Sexual Purity Worksheets

A resource in:

Sexuality

Marriage • Parenting • Spiritual Growth • Sexuality • Relationships • Mental Health
Men • Women • Hurts and Emotions • Singles • Ministers and Mentors • Technology

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CREATE A LIFESTYLE THAT PROTECTS YOUR PURITY IN EVERY SITUATION.

"LOOK CAREFULLY THEN HOW YOU WALK! LIVE PURPOSEFULLY AND WORTHILY AND ACCURATELY, NOT AS THE UNWISE, BUT AS THE WISE."

EPH 5:15 AMP
Lifestyle

Questions:

1. What internal triggers do you have?

2. What external triggers do you have?

3. What venues do you use to indulge in sexual sin?

Consider:

1. What wise lifestyle choices have you made?

2. What unwise lifestyle choices have you made?

Challenge:

1. Make a lifestyle choice that will protect you in your routinely weak moments.

For our next meeting:

1. Report on the implementation of your lifestyle choice. In what ways was the lifestyle choice difficult to implement? In what ways was it successful? In what ways was it not successful? What did you learn from the experience?
**Triggers**

**Anger:** When you get angry and don’t express it appropriately (e.g., hold it inside, explode, etc.).

**Boredom:** When you feel like you don’t have anything to do, especially when you don’t want to concentrate on anything.

**Confusion:** When you don’t know what is going on and/or things are not clear in your mind.

**Depression:** When you are feeling down and/or hopeless.

**Entitlement:** You start to believe you “deserve” certain privileges. This type of thinking can lead to rationalization of unhealthy, ungodly behavior.

**Fatigue:** Lowers your resistance to things that aren’t good for you. You may have less patience, be more irritable, have an “I’m too tired to care” attitude.

**Fear:** When you are feeling afraid, anxious, worried, or powerless.

**Frustration:** When you’re feeling like things aren’t working out how you want them to or a goal you are working toward is blocked.

**Helpless:** When you feel like no matter what you try, it isn’t going to work out anyway.

**Humiliation:** When you feel that someone has put you down (especially in front of others) or when you feel like everyone knows the mistake you made and everyone is always judging you.

**Hunger:** When your physical body is hungry or you are dealing with emotional tension by emotional eating.

**Impatience:** When circumstances in your life are moving “too slow” for you and you’re getting agitated or irritable about them.

**Impulsive:** When you feel like you would rather take quick action of some type regardless of the consequences. Looking for short term pay-offs and not caring about longer term consequences.

**Loneliness:** When you are feeling all alone or when no one is there in the way that you are wishing for.

**Physical Pain:** When you're in pain and you feel like doing “anything” to make it stop.

**Rejection:** When you tried to be close to someone, and they pushed you away.

**Sadness:** When you feel sad, and wish someone or something could take away the feelings.

**Self-pity:** When you feel sorry for yourself or feel like you are a victim.

**Shame:** When you feel flawed and alone thinking no one could love you if they really knew you.

**Stressed Out:** When stress is really bearing down on you and you look for an escape.
## Practical Helps to Sexual Purity

- Maintain regular daily devotion
- Stay busy (productivity)
- Being accountable to someone
- Memorize Scripture
- Recite the gospel to yourself
- Radical amputation
- Self-restrictions

- Be active in the Body of Christ (invest)
- Exercise
- Confession
- Bounce your thoughts
- Listen to Christian music
- Fasting
- Other ___________________________

### Through what venue do most temptations arise?

<table>
<thead>
<tr>
<th>Venue</th>
<th>Examples</th>
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<tbody>
<tr>
<td>Home computer</td>
<td>Novels</td>
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<tr>
<td>Work computer</td>
<td>Magazines</td>
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<tr>
<td>Ipad</td>
<td>Advertisements</td>
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<td>Snapchat</td>
<td>Watching trailers</td>
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<td>Instagram</td>
<td>Watching full movies</td>
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<td>Google Images</td>
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<td>Surfing apps</td>
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<tr>
<td>Gaming</td>
<td>Alone at Home</td>
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<td></td>
<td>Other ___________________________</td>
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</tbody>
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### Lifestyle Chart

**Name:**

**Month/Year:**

| Day of the Month | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | FREQ. |
|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|     |
| **Venues**      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |     |
|                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |     |
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| **Triggers**    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |     |

| **Pro-Activity**|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |     |


# Trigger and Venue Chart

**Month/Year:** Feb 2017

| Day of the Month | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | FREQ. |
|------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| **Behavior**     |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Porn             | X  | X  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 4  |
| Masturbation     | X  | X  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 7  |
| Fantasy          | X  | X  | X  | X  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 8  |
| *X               |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| **Venues**       |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| YouTube          | N  | T  | N  | T  | F  | T  | F  | T  | N  | T  | F  | T  | N  | T  | F  | T  |
| Google Images    | T  | T  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Instagram        | N  | F  | N  | F  | T  | F  | T  |    |    |    |    |    |    |    |    |    |
| *TFN             |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| **Triggers**     |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Depression       | X  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 4  |
| Shame            | X  | X  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 4  |
| Boredom          | X  | X  | X  | X  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 7  |
| Anger            |    | X  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 1  |
| Sex Drive        | S  | L  | L  | L  | M  | L  | L  | L  | M  | L  | L  | L  |    |    |    |    |
| *X, S, M, L      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| **Pro-Activity** |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Rehearse Gospel  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | 42  |
| Read Bible       | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | 44  |
| Pray             | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | X  | 46  |
| *X               |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

*Key:*  
- X = yes  
- T = tempted  
- S = small  
- Blank = no  
- F = flirting  
- M = medium  
- N = Indulgence  
- L = large

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Relationships

Questions:

1. Have relationships been hurt by your sexual sin? If so, who?

2. Have you experienced strength against sexual sin when you are in fellowship with a group of believers? If yes, give some examples of where that occurs.

3. When you fall into sexual sin, does this happen primarily when you are in isolation?

4. What does healthy companionship look like?

5. Do you have a companion(s) like this? If yes who?

6. What does healthy accountability look like?

7. Do you have an accountability partner like this? If yes, who?

8. What does healthy mentorship look like?

9. Do you have a mentor like this? If yes, who?
Consider:

1. Has anyone been a poor influence on you concerning the sexual purity battle? If yes, what can you do to limit his/her influence?

2. What type of person do you need, to help complete and improve your sexual purity support team? Can you think of potential people to support you in this way?

3. What type of person do you need to be to make these relationships work?
   a. Companion
   b. Accountability
   c. Mentor

4. What responsibilities do you have in these relationships?

5. What relationship training and skills do you personally need, so you can maintain these relationships?

Challenge:

1. Create your support team.

2. Make intentional quality interactions with Christians of your same gender.

3. Take responsibility for your part in making these relationships successful.

4. When you feel the wave of sexual temptation begin to mount, move from isolation to community.

5. When you are in a moment of temptation reach out to someone on your team (phone, text, etc).

For our next meeting:

1. How many intentional quality interactions with Christians of your same gender did you make?

2. Did you combat sexual temptation with community? Did you reach out to others in the moment of temptation?
Temptation vs. Trials

Questions:

1. What is the difference between a temptation and a trial? How are they similar?

2. What is a sexual temptation you battle with?

3. Do you feel like you are close to God when you are in temptation?

4. After you indulge in sin, do you ever have the thought, “since I failed and am far from God, I may as well continue to sin”?

5. Do you wonder why you have a weakness for sexual temptation?

6. The attraction we have for sin can be called “tension”. Do you want the tension to go away?

7. What is meant by the phrase, “worship with your feet?”
Consider:

1. Describe a situation whereby you experienced tension.

2. Do you believe the existence of tension could be a spring board to worship?

3. How would the scenario play out in such a way that it would glorify God?

4. Can you see how God might want to redeem your weaknesses without taking away the tension?

5. Suppose you sin. Do you see the turning from sin, in that moment, to be worship?

Challenge:

1. Don’t look at tension as a problem that needs to be necessarily solved (absence of tension).

2. When you feel the tension, you have an opportunity to worship God in that moment. The tension actually is a blessing.

For our next meeting:

1. Keep a tally of the number of times you worshiped God by turning to Him in the midst of tension.
WHO AM I?

I AM DEAD TO SIN

“Likewise reckon [consider] ye also yourselves to be dead indeed unto sin...” Rom 6:11

“Turn away from sin” Gal 4:7

“I AM A SON OF THE FATHER”

“Holy Bible”

“I AM RECONCILED TO GOD” Col 1:21

“I AM RECONCILED TO GOD” Col 1:21

“I AM HIS WORKMANSHIP…” Eph 2:9

“I AM HOLY AND UNBLAMABLE IN HIS SIGHT.” Col 1:22

“I AM A NEW CREATURE IN CHRIST.” 2 Cor 5:17
Who am I?

Guilt says, “I made a mistake, I sinned.” *
Shame says, “I am the mistake.” *

Questions:

1. Can you sense the difference between guilt and shame?

2. Do you feel guilty?

3. Do you feel shame? If yes, what is it that you believe about yourself?

4. If you are a Christian, what is the truth about yourself?

5. Can you relate to the thoughts – feelings – action progression?

Consider:

1. Is it easier to indulge in sexual lust when you believe you are a mistake or when you believe that you are a holy child of God?

2. In order to change your feelings, your thoughts need to change. What are ways to reorient your thinking about yourself?

3. Do you have a hard time believing the identity truths listed on the poster are true about you?
Challenge:

1. Recite the Self Talk truths to yourself every day.

2. When you are in temptation, remind yourself of your identity in Christ.

3. When you are in temptation, reach out to an accountability partner and have them speak identity truths into your life.

For our next meeting:

1. Report back on your recitation of identity truths. Did you do it daily? Do you have some memorized? Did you question their truth?

* Definitions taken from Be Broken ministries.
"BRING INTO CAPTIVITY EVERY THOUGHT TO THE OBEDIENCE OF CHRIST."
2 COR 10:5
Thoughts

Questions:

1. What are your interests/hobbies?

2. What are some long term goals and hopes you have?

3. Make a list of podcasts, books, music and Scripture you would like to occupy your mind.

Consider:

1. Do you feel your thoughts trail behind your feelings and circumstances or do they lead them?

2. Do you make a conscience decision to awaken sexual thoughts?

3. Can you make a conscience decision to think about God honoring interests and hobbies?

4. Do you see enjoyment in interests and hobbies as God glorifying and worshipful? Or are thoughts about God the only type of thoughts that glorify God?

5. Can you make a conscience decision to think about prayer, Scripture and God?

6. Can you make a conscience decision to think about future hopes and goals?
Challenge:

1. Memorize Scripture.

2. What is a thought you can use to replace a sexual temptation? For example: the perfect fishing trip, the way you plan to build a project, etc.

3. What is a future goal and hope you can think about that will discourage sexual sin today?

For our next meeting:

1. Report on your thought reflex. Did you bounce your thoughts to God honoring places?
   a. If yes… what did you think about?
   b. If no… why not?
RADICAL AMPUTATION

'Sermon on the Mount

'And if thy right hand offend thee, cut it off, and cast it from thee.'

For it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.'

1. Consider what triggers you to sin and through what venue you indulge.

2. Is it profitable? Consider what you will gain in exchange for the loss.

3. Expect an inconvenience.

4. Realize behavior adjustment is not all we desire. Reformation of the heart is our goal.
Amputation

Questions:

1. What triggers arouse sexual desire in you?

2. Through what venues do you act on those desires?

Consider:

1. What can be amputated so this venue is not easily accessed?

2. If you amputated, what inconveniences would result?

3. Consider the blessing of not falling into sexual sin through this venue (list them). Are the gains worth the inconvenience?

Challenge:

1. Select something in your life to amputate.

For our next meeting:

1. Report on the status of your amputation. What was good? What was bad?
A Psalm of David

1 I will sing of mercy and judgement of God, O Lord, my King.

2 I will behave myself in a perfect way: O when wilt thou come near unto me? I will walk with a worm no house with a perfect heart.

"LORD, HELP ME NOT..."

"LORD, I WILL NOT..."

REQUIRES ASSERTIVENESS.

REQUIRES HOLY SPIRIT.

MAKE COMMITMENT
Commitment

Questions:

1. Do you struggle with passivity?

2. Do you ever blame God for your lack of overcoming in the area of sexual sin?

3. Which type of prayer is more common for you?
   [a] “Lord help me not…”  
   [b] “Lord, I will not…”

4. Have you ever prayed with a commitment mindset? That is, “Lord I will not…”

Consider:

1. To be clear, there is nothing wrong in the “Lord help me” prayer. However, it comes from a different standpoint than the prayer of commitment (“Lord I will not…”). How are these prayers different?

2. Why is it natural to shy away from the prayer of commitment?

3. What advantages does the commitment prayer afford?

4. These two prayers highlight two important perspectives in the fight for purity. God’s job and your job.
   a. List some of the things God must do in your sexual purity battle.

   b. List some of the things You must do in your sexual purity battle.
Challenge:

1. Choose one item from 4b above you will commit to do over the next week.

2. Try praying a prayer of commitment.

For our next meeting:

1. Report on your level of passivity.

2. Report on your experience praying commitment prayers.
Sexual Education

Questions:

1. Do you believe God created sex?

2. In what ways does it reflect Him?

3. If sex is a celebration of unity, what unity supersedes sex?

Consider:

1. If unity with God through Jesus Christ is the unity that supersedes sex, what hope does this provide to the following?
   a. Never married
   b. Married with an ill spouse
   c. Divorced
   d. Widowed

2. Consider your last week. Did sexual messages present themselves to your thoughts? How? What were their messages?

3. What effect did those messages have on your thinking?

4. Identify venues that repeatedly undermine your holy understanding of sex.
Challenge:

1. Be able to spot and renounce corrupt messages about sex.

2. Avoid those venues that commonly undermine your holy understanding of sex.

3. Recalibrate your thinking about sex towards a biblical view of sex.

For our next meeting:

1. What falsehood about sex have you believed because of worldly sexual influence?

2. Did you have a holy view of sex this week?
   a. If yes… how so?
   b. If no… why so?
THE SCIENCE OF THE BRAIN

- Fearfully and Wonderfully Made -

Sexual pathways can be rewired. With time, new God glorifying pathways can be forged.

The will-power center can be strengthened.
Brain Science

Questions:

1. Can you relate to the dopamine surge in your brain when you engage in sexual sin?

2. Have you experienced a progression of thought desire? That is, what satisfied you before is not enough; you want more and better.

3. Have you experienced thought pathways? That is, your thoughts easily and naturally go down a common sexual pathway. It is hard to not “go down” the sexual thought trail.

Consider:

1. Our brains are plastic, moldable and changeable. What warning should this evoke in our lives?

2. Our brains are plastic, moldable and changeable. What hope should this evoke in our lives?

3. Dopamine surges in our brain actually play more on the hope of some stimulation rather than the stimulus itself. That is, dopamine works towards a climax but the climax is not the goal, the pursuit is the goal. Can you see this in your experience?

Challenge:

1. Identify dopamine in action. Rewire a thought pathway by breathing deeply to get oxygen to your frontal lobe. Realize the climax you desire will not be met. Forge a new path towards God by the means of your choice: reading, music, praying etc.

For our next meeting:

1. Report on your pathway rewiring. In what ways was the activity difficult? In what ways was it successful? What did you learn from the experience?
"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." 2 Cor 3:18
Behold God’s Glory

Questions:

1. Why do you fall to sexual sin? What deeper root are you medicating with sexual vice?

2. Can you sense when you are turning away from God or do you not realize it until you are in a “dark spot”?

Consider:

1. When you turn away from God, do your lusts surge on your senses? How does this make turning back to God increasingly difficult?

2. How is turning to God an act of faith?

3. What do you do to help you turn back to God?

4. Consider one of your deeper root struggles that you medicate with sexual vice. What is it? How does God satisfy this deeper root?

Challenge:

1. Take proactive action towards the deeper root struggle you identified above.

2. Pray that you sense the Holy Spirit’s dissonance earlier in the sin cycle.

For our next meeting:

1. In what ways did you take action towards the deeper root struggle?

2. Did you sense earlier in the cycle the moment your affections were turning away from God? What did this look like?