BECOME Disciples

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SEXUAL INTEGRITY

A Gentle Self-Reflection for New Believers

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and Become Disciples

Become Disciples: Sexual Integrity
A Gentle Self-Reflection for New Believers
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Why This Reflection Matters

God designed your sexuality. It was His idea before it was anyone else's.
Walking in sexual integrity is not about following rules to please a distant God.
It is about responding in love to the One who already loves you.

Christianity is the response of loved people loving God back.

This reflection is not meant to shame you, rush you, or measure you. It is an invitation to walk honestly with Jesus, bringing every part of your life into His light, one step at a time.

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

How to Use This Reflection

- Begin with prayer. Ask the Holy Spirit to lead you.
- Go slowly. You do not need to answer everything at once.
- Answer honestly before God, not to impress yourself or anyone else.
- If something feels heavy, pause, breathe, and speak with a trusted disciple maker.
- Remember: conviction from the Holy Spirit is specific and hopeful. Shame is vague and condemning. God does not use shame.

Important Safeguards

- This is private reflection, not public confession.
- You are not required to share details with anyone.
- If past trauma, abuse, or compulsive behaviour surfaces, this is not your fault. Speak with a trusted leader, and seek pastoral and professional help where needed.
- Healing is often a process, not a moment. God is patient with you.

"If we walk in the light as He Himself is in the light, we have fellowship with one another."
1 John 1:7 (CSB)

1. The Heart and Its Desires

Sexual choices begin in the heart long before they appear in behaviour. God is not afraid of your desires. He wants to lead them, not crush them.

Ask yourself:

- Am I bringing my desires honestly to God, or hiding them from Him?
- Do I sometimes hold on to thoughts even when I sense God asking me to release them?
- Do I use fantasy or imagination as an escape from stress, loneliness, boredom, or pain?
- Do I trust that God's design for sexuality is good, even when it feels difficult?
- Do I believe God wants to guide my desires, not silence me?

Reflect: *What desire feels hardest to trust God with right now?*

2. Thought Life and Imagination

Jesus taught that our inner life matters as much as our outward actions (Matthew 5:27–28). What we practise in private shapes who we become in public.

Ask yourself:

- When a sexual thought arises, do I redirect it, or entertain it?
- Do I replay memories, images, or scenarios that I know stir desire?
- Do I excuse certain thoughts because "they don't hurt anyone"?
- Am I willing to invite Jesus into my thoughts, not just my actions?

Reflect: *What is one practical step that helps me turn my thoughts back to God when temptation comes?*

3. Media and Visual Input

What we repeatedly see shapes what we repeatedly want. Repentance in this area is not moderation; it is separation. Build your boundaries around your most vulnerable self, not your ideal self.

Ask yourself:

- Am I consuming media (films, shows, social media, music, websites) that stirs sexual desire unnecessarily?
- Do I linger longer than I should on suggestive images, posts, or videos?
- Do I tell myself my media habits are "normal" or "harmless" to avoid changing them?
- Are there apps, accounts, or subscriptions I need to remove rather than manage?
- Would I be at peace inviting Jesus to look through my phone with me?

Reflect: *What is one media access point God may be asking me to close, not control?*

4. Relationships and Emotional Connections

Many compromises begin emotionally before they ever become physical. Sexual integrity protects the heart as much as the body.

Ask yourself:

- Am I sharing emotional closeness with someone in a way that feels confusing, secret, or inappropriate?
- Are there conversations, messages, or connections I would not want a trusted leader to see?
- Do I enjoy attention or affirmation from someone in ways that cross healthy lines?
- Am I learning what honouring, godly relationships look like in Christ?

Reflect: *Is there a connection where God is inviting me to draw a clearer line?*

5. Boundaries and Wisdom

God's wisdom helps us escape temptation, not test it. Boundaries are not punishment; they are love made practical.

Ask yourself:

- Am I relying on willpower alone, or am I creating real, practical boundaries?
- Have I noticed the situations, times of day, moods, or places where I am most vulnerable?
- Am I willing to remove access to what trips me up, even if it costs me convenience or comfort?
- Have I asked a trusted person to walk with me, or am I trying to do this alone?

Reflect: *What is one boundary I can put in place this week that would help me walk more freely?*

6. Honesty, Grace, and Growth

God cares about direction more than perfection. When you fall, the question is not whether you stay clean, but where you run.

Ask yourself:

- Am I becoming more honest with God over time, or am I learning to hide better?
- When I stumble, do I run to Jesus, or away from Him?
- Do I believe God's forgiveness is real, available, and full, today?
- Am I learning to ask for help instead of hiding?

Reflect: *What would it look like to take one honest step into the light this week?*

Final Heart Check

- Is there anything in my sexual life I have been afraid to bring to God?
- What is the Holy Spirit gently highlighting, not to condemn me, but to heal me?
- Is there sin I have confessed but not yet renounced?
- Is there someone I need to speak with, apologise to, or make peace with, in a way that honours them and protects them?

If anything from your past surfaces here that needs to be confessed and renounced before God, speak with your disciple maker about working through the steps of repentance in a safe and pastoral setting.

CLOSING PRAYER

Jesus, You are gentle and holy. I bring my thoughts, desires, memories,
and habits into Your light. Forgive what needs forgiveness.
Heal what needs healing. Renew what needs renewing.
Teach me to walk in purity with You, not by fear, but by love.
Build boundaries for me where I am too weak to build them myself.
Lead me, step by step, into freedom.
In Your name I pray.
Amen.

FINAL ENCOURAGEMENT

Sexual integrity is not repression; it is restoration.

- Freedom is not the absence of desire, but desire finding its right place.
- Grace forgives. Truth heals. Obedience protects freedom.

“Though your sins are scarlet, they will be as white as snow.” Isaiah 1:18 (CSB)

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