

Sexual Integrity for Men – Syllabus

Sexual Integrity for Men is a class that helps men who are struggling with pornography and sexual addiction. We will explore the Bible's teaching on sexual sin and wholeness, and how the power of the gospel of grace can set us free from addiction to sex and porn, and lead us into joyous obedience and service to Christ.

This 10-week class consists of a 1-hour lecture, followed by discussion groups. Homework consists of readings and written assignments.

Week 1 – *Definitions* - What is sexual sin and addiction? What is sexual integrity? So what's the big deal about porn?

Homework for week 1 - Sexual Sin and the Bible handout, Sexual Addiction Self-Evaluation

Week 2 – *Porn, Idols, and Legalism* - How did I get this way? Can God's grace cover my sin? We will discuss the all-sufficiency of the grace and love of God, the idols in our lives, and the addictive process and its relation to legalism.

Homework for week 2 - Idolatry handout, Lies Worksheet

Week 3 – *Transforming Grace* –We will discuss how the power of the grace of God and our position in Christ can transform us into slaves of righteousness. How does the message of the gospel apply to pornography?

Homework for week 3 - Romans 7 self-study, Introduction to the commentary on Galatians - Martin Luther

Week 4 – *God's Word and confession* - The power of the Word of God will be discussed as part of the transformation of our sinful minds. Also, we will stress the importance of objectifying our standing in grace by confessing our sins to one another.

Homework for week 4 – Accountability Partner handout

Week 5 – *Repentance and Commitment* - What is repentance? How do we live out our conviction before God to change? How do we deal with temptation?

Homework for week 5 – Breaking Pornography Addiction, David Powlison

Week 6 - *Spiritual Warfare and Sexual sin* – How is our enemy involved in our struggle? How do we combat the forces of darkness as we follow Christ toward the light?

Homework for week 6 – The Battle, by Chuck Smith

Week 7 – *Women's Testimonies* – We will hear the stories of two women, one who worked in the porn industry and another whose husband was addicted to porn. Both of these stories will convict you, but also give you hope as you see how Christ can heal lives and relationships.

Week 8 - *Real men, real relationships* – The subject of false and real intimacy and what steps we can take to build real relationships that satisfy us will be explored.
Homework for week 8 – Relational Growth Plan

Week 9 - *Working the steps* – Topics like triggers, relapse, and masturbation will be discussed.
Homework for week 9 – Triggers worksheet, “Making All Things New” by Powlison

Week 10 - *Sex and Spirituality* - Explores the spiritual aspects of sex, and how to move toward sexual health and real enjoyment. We will study the topic of godly sexuality from the Bible’s own book on sex – the Song of Solomon.

Homework (assignments read and completed) should be recorded in the Homework Log that is included at the outset of this course. Your grade is determined by a combination of class attendance and homework assignments completed.

Should you have any questions or concerns, please feel free to contact me by email.

Brian Gardner – brian@briangardner.org