

Thought-Check Exercise

Reflect on the phrases or statements you have spoken over yourself as you have strived to overcome lust. In the right column, list the thoughts that come to mind. Take some time to research and record Bible verses that correspond to each thought in the right column. (See the example in the first row.)

THOUGHT	SCRIPTURE
"God, won't forgive me after sinning in this area so many times."	"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9 (ESV)

Thought-Check Exercise

Record any contradictions you discover between your thoughts and God's word in the space provided below. Set your mind to cling to the verses on the previous page and fight your doubts with God's truth.

1 John 1:9 Exercise

When asked by Peter how often he should forgive a brother or sister that hurts him, Jesus replies as many times as necessary. He says not “seven times, but seventy times seven.” (Matthew 18:22 NLT) This number “seven” often carries a theme of “completion” throughout the Bible. If Jesus wanted us to forgive others completely, how much more will He not model this gracious, forgiving nature to us! So in the spirit of Jesus’ response, write out 1 John 1:9 seven times.

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 JOHN 1:9 (ESV)

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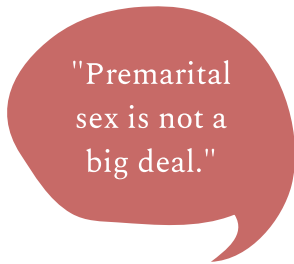
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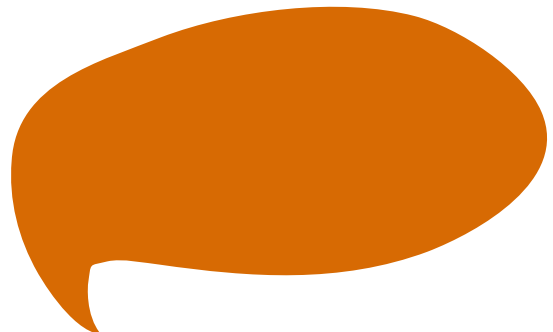
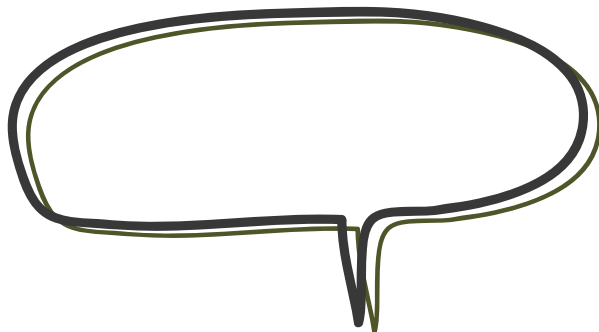
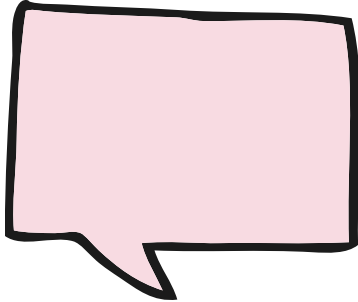
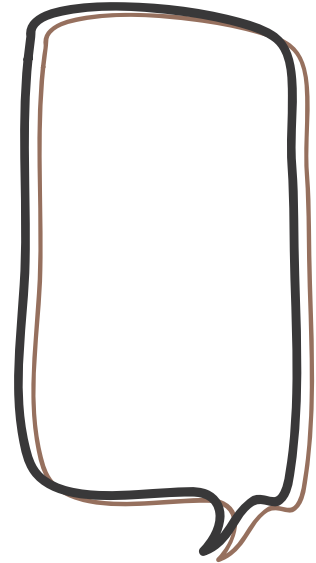
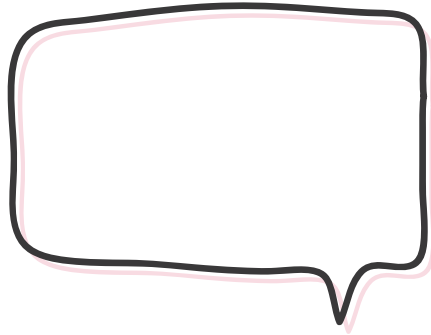
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Says Who? Exercise

In each speech bubble, write a present belief you hold about sexuality. Next, ask yourself, "Says who?" Where does this belief originate? Is it a person? An experience? Your feelings? A celebrity or pop culture? Is it a teaching of the Bible? If so, what verse? Repeat these steps until you are finished. Afterward, consider who most influences your perspective on sexuality.



FRIENDS, POP
CULTURE



Says Who? Exercise

Use the following space to write out your response to the journal prompt below.

WHAT THOUGHTS DO YOU NEED TO BRING UNDER SUBMISSION TO CHRIST,
THE CREATOR AND FINAL AUTHORITY ON SEXUALITY?



A

Admit when you're tempted and confess when you've fallen.

M


Make our relationship with Christ your first priority.

O

Operate in the Spirit.

R

Repeat



A Admit when you're tempted
and confess when you've
fallen.

M Make our relationship with
Christ our first priority.

O Operate in the Spirit.

R Repeat