

BECOME *Disciples*

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SEXUAL INTEGRITY TEST

A Self-Examination

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Become Disciples: Sexual Integrity Test

A Self-Examination

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Blessed are the pure in heart, for they will see God.” Matthew 5:8 CSB.

This test is not about outward morality alone, but inner alignment. Sexual sin is rarely sudden; it is usually the result of unconfessed agreements, unmanaged desires, and tolerated proximity.

Answer prayerfully. Do not rush.

Honesty before God matters more than finishing the list.

IMPORTANT SAFEGUARDS (READ FIRST)

- This is self-examination, not public confession.
- If trauma, abuse, or compulsive behaviour surfaces, seek appropriate pastoral and professional support.
- Conviction leads to freedom; shame leads to hiding.

AGREEMENT OF THE HEART

Sexual sin always begins before it is acted upon.

Answer honestly:

1. Do I allow sexual thoughts to linger when I could dismiss them?
2. Have I normalised fantasies I know I would never act on before God?
3. Do I mentally revisit past sinful sexual experiences for pleasure?
4. Do I excuse certain desires as “human nature” rather than bringing them under Christ’s lordship?
5. Do I secretly resent God’s boundaries on sexuality?
6. Do I believe sexual fulfilment is necessary for my happiness?
7. Do I believe obedience in this area costs more than it gives?

Reflection: Where have I made peace with desire instead of bringing it to the cross?

THOUGHT LIFE & IMAGINATION

Jesus addressed this directly (Matthew 5:27–28).

8. Do I entertain sexual imagination involving someone who is not my spouse?
9. Do I mentally undress people or replay encounters in my mind?
10. Do I use imagination to escape loneliness, stress, or frustration?
11. Do I justify private thought-sin because “no one is harmed”?
12. Do I resist thought-sin immediately, or negotiate with it?

Thought tolerated becomes appetite. Appetite unchecked becomes action.

VISUAL & MEDIA EXPOSURE

- 13. Do I intentionally watch or follow content that stirs sexual desire?
- 14. Do I linger longer than necessary on suggestive images or videos?
- 15. Do I rationalise content by calling it “art,” “humour,” or “culture”?
- 16. Do I consume media I would not be comfortable watching with Jesus present?
- 17. Have I normalised pornography, erotic content, or suggestive material in any form?

What you repeatedly allow before your eyes eventually shapes your desires.

RELATIONSHIPS & EMOTIONAL PROXIMITY

Many fall morally long before they fall physically.

- 18. Is there anyone with whom I share emotional intimacy that should belong to my spouse (or future spouse)?
 - 19. Do I maintain private communication I would hide from my spouse or leaders?
 - 20. Do I enjoy attention, admiration, or flirtation I know is inappropriate?
 - 21. Do I compare my spouse (or future spouse) with someone else?
 - 22. Do I justify closeness by calling it “innocent,” “helpful,” or “ministry”?
- Emotional secrecy is often the doorway to sexual compromise.

BOUNDARIES & WISDOM

- 23. Do I regularly place myself in situations that require “strong self-control”?
- 24. Do I rely on willpower rather than distance and boundaries?
- 25. Have I removed access points that previously led me into sin?
- 26. Do I believe I am “strong enough now” to revisit old environments?
- 27. Do I build boundaries based on my strongest intentions or my weakest moments?

Wisdom does not test temptation; it avoids it.

CONFESSION & HONESTY

- 28. Is there any sexual sin I have confessed vaguely but never fully renounced?
 - 29. Have I claimed freedom while still secretly feeding the sin?
 - 30. Do I downplay frequency, intensity, or seriousness in confession?
 - 31. Do I confess only when exposed or pressured?
 - 32. Do I confuse forgiveness with permission to repeat the sin?
- Confession that avoids truth delays freedom.

FRUIT & DIRECTION

Look at the trajectory, not perfection.

- 33. Am I more honest now than I was a year ago?
- 34. Are my boundaries increasing or weakening?
- 35. Is secrecy decreasing or increasing?
- 36. Do I recover quickly by repentance, or linger in guilt and cycles?
- 37. Is my hunger for God growing alongside my obedience?

Growth is directional before it is complete.

FINAL HEART CHECK

- 38. If everything in my sexual life were exposed before God today, would I be at peace?
- 39. Is there anything I would ask God not to look at?
- 40. What is the Holy Spirit highlighting, not condemning, but inviting me to surrender?

CLOSING PRAYER

Lord Jesus,
You are holy, and You are good.
I bring my desires, thoughts, habits, and history into Your light.
I renounce every agreement with sexual sin, known and hidden.
Cleanse my heart, renew my mind, and strengthen my obedience.
I choose freedom over secrecy and truth over compromise.
Amen.

FINAL TRUTH (DO NOT SKIP)

- Sexual purity is not repression; it is alignment.
- Freedom is not the absence of desire, but the right ordering of desire.
- Grace forgives; obedience preserves freedom.

“It is for freedom that Christ has set us free.” (Galatians 5:1)

