



Dealing with Sexual Temptation

Adapted from “Christians and Sexuality” series by Dr. George O. Wood

In our concern for holding biblical standards in many instances what is basically said about sex is **DON'T**. Christians are rarely informed of a reason, a theology, or an understanding of sexuality. We have no reason for being pure morally other than we are not supposed to be impure morally. It makes us more susceptible to temptation because we do not understand God's purpose for us. Christians need to be motivated regarding sexuality more by their theology than their biology.

The problem comes when we are driven more by our biological urges. Instead of letting our biological urges swamp our system, we begin to think what is going on here and what is this saying about myself. A biblical understanding of sexuality is needed as one deals with sexual temptation.

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COURAGE

C1: Speaking about sexuality and especially temptation can cause men to be fearful. How can you find the courage to speak the truth concerning struggles with sexual temptations?

C2: Men are driven by their biological urges and not by their Christian view of sexuality. Describe your Christian view of sexuality. How does your view line up with God's Word on this subject?

C3: The only way to face sexual temptation is by having a plan in place. What is your plan? If you do not have a plan of attack against sexual temptations, in the next thirty days begin to meet with three men and write out a plan of attack against sexual temptation using the Bible as your foundation. Make sure you include what or where you are most vulnerable when it comes to sexual temptation?

STRENGTH

S1: On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on how well you address the topic of sexuality with other men? If a parent, how well do you address the topic with your kids? How can you improve?

S2: Spend thirty days searching the Bible about sexually temptation. What did you conclude from your study?

S3: Do you view the successful handling of temptations as God testing you and not punishing you? Describe why you should rejoice in temptations?

S4: There are four stages to the temptation process; suggestion, consideration, consent, and permission. In the next thirty days, write out a plan on how you would share this plan with a group of young men facing temptation? Be specific.

ENDURANCE

E1: In the next thirty days, do a character study on Joseph, Samson, and David. What did you extract from this study? How do each of these men handle their temptations?

E2: In the next thirty days, write out your theology of sexuality. Discuss your theology with three Christian men. What do you deduce?

E3: Describe how you can share your own struggles and victories in Christ in a setting with other men. On a scale of 1-4, with 1 being very easy and 4 being not easy at all, rate yourself on how easy it would be to share these struggles and victories. Why?