



AUTHENTIC MANHOOD

Session Three Action Steps: Sexuality Wound

MOVE IDEA: A 10 Minute Action Step

Take time this week to read Psalm 51:1-4. Confess your need for the Lord and share with him any sin that may be causing brokenness between you and him. Confess to other believers quickly. Text them immediately and say “I have something I need to confess.” Confess fully: “this is what I’ve done.” Confess your sin so that you may be unified with others and The Spirit -James 5:16. If you are on the receiving end of a confession, listen, pray, and offer to seek help.

After you have spoken to someone, what is one additional step you can take this week? Be prepared to share your step, what you did, and what happened with your group next week.

MOVE IDEA: A 20-30 Minute Action Step

David’s example teaches us that we should deploy our energy in the areas God has made us responsible for like a king would deploy his troops on the battlefield. David chose to misuse his power towards Bathsheba instead of leading, and this caused his energy to be mismanaged. Commit to stewarding your energy wisely by setting goals and creating action steps to accomplish them.

1. How will you choose to deploy your energy in the areas God has made you responsible for?

2. Hebrews 4:12 says that the Word of God is powerful and active. It is a weapon that can be used to help us win in our battle against sexual sin. Commit to the rhythm of reading God’s Word daily. Write below how you will do that.

3. Serving is a great way to humble yourself and redeploy your energy. Ask your MRT lead or responsible pastor where you can serve. Write below where you will serve and the schedule you will follow.

4. Write down what you think is God's design for sex. Articulate your thoughts and then write below how you will honor God's design and purpose for sex.

MOVE IDEA: A 60 Minute Action Step

- Make an appointment with God. Ask him to reveal to you where your sexual energy has been corrupted.
- Share with your responsible pastor, community group leader, and/or MRT Leader about your answers to the following questions.
 - Have you experienced sexual abuse?
 - When did you realize lust and masturbation were unhelpful and destructive?
 - If applicable, when did you start lying about being exposed to pornography, engaging in sexual sin, or being the victim of abuse?
 - If applicable, when did you first desire to be part of what God is doing more than giving in to this type of sin in your life?
 - What would it look like for you to take your sexual story seriously?
- Between now and your next session, make a decision and assign consequences to yourself the next time your sexual energy is corrupted. Consider who should know the next time you look at porn, indulge in lust, or misuse your sexual energy. Should your family get involved? Parents? The church? Your community/MRT group? What privileges should you lose if you look at porn again? Consider what should be cut out of your life if you continue in your sin. What are you asking your spouse or mentor to do if you continue to look at porn? Write your answers below: