



## Healing Broken Sexuality

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

Broken sexuality refers to the condition that occurs within us when sexuality is used in a wrong manner. When our sexuality is broken, it distances us from God, other people, or from ourselves. It was once said that man’s problem is theological – separation from God; it’s sociological – separation from fellow man; and it’s psychological – it’s separation within ourselves. To any degree that we are not whole in our relationship with God, another individual, or within ourselves because of sexuality that has been misused or harmful sexual experiences which have damaged us to that extent, we are broken.

Some men have very wholesome sexual experiences. Other men struggle with lust. Other men struggle with being a victim of sexual abuse. Perhaps you know some men who struggle with homosexual feelings. With this struggle, men can come with real guilt or with false guilt. Because of broken sexuality, some men have difficult adjustments, perspectives, and disappointments in married life. This is a difficult subject because of the inward nature of our sexual brokenness and our sexual need. However, God can heal your broken sexuality.

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## COURAGE

**C1:** Have you ever felt that you were the only one who struggles in your broken sexuality? Broken sexuality can keep us distant from God, others, and even ourselves. Have you let your broken sexuality keep you apart? How?

**C2:** The first step in fixing any problem is admitting there is one. Discussing sexual problems has long been a challenge for the church and the individual man. The question is where do you, as a man, find the courage to admit that you may struggle with your sexuality? How do you find the courage in the Holy Spirit to begin the journey of healing broken sexuality?

**C3:** One of the keys, if not the most important, is repenting from your sin. Have you repented from your sexual sin? Forgiveness is important when it comes to healing broken sexuality. Are there people you need to forgive or ask for forgiveness?

## STRENGTH

**S1:** Being broken in our sexuality refers to a condition that can cause separation between yourself, God, and those you love. Where do you, as a man, begin to close the gap that your broken sexuality has caused?

**S2:** Read and answer the following.

### **Psalms 51:1-19 (ESV)**

- What are five things you learn from these verses about forgiveness from broken sexuality?
- If you keep your broken sexuality to yourself, how can you talk to others about being open and honest with the process of healing broken sexuality? What needs to occur within yourself to find strength in Christ and be open and honest?

**S3:** There are at least three barriers that need to be addressed in repentance:

1. Repent for having held our failure to forgive others.
  2. Experiencing sexual wholeness is the failure to receive forgiveness for ourselves.
  3. Experiencing wholeness in our lives is our failure to accept and to love ourselves aright.
- Write out a plan to break through these barriers.
  - In the next thirty days, meet with three men and discuss your barriers and plans. What did you learn from them?

**S4:** Self-respect and self-esteem are two areas where Satan will attack a man based upon their past sexuality. How can you find the strength in Christ, through the power of the Holy Spirit, to begin to change your self-respect and self-esteem based upon the victory of Christ on the cross and the resurrection?

## ENDURANCE

**E1:** One of the men in the Bible that was most changed is Paul. He went from a persecutor of Christians to one of the greatest evangelists of the Word. Read and answer the following.

### Acts 9:1-31 (ESV)

- What can you gather from these verses about change?
  
- How can you change the current view of yourself and walk as a new creation in Christ?

**E2:** Men do not like to admit that they are broken. There are men in your church who are struggling with areas of broken sexuality, men who have been victims of incest, victims of rape, men struggling with homosexuality, and men addicted to pornography. In the next thirty days, meet with three men and discuss how you can begin to change the culture of not being able to admit brokenness so that men can begin to find healing in their broken sexuality? Discuss how you can begin to help your local church in addressing those areas where healing can begin?

**E3:** God can release you through forgiveness. Why is it so hard for us to forgive ourselves and understand the principle that when God forgives, He forgets? How would you begin to disciple another man regarding the importance of forgiving themselves in the process of healing broken sexuality? How would you begin to disciple other men on the importance of forgiving those who have hurt them sexually and begin the process of healing?