hide their plans from the Lord, who do their deeds in darkness and think, 'Who sees us? Who will know?'" Is 29:15

"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy." Proverbs 28:13

ACTION STEP: Reflect & Write - How God wants you to apply this scripture?

"3" EXIT STRATEGIES FROM THE SPIRL

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DAY 3

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REFLECTION:

There are “2” types of sin described on page 50. Explain the differences.

> **Inherited sin / Original sin** vs. **Personal sin**

Dustin shares on pages 50-51 that he went into hiding and self-protection mode in order to protect himself and keep people from discovering his sexual sin. He states that in reality, being alone drove him into depression > then hopelessness > and eventually suicidal thoughts. He felt like he was in a self-imposed prison. **How has trying to protect yourself and others from the knowledge of your sexual sin affected you?** Anxiety? Paranoia? Stress? Anger? Sleeplessness? Joyless unless acting out? Dishonesty? Lying? Hypocrite? Etc.? List the top “3” effects. Why would you want to change each of these?

> 1.

> 2.

> 3.

> Write down how you would feel if you had nothing to hide from anyone? How would it feel to be a man living a transparent and obedient life before God?

TRANSFORMATION PASSAGE:

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

“The thief (Satan) comes only to steal and kill and destroy; I (Jesus) have come that they may have life, and have it to the full. John 10:10

ACTION STEP: Reflect & write how God wants you to apply the scriptures.

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DAY 4

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REFLECTION:

Genesis 2:24 is the is the standard or template for appropriate sex. It says, *“A man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”* You can ask yourself if your behaviors (or these other behaviors) line up with V24!?

Read Leviticus 20:10. What is God’s command on how to deal with ADULTERY here in the OT?

Read Lev 18:22. What are God’s feelings toward HOMOSEXUALITY here in the OT?

Read Lev 19:29. What are God’s feelings toward PROSTITUTION here in the OT?

Read Phil 2:3, 1Cor 6:12, Phil 4:8, Gal 5:24. The Bible doesn’t use the word MASTURBATION so some believe this is a pass to do what they want, but there are plenty of scriptures that make it clear this type of behavior is destructive. We rarely see a man get free from sexual sin who is unwilling to stop masturbating. After reading these Scriptures, write down how you think God feels when you masturbate.

> Define sexual sin in your own words.

> Write out the definition of sexual sin from the top of page 56.

> How will this Biblical view of sexual sin change how you will live going forward?

TRANSFORMATION PASSAGE:

“There is now “no condemnation” for those who are in Christ Jesus.” Romans 8:1

“For the one who sows to please his own flesh will from the flesh reap destruction, but the one who sows to please the Spirit will from the Spirit reap eternal life.” Gal 6:8

“Therefore consider the members of your earthly body as dead to fornication, impurity, lust, evil desires, and greed, which is idolatry.” Col 3:5

ACTION STEP: Reflect & write how God wants you to apply the scriptures.

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