

WEEK 3- BEBROKEN.ORG- SEXUAL PURITY

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What is Sexual Integrity?

Sexual Integrity is managing your sexuality in such a way as to exhibit “wholeness throughout” in accordance with God’s design for sex.

You are made to “bear God’s image” in thought, character, word, and action. Sexual integrity is living in holiness and honesty regarding stewardship of your body and sexual desires.

[Our Bodies Tell God's Story](#) by Christopher West



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Identity

- Who you are (self-awareness)
- Whose you are (Christ-awareness)
- Why you exist (significance and purpose)

We were made to BEAR God’s image,
not BUILD our own.

[Life Father, Like Son](#) by Pete Alwinson



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Shame

- “Positive” Shame (conviction of sin)
- Negative Shame (lies about self-worth)
- Combating negative shame (Truth & Grace)



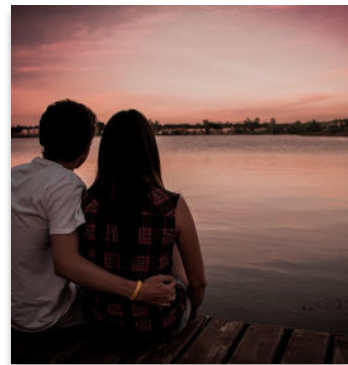
[Abba's Child](#) by Brennan Manning



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God's Design for Sex

- Gospel metaphor (Christ & the Church)
- Marriage
 - Procreation (“be fruitful and multiply”)
 - Intimate Knowing (“Yada”)
 - Covenant celebration
- Singles are sexual, too!



[Rethinking Sexuality](#) by Dr. Juli Slattery



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4 Pillars of Purity

1. **P**rofess the Struggle (confess/repent)
2. **U**nderstand Triggers (self-awareness)
3. **R**elate with God (faith in practice)
4. **E**ngage Others (community)

[The 4 Pillars of Purity](#) by Jonathan Daugherty



Making Amends

- More than saying "I'm Sorry" (repentance)
- Facing consequences ("owning up")
- Pursuing true transformation (new life)
- Leaving outcomes to God (faith/trust)



Next Steps

- What needs to be confessed?
- What needs to be removed?
- What needs to be added?
- Who needs to be included?



Resources

- [Gateway to Freedom](#) 3-day workshop
- [Grace-Based Recovery Online Study Group](#)
- [40 Days of Purity online course](#)
- [Personal Ministry Consultation](#)

More resources and help at Bebroken.org/Men

