

THE QUEST FOR PURITY

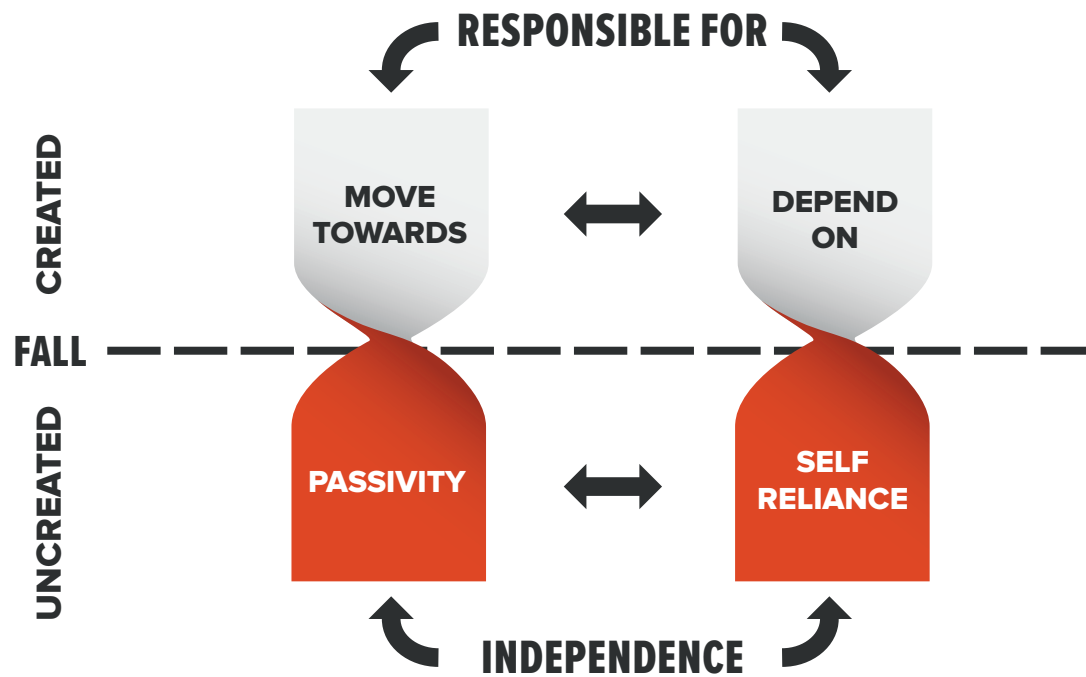
participant **GUIDE**

2nd EDITION

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Our goal is to equip men to be responsible for the people and situations that God brings into their lives:



CREATED

As men, we were created and have a Creator. We have a God-given calling to be **“Responsible For.”** This means we **Move Towards** the people and situations God places in our lives and **Depend On** God our Creator. This was God’s perfect plan before the fall.

UNCREATED

After the fall, we no longer live as created beings. We do not position ourselves under our Maker but, instead, want to be like God. We live as though we are **Independent**, uncreated beings. This leads to **Passivity** and **Self-Reliance** in our lives, a complete perversion of the good thing God created.

SESSION 1

A Common Struggle, Part 1



A COMMON STRUGGLE

The first key is _____.

For you know what commandments we gave you by the authority of the Lord Jesus. For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel in sanctification and honor, not in lustful passion, like the Gentiles who do not know God...

— 1 Thessalonians 4:2-5

Have you _____ that God has _____ about sexual immorality?

Are you willing to be _____ to his will?

ADAM IN GARDEN	JESUS IN WILDERNESS
Core Bent:	Core Bent:
Remained Silent	Spoke Proactively
Disbelieved	Trusted
Disobeyed	Obedied
Judgment	Blessing

The second key is _____.

If there is a man who commits adultery with another man's wife, one who commits adultery with his friend's wife, the adulterer and the adulteress shall surely be put to death.

— Leviticus 20:10

To avoid the _____ of adultery does not mean we have actually avoided the sin.

You have heard the commandment that says, "You must not commit adultery." But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.

— Matthew 5:27-28

The immoral man lives like a _____, selfishly bringing _____ instead of life.

- He steals from _____.
- He steals from _____.
- He steals from _____.
- He steals from _____.

CONSEQUENCES OF THIS LIFE

1.

2.

3.

4.

5.

6.

7.

A GOSPEL-DRIVEN DECISION

Now if we have died with Christ, we believe that we shall also live with Him, knowing that Christ, having been raised from the dead, is never to die again; death no longer is master over Him. For the death that He died, He died to sin, once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body that you should obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God.

— Romans 6:8-13

Decide not to let sexual sin _____ your life and to give your _____ to God.

Discussion Questions

1. As a group, list four more consequences of a life of immorality.
2. Are there any areas of sexuality where you feel God has been unclear or you have wondered what his will is?
3. Why is it so difficult for most men to acknowledge and submit to God's authority in this area of life?
4. What are some ways you have struggled to walk in integrity? How has that affected your life/ soul?
5. Are you at a place in your life where you are ready to make a decision to be pure? Why?

SESSION 2

A Common Struggle, Part 2



THE POWER OF PURSUING ENERGY

REVIEW

The first key is _____.

The second key is _____.

The decision to be pure is made based on a prior decision to live under the authority of King Jesus and a decision to pursue integrity in my inmost being.

The third key is _____.

God created us to _____ — we cannot deny the need for intimacy in our lives any more than we can deny our need for _____.

MARRIAGE

Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

— Genesis 2:18

Intimacy with your wife is based on your _____ of her.

"At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'" This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.

— Genesis 2:23-25

Intimacy with your wife will grow as you _____ in her.

Intimacy with your wife will thrive as you love her _____.

SPIRITUAL FRIENDSHIP

So now you Gentiles are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family. Together, we are his house, built on the foundation of the apostles and the prophets. And the cornerstone is Christ Jesus himself. We are carefully joined together in him, becoming a holy temple for the Lord. Through him you Gentiles are also being made part of this dwelling where God lives by his Spirit.

— Ephesians 2:19-22

Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

— Ephesians 4:15-16

If I'm not pursuing intimacy in the _____ that God has created for me, then I will be more _____ to the counterfeit intimacy offered by _____.

The fourth key is _____.

Be careful then, dear brothers and sisters. Make sure that your own hearts are not evil and unbelieving, turning you away from the living God. You must warn each other every day, while it is still "today," so that none of you will be deceived by sin and hardened against God. For if we are faithful to the end, trusting God just as firmly as when we first believed, we will share in all that belongs to Christ.

— Hebrews 3:12-14

THREE TRUTHS ABOUT ACCOUNTABILITY

1. Accountability begins with a personal commitment to guard our own hearts – someone else can't do it for me.
2. Accountability requires _____ and _____ (intimacy).
3. Accountability is necessary if we want to _____ – we can't do it alone.

Discussion Questions

1. Are you pursuing intimacy in the pathways that God has provided for you?
2. What are some of the obstacles that keep you from building intimacy in relationships (wife, friends)?
3. Do you have a difficult time depending on someone else? Why or why not?
4. Is the idea of accountability intimidating to you? Why or why not?
5. What are three practical steps you could take toward intimacy and accountability?

SESSION 3

A Call to Movement



REVIEW

Since the fall, we are _____.

My people have committed two sins: they have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.

— Jeremiah 2:13

Is anyone thirsty? Come and drink—even if you have no money! Come, take your choice of wine or milk—it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to me, and you will eat what is good. You will enjoy the finest food. Come to me with your ears wide open. Listen, and you will find life. I will make an everlasting covenant with you. I will give you all the unfailing love I promised to David.

— Isaiah 55:1-3

O Jerusalem, Jerusalem, the city that kills the prophets and stones God's messengers! How often I have wanted to gather your children together as a hen protects her chicks beneath her wings, but you wouldn't let me.

— Luke 13:34

PROVERBS 5 (ESV)

My son, be attentive to my wisdom;
incline your ear to my understanding,
that you may keep discretion,
and your lips may guard knowledge.
For the lips of a forbidden woman drip honey,
and her speech is smoother than oil,
but in the end she is bitter as wormwood,
sharp as a two-edged sword.
Her feet go down to death;
her steps follow the path to Sheol;
she does not ponder the path of life;
her ways wander, and she does not know it.
And now, O sons, listen to me,
and do not depart from the words of my mouth.
Keep your way far from her,
and do not go near the door of her house,
lest you give your honor to others
and your years to the merciless,
lest strangers take their fill of your strength,
and your labors go to the house of a foreigner,
and at the end of your life you groan,
when your flesh and body are consumed,
and you say, "How I hated discipline,
and my heart despised reproof!
I did not listen to the voice of my teachers
or incline my ear to my instructors.
I am at the brink of utter ruin
in the assembled congregation."

Drink water from your own cistern,
flowing water from your own well.
Should your springs be scattered abroad,
streams of water in the streets?
Let them be for yourself alone,
and not for strangers with you.
Let your fountain be blessed,
and rejoice in the wife of your youth,
a lovely deer, a graceful doe.
Let her breasts fill you at all times with delight;
be intoxicated always in her love.
Why should you be intoxicated, my son, with a
forbidden woman
and embrace the bosom of an adulteress?
For a man's ways are before the eyes of the Lord,
and he ponders all his paths.
The iniquities of the wicked ensnare him,
and he is held fast in the cords of his sin.
He dies for lack of discipline,
and because of his great folly he is led astray.

Sexual immorality is a powerful _____.

SIGNS OF ENSLAVEMENT

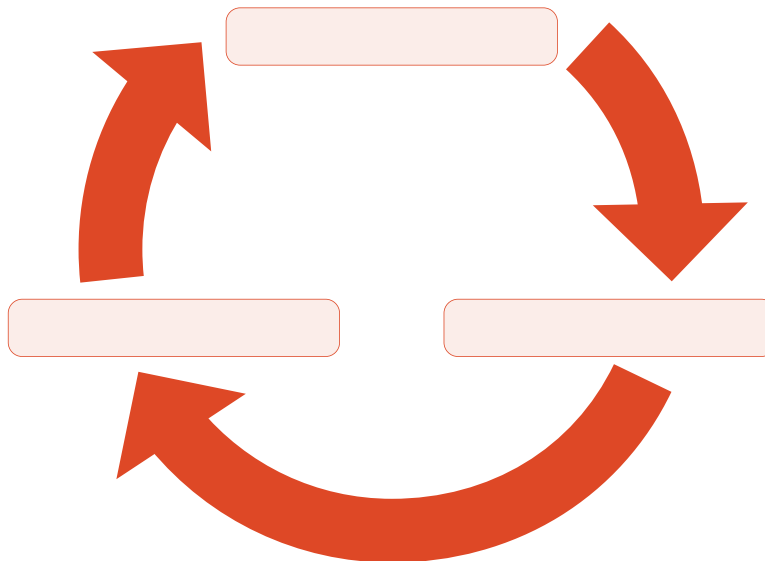
Biblical

Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living.

— Romans 6:16

Clinical

- Recurrent and intense sexual fantasies, sexual urges, and sexual behavior in association with excessive time consumed by sexual fantasies and urges, and by planning for and engaging in sexual behavior.
- Repetitively engaging in these sexual fantasies, urges, and behavior in response to dysphoric mood states (e.g., anxiety, depression, boredom, irritability).
- Repetitively engaging in sexual fantasies, urges, and behavior in response to stressful life events.
- Repetitive but unsuccessful efforts to control or significantly reduce these sexual fantasies, urges, and behavior.
- Repetitively engaging in sexual behavior while disregarding the risk for physical or emotional harm to self or others.¹



¹List compiled from “Understanding Sex Addiction” — <http://www.hypersexualdisorders.com>

CONSEQUENCES

1. You squander your _____.
2. You squander your _____.
3. Your life will end in _____ and _____.

A PATH OUT

Confession

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

— James 5:16

Confession needs to be as _____ as the consequences for your sin are.

Repentance

I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

— 2 Corinthians 7:8-10

There are two types of sorrow: _____ sorrow and _____ sorrow.

Restoration

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

— Galatians 6:1-3

Restoration is not on my _____ or my _____.

Discussion Questions

1. Have you ever been honest with anyone about your struggles with sexual sin? If so, how did that go? What was the result of it?
2. What steps do you know you need to take right now to initiate your path to restoration? What are you afraid will happen if you do take steps toward sexual purity?
3. Has your experience with sexual sin been marked by godly sorrow or worldly sorrow?
4. Who do you know that is spiritually mature enough to be a help and a guide for you now? How well do they know you, including your struggles and tendencies regarding sexual immorality?

SESSION 4

Sexual Stewardship & Singles



FOUR BIG IDEAS FOR STEWARDING YOUR SEXUALITY

1. You must _____, not _____ sexual temptation.

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

— 1 Corinthians 6:18

Joseph was a very handsome and well-built young man, and Potiphar's wife soon began to look at him lustfully. "Come and sleep with me," she demanded. But Joseph refused. "Look," he told her, "my master trusts me with everything in his entire household. No one here has more authority than I do. He has held back nothing from me except you, because you are his wife. How could I do such a wicked thing? It would be a great sin against God." She kept putting pressure on Joseph day after day, but he refused to sleep with her, and he kept out of her way as much as possible. One day, however, no one else was around when he went in to do his work. She came and grabbed him by his cloak, demanding, "Come on, sleep with me!" Joseph tore himself away, but he left his cloak in her hand as he ran from the house.

— Genesis 39:6-12

2. You must learn to _____ your eyes.

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

— 1 Corinthians 6:19-20

3. You must _____ AND _____.

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

— Proverbs 28:13

PROVERBS 7 (THE MESSAGE)

Dear friend, do what I tell you;

treasure my careful instructions.

Do what I say and you'll live well.

My teaching is as precious as your eyesight —guard it!

Write it out on the back of your hands;

etch it on the chambers of your heart.

Talk to Wisdom as to a sister.

Treat Insight as your companion.

They'll be with you to fend off the Temptress—

that smooth-talking, honey-tongued Seductress.

As I stood at the window of my house

looking out through the shutters,

Watching the mindless crowd stroll by,

I spotted a young man without any sense

Arriving at the corner of the street where she lived,

then turning up the path to her house.

It was dusk, the evening coming on,

the darkness thickening into night.

Just then, a woman met him—

she'd been lying in wait for him, dressed to seduce him.

Brazen and brash she was,

restless and roaming, never at home,

Walking the streets, loitering in the mall,

hanging out at every corner in town.

She threw her arms around him and kissed him,

boldly took his arm and said,

"I've got all the makings for a feast—

today I made my offerings, my vows are all paid,

So now I've come to find you,

hoping to catch sight of your face

—and here you are!

I've spread fresh, clean sheets on my bed,

colorful imported linens.

My bed is aromatic with spices

and exotic fragrances.

Come, let's make love all night,

spend the night in ecstatic lovemaking!

My husband's not home; he's away on business,

and he won't be back for a month."

Soon she has him eating out of her hand,

bewitched by her honeyed speech.

Before you know it, he's trotting behind her,

like a calf led to the butcher shop,

Like a stag lured into ambush

and then shot with an arrow,

Like a bird flying into a net

not knowing that its flying life is over.

So, friends, listen to me,

take these words of mine most seriously.

Don't fool around with a woman like that;

don't even stroll through her neighborhood.

Countless victims come under her spell;

she's the death of many a poor man.

She runs a halfway house to hell,

fits you out with a shroud and a coffin.

4. You must _____ your _____ in godly ways.

God's will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor ... Make it your goal to live a quiet life, minding your own business and working with your hands, just as we instructed you before. Then people who are not believers will respect the way you live, and you will not need to depend on others.

— 1 Thessalonians 4:3-4, 11-12

Discussion Questions

1. If you are single, do you want to get married? Why or why not? What are some benefits of “dating in community?” If married, discuss how marriage does not remove sexual temptation.
2. What is one way you have failed to “flee” from sexual temptation? Share with your group one behavioral change you are going to make so that you can begin to “lead your heart.”
3. In what ways have you been misdirecting your pursuing energy? What are some practical ways you can begin to use your pursuing energy to improve the world around you? What is broken around you that you can help fix?
4. Read Galatians 6:7-8 aloud. As you think about how you are stewarding your sexuality, what can you expect to “harvest” based on what you are currently “planting?”
5. Spend a few minutes confessing with your group. What is one thing you have been hiding that you need to confess? What is thing you would like someone in your group to pray for?

SESSION 5

Creating Intimacy for the Long Haul



DEFINITION OF AUTHENTIC MANHOOD

Reject _____

Accept _____

Lead _____

Expect _____

How beautiful are your sandaled feet, O queenly maiden. Your rounded thighs are like jewels, the work of a skilled craftsman. Your navel is perfectly formed like a goblet filled with mixed wine. Between your thighs lies a mound of wheat bordered with lilies. Your breasts are like two fawns, twin fawns of a gazelle. Your neck is as beautiful as an ivory tower. Your eyes are like the sparkling pools in Heshbon by the gate of Bath-rabbim. Your nose is as fine as the tower of Lebanon overlooking Damascus. Your head is as majestic as Mount Carmel, and the sheen of your hair radiates royalty. The king is held captive by its tresses. Oh, how beautiful you are! How pleasing, my love, how full of delights! You are slender like a palm tree, and your breasts are like its clusters of fruit. I said, "I will climb the palm tree and take hold of its fruit." May your breasts be like grape clusters, and the fragrance of your breath like apples. May your kisses be as exciting as the best wine, flowing gently over lips and teeth. I am my lover's, and he claims me as his own. Come, my love, let us go out to the fields and spend the night among the wildflowers. Let us get up early and go to the vineyards to see if the grapevines have budded, if the blossoms have opened, and if the pomegranates have bloomed. There I will give you my love. There the mandrakes give off their fragrance, and the finest fruits are at our door, new delights as well as old, which I have saved for you, my lover.

— Song of Solomon 7:1-13

Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love. Why be captivated, my son, by an immoral woman, or fondle the breasts of a promiscuous woman?

— Proverbs 5:18-20

BIG IDEAS

1. Every man has a need for _____ and that need is legitimate.

2. God created _____ so man could have an environment to create long-term sexual fulfillment and intimacy.

3. My responsibility: I am the _____ leader of my household.

4. She will never _____ understand my need for sex, but I still have to lead.

5. Core reality: Men lead with their _____; women lead with their _____.

6. Touch her _____ before you touch her body.

7. Become an expert at touching her _____.

Discussion Questions

1. What is the difference between intimacy and sex? How can one lead to the other?

2. Why is it so difficult to be the sexual leader in the home?

3. What is one thing you have learned that has helped create intimacy with your wife?

4. After listening to today's talk, what is an area you need to work on with your wife?

Suggested Resources

Intimate Issues, by Linda Dillow (for your wife)

Sex, Romance, and the Glory of God, by C.J. Mahaney

Sheet Music, by Kevin Leman

Song of Solomon, by Tommy Nelson

SESSION 6

Shepherding Your Son's Sexual Development



The godly walk with integrity; blessed are their children who follow them.

— Proverbs 20:7

A DAD'S PERSPECTIVE

A SON'S PERSPECTIVE

PRACTICAL STRATEGIES FOR SHEPHERDING YOUR SON'S SEXUALITY

1. Develop a _____ and lead your son into _____.
2. Communicate _____ and _____.
3. Protect the _____ to your son's _____.
4. Demonstrate the _____ of your _____.
5. Handle _____ with _____.
6. Keep adolescent boys _____.
7. _____ for him and with him, often.

Discussion Questions

1. Dads: How has your ability to communicate with your sons regarding their sexual development been shaped by your past?

Sons: Has your dad attempted to engage you in a discussion about your battle for sexual purity? Discuss the good and bad of how that discussion went.

2. Dads: What are some of the current challenges you are facing in trying to help your sons in their battle for their purity?

Sons: What are the toughest challenges you are facing in your daily struggles for purity?

3. Dads: What are some practical ways you can come alongside your sons in their quest for purity?

Sons: How can you help your dad connect and support you in your battle for sexual purity?

Suggested Resources

Preparing Your Son for Every Man's Battle, by Stephen Arterburn and Fred Stoeker

Every Young Man's Battle, by Stephen Arterburn and Fred Stoeker

Preparing Today's Adolescent, (Chapter 2), by Dennis and Barbara Rainey

Age of Opportunity: A Biblical Guide to Parenting Teens, by Paul David Tripp

Raising a Modern Day Knight, by Robert Lewis

Answer Key

Session 1 - A Common Struggle, Pt.1

Within the church body: 10% of men would say sexual temptation is not a struggle; 30% show signs of addiction; 80% say they struggle on a daily basis
Pastors: 30% say they've used porn recently; 20% say they've had sexual contact with a woman other than their wife; 12% say they've had intercourse with another woman

The first key is _____ (authority).

- Have you acknowledged that God has _____ (revealed his will) about sexual immorality?
- Are you willing to be _____ (submissive) to his will?

The second key is _____ (integrity).

- To avoid the _____ (physical act) of adultery does not mean we have actually avoided the sin.

The immoral man lives like a _____ (thief), selfishly bringing _____ (death) instead of life.

- He steals from _____ (another man)
- He steals from _____ (God)
- He steals from _____ (the woman)
- He steals from _____ (his own wife *whether future or current*)

CONSEQUENCES OF THIS LIFE

1. Causes decay in your soul
2. Hurts your relationship with God
3. Hurts your relationship with your wife (present or future)
4. Hurts your ability to relate to other women
5. Creates a physical dependency
6. Causes a loss of quality of life
7. Physical consequences

Decide not to let sexual sin _____ (rule) your life and to give your _____ (body) to God.

Session 2 - A Common Struggle, Pt.2

We are designed to pursue, and sexual pursuit is a part.

The first key is _____ (authority).

The second key is _____ (integrity).

The third key is _____ (intimacy).

- God created us to _____ (know and be known) — we cannot deny the need for intimacy in our lives any more than we can deny our need for _____ (food and water).

MARRIAGE

- Intimacy with your wife is based on your _____ (need) of her.
- Intimacy with your wife will grow as you _____ (delight) in her.
- Intimacy with your wife will thrive as you love her _____ (exclusively).

SPIRITUAL FRIENDSHIP

- If I'm not pursuing intimacy in the _____ (pathways) that God has created for me, then I will be more _____ (vulnerable) to the counterfeit intimacy offered by _____ (sexual immorality).

The fourth key is _____ (accountability).

THREE TRUTHS ABOUT ACCOUNTABILITY

2. Accountability requires _____ (proximity) and _____ (vulnerability) (intimacy).
3. Accountability is necessary if we want to _____ (finish well) — we can't do it alone.

Session 3 - A Call to Movement

Since the fall, we are _____ (idol makers).

Sexual immorality is a powerful _____ (God substitute).

Desire → Sin → Death

CONSEQUENCES

1. You squander your _____ (honor).
2. You squander your _____ (strength on strangers).
3. Your life will end in _____ (regret) and _____ (public disgrace).

A PATH OUT

- Confession needs to be as _____ (public) as the consequences for your sin are.
- There are two types of sorrow: _____ (wordly) sorrow and _____ (godly) sorrow.
- Restoration is not on my _____ (timeline) or my _____ (process).

Session 4 - Sexual Stewardship & Singles

FOUR BIG IDEAS FOR STEWARDING YOUR SEXUALITY

1. You must _____ (flee), not _____ (fight) sexual temptation.
2. You must learn to _____ (starve) your eyes.
3. You must _____ (confess) AND _____ (repent).
4. You must channel your _____ (pursuing energy) in godly ways.

Session 5 - Creating Intimacy for the Long Haul

BIG IDEAS

1. Every man has a need for _____ (intimacy) and that need is legitimate.
2. God created _____ (marriage) so man could have an environment to create long-term sexual fulfillment and intimacy.
3. My responsibility: I am the _____ (sexual) leader of my household.
4. She will never _____ (completely) understand my need for sex, but I still have to lead.
5. Core reality: Men lead with their _____ (bodies); women lead with their _____ (hearts).
6. Touch her _____ (heart) before you touch her body.
7. Become an expert at touching her _____ (body).

Session 6 - Shepherding Your Son's Sexual Development

A DAD'S PERSPECTIVE

1. Your dad's failure in this area is not an excuse to fail.
2. Accept God's forgiveness for your own past failures.
3. Hypocrisy will lead to rebellion

A SON'S PERSPECTIVE

1. Sons need fathers who are going to be the spiritual authority and spiritual accountability in their lives.
2. Sons need fathers who will fight the battle with them.
3. Sons need to remember their fathers understand the battle they are facing.

PRACTICAL STRATEGIES FOR SHEPHERDING YOUR SON'S SEXUALITY

1. Develop a _____ (battle plan) and lead your son into _____ (battle).
2. Communicate _____ (clearly) and _____ (courageously).
3. Protect the _____ (window) to your son's _____ (eyes).
4. Demonstrate the _____ (joy) of your _____ (marriage).
5. Handle _____ (failures) with _____ (grace).
6. Keep adolescent boys _____ (busy).
7. _____ (Pray) for him and with him, often.

