

BATTLE STRATEGIES FOR SEXUAL PURITY*



Discipline	Purpose
<p style="text-align: center;">VICTORY WITH YOUR EYES</p> <p style="text-align: center;"><i>“I made a covenant with my eyes not to look lustfully at a young woman.” (Job 31:7)</i></p>	<ol style="list-style-type: none"> 1. Bouncing Your Eyes <ol style="list-style-type: none"> a) We must immediately turn our eyes away from sights of pretty women and sensual images. This includes magazines, TV shows & commercials, billboard signs and other advertisements; internet & movies; female joggers, waitresses, and receptionists with tight fitting clothing, low-cut blouses; short skirts & short shorts. b) We cannot help it when women & sensual images come into our field of vision; however, this does not give us a free pass to look at them lustfully. We must turn our eyes away immediately. We find ourselves in trouble when we stare and go back for that second look. c) Always look at women from the neck up, NOT from the neck down! 2. Starving Your Eyes <i>Definition:</i> You are sexually pure when no sexual gratification comes from anyone or anything but your wife. <ol style="list-style-type: none"> a) Once we learn to bounce our eyes, we then eventually learn to forever starve our eyes of the sensual images that our culture continuously bombards us with. Our eyes, hearts, and minds must be focused on our relationship with God, and our spouse and her alone. 3. Clothe Yourself in the Full Armor of God: See Appendix A: Chart of the Full Armor of God in Workbook 3: How to Heal, Grow Spiritually, & Walk In Freedom, page 68. 4. Practice the Spiritual Disciplines: See Appendix B: Chart of the Spiritual Disciplines in Workbook 3: How to Heal, Grow Spiritually, & Walk In Freedom, page 70.
<p style="text-align: center;">VICTORY WITH YOUR HEART</p> <p style="text-align: center;"><i>“But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander.” (Matthew 15:18-19)</i></p>	<ol style="list-style-type: none"> 1. Are you fulfilling your duties as a husband to your wife based on God’s design and purpose for companionship and sex? Marriage is not a contractual agreement – it is a commitment. (See Appendix A: Chart of God’s Design for Companionship & Sex, page 82). 2. It is important for fathers to remember that part of being a good father to your children is showing your children what it means to be a good husband to your wife. Many children will marry spouses who are like their parents whether it is a good or a bad example. 3. Do not under any circumstances be alone with any woman other than your wife whether that be at home, work, church, publicly, privately, or elsewhere. 4. Do not flirt with any woman other than your wife. Flirting leads to sexual situations. 5. Do not carry on lengthy conversations with any woman other than your wife. If you are in a work situation where you are having to work alongside women, then all conversations must be reflected on the business and nothing else. 6. Never complain about your wife to another woman, because if she is interested in you it will lead to sexual situations. 7. By putting the above listed safeguards into practice in the power of the Holy Spirit in us, with us, and through us – our purity will not be threatened.
<p style="text-align: center;">VICTORY WITH YOUR MIND</p> <p style="text-align: center;"><i>“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” (Romans 12:2)</i></p>	<ol style="list-style-type: none"> 1. What we take in through our eyes and ears enters our minds, and eventually our feet take us wherever our minds lead us. 2. It is easier to train our eyes and ears concerning the images and sounds we take in, but it is more difficult to train our minds to think pure thoughts. However, we should not be discouraged, because our minds are slower to respond as our minds are being cleansed through the practice of the spiritual disciplines and wearing the full armor of God daily. Therefore, the more control we exercise over our eyes and ears, the less polluted our minds will be.

*Stephen Aterburm, Fred Stoeker, with Mike Yorkey. *Every Man’s Battle: Every Man’s Guide to Winning the War on Sexual Temptation One Victory at a Time*. WaterBrook Press. Colorado Springs, CO. 2000. Pgs. 125-216. (Only some of the ideas were borrowed from this book).