

DAVID'S MEN

SEEKING THE HEART OF GOD



Sexual Purity

This is a very challenging month. Some of us have struggled with lust and pornography issues for as long as we can remember. Some of you have been lulled into thinking you don't have any issues "in this area" and are completely unaware of how far you have strayed from the Biblical ideal of sexual purity. **If we are honest, this is every man's battle.** It is not the only battle, but it is a battle we all face daily. Our goal in David's Men is to recognize our sin but not rationalize or wallow in it. Instead, choose to rise above by the grace of God and surrendering to the Holy Spirit.

This month's book, *When Good Men Are Tempted*, tackles sexual purity head on and addresses lust, pornography, and other tough topics. **While you might not be comfortable or agree with all of the material, it will confront you and provide biblical insights** into an area that is the #1 struggle for most men...even Christian men.

REMINDER: What we talk about in the vault must stay in the vault. We are a support group for each other and confidentiality must remain a steadfast focus.

Current Month Assignments

- Read *When Good Men Are Tempted* (Perkins). Prepare a book summary and email to your group as in previous months.
- Memorize the verses attached. Be prepared to quote each verse and reference. *Review your verses from previous months to ensure they become deeply rooted!*
- Accountability questions – Bring 3 questions to our next meeting you want to be asked by the group to help keep you on track and accountable in a particular area.
- Proverbs 5 – 7 contain great wisdom on a variety of topics, including sexual purity. This month we'll take time to dwell in these chapters by writing them out and meditating on them. Your prayer journal is a great place to do this. **NOTE: Most men can type without focusing on what they're typing. Hand writing will take longer, but it will also help slow you down for reflection. It will take 20-30 minutes to write out each chapter.** See *5 Steps to Meditating on Your Bible* (Resources section) for helpful insights on scripture meditation.
 - Week 1: On Day 1, write out Proverbs 5. Then re-read and meditate on this passage each day during the remainder of this week.
 - Week 2: On Day 1, write out Proverbs 6. Then re-read and meditate on this passage each day for the remainder of this week.
 - Week 3: On Day 1, write out Proverbs 7. Then re-read and meditate on this passage each day for the remainder of this week.
 - Week 4: Proverbs are principles, not promises. Review Proverbs 5 – 7 and identify the top five principles applicable to your life right now. Write these five principles in your prayer journal and be ready to share them with your group at this month's meeting.
- Man-date: This would be a great opportunity to practice saying your verses.

Resources:

- *5 Steps to Meditating on Your Bible*: <https://www.thegospelcoalition.org/article/5-steps-to-meditating-on-your-bible>
- *Information on Pornography and Sexual Purity* (see following)
- *Some Helpful Scripture Passages* (see following)
- Internet filtering tools:
 - Covenant Eyes
 - Net Nanny
 - K-9 browser

- Accountability partners willing to be transparent
- HOPE Network counseling:
 - Individual counseling for pornography/sex additions (Jay Alvaro)
 - Marital counseling where a counselor can help you and your wife navigate through these issues
 - *NOTE: If you are interested HOPE Network counseling, please let your DM leader know and he'll ensure a connection is made.*

Memory Verses

Be Holy

1 John 2:15-16 - Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

Romans 12:1-2 - I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Be Pure

Ephesians 5:3 - But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints.

1 Peter 2:11 - Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

+ 1 (for DM veterans)

1 Corinthians 6:18-19 - Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own.

Information on Pornography & Sexual Purity

- Source: covenanteyes.com/pornstats
 - 28,258 users are watching pornography every second.
 - 1 in 5 mobile searches are for pornography.
 - It's projected that virtual reality (VR) porn will be a \$1 billion industry by 2025.
 - 90% of teens and 96% of young adults are either encouraging, accepting, or neutral when they talk about porn with their friends.
 - Teens and young adults 13-24 believe not recycling is worse than viewing pornography.
 - 64% of Christian men and 15% of Christian women say they watch porn at least once a month.
 - 1 in 5 youth pastors and 1 in 7 senior pastors use porn on a regular basis.
 - 27% of teens receive sexts. 15% send them.
 - 57% of teens search out porn at least once per month.
 - 51% of males view porn before 13 years old (32% of females).
 - On average, males are first exposed to porn when 12 years old.
 - 71% of teens hide online activity from parents.
 - Divorce:
 - 68% involve one spouse meeting a new lover on the Internet.
 - 56% involve one spouse having "an obsessive interest in pornographic websites."
 - "A 2014 study found that compulsive pornography users 'had greater impairments of sexual arousal and erectile difficulties in intimate relationships but not with sexually explicit materials.'"
- According to sociologist Jill Manning (<http://www.heritage.org/testimony/pornographys-impact-marriage-and-the-family>), research indicates pornography consumption is associated with the following six trends, among others:
 1. Increased marital distress, and risk of separation and divorce
 2. Decreased marital intimacy and sexual satisfaction
 3. Infidelity
 4. Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices
 5. Devaluation of monogamy, marriage, and child rearing
 6. An increasing number of people struggling with compulsive/addictive sexual behavior
- According to <http://www.guardchild.com/statistics/>, 70% of children (ages 7 -18) have *accidentally* encountered pornography, often thru a web search while doing homework.

Some Helpful Scripture Passages

Never forget that the Holy Spirit lives inside of each of us and gives us the strength to battle these urges and desires. When King David committed adultery with Bathsheba, murdered her husband Uriah, and attempted a cover-up, he was confronted by the prophet Nathan. David's response shows an important nuance: "I have sinned against the Lord." With sexual impurity, the ultimate sin is against a Holy God. *There is great collateral damage to our wives, our kids, our relationships, our finances, and our attitudes...BUT ultimately we sin against God.*

The beauty of this story is we worship a Holy God who is also a forgiving God and a God of hope. *The gospel is not only what saves us for eternity but also is what gives us hope daily.* Scripture is full of second, third and fourth chances--you are not defeated!

NOTE: The verses below are not part of this month's scripture memory but are provided for additional biblical perspective on sexual purity.

- **1 Corinthians 10:13** *No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.*
- **1 Thessalonians 4:3-5, 7-8** *For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God...For God has not called us for impurity, but in holiness. Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.*
- **Job 31:1** *I have made a covenant with my eyes; how then could I gaze at a virgin?*
- **Ephesians 5:3** *But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints.*
- **Ephesians 3:16** *That according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being.*
- **2 Corinthians 3:17** *Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.*