

# Sexual Integrity for Men - Fall 2009

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## Repentance - what is it?

"Our Lord and Master Jesus Christ...willed that the whole life of believers should be repentance" Martin Luther

- Sorrow
- Awareness of Depravity
- Humility
- A Renewed Conscience
- Active Obedience
- Hope in the Cross alone
- Joy

### **Sorrow**

"For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer." Psalm 32:3-4

"For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death." 2 Cor. 7:10

Two fruits of regret: one is self-loathing...and the other is penance

"If, by some means you get rid of lustful thoughts and slavery to pornography and fornication and adultery - without any reference to the knowledge of God, he won't get any glory for your new behavior. In other words, God is not just interested in what you do with your body, he is interested in - he is passionately concerned with - why you do it. If there is no connection between your knowing God, and your sexual purity, God gets no glory and you are in the grip of another idol."

### **Awareness of Depravity**

- "nothing good dwells in me, that is, in my flesh" – Romans 7:18
- "but I am of the flesh, sold under sin" - 7:14
- "For I know my transgressions, and my sin is ever before me." - Psalm 51:3
- "I was brought forth in iniquity, and in sin did my mother conceive me." - 51:5

### **A Renewed Conscience**

"To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both their minds and their consciences are defiled." – Tit. 1:15

"How much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to serve the living God?" – Heb 9:14

## **Humility**

"For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise." Psalm 51:16-17

"...the trouble soon begins again after conversion, and here lies the basic hindrance to continued revival. Continued revival is continued brokenness, but brokenness is two-way, and that means walls kept down as well as roof off. But man's most deep rooted and subtle sin is the subtle sin of pride: self-esteem and self-respect. Though hardly realizing it, while we are careful to keep the roof off between ourselves and God through repentance and faith, we soon let those walls of respectability creep up again between ourselves and our brethren. We don't mind our brethren knowing about successes in our Christian living; they can know if we win a soul, if we lead a class, if we get a prayer answered, if we get good things from the Scriptures, because we too get a little reflected credit out of those things. But where we fail, in those many, many areas of our daily lives -- that is a different question! If God has to deal with us over our impatience or temper in the home, over dishonesty in our business, over coldness or other sins, by no means do we easily bear testimony to our brethren of God's faithful and gracious dealings in such areas of failure. Why not? Just because of pride, self-esteem, although we would often more conveniently call it reserve! The fact is we love the praise of men as well as of God, and that is exactly what the Scriptures say stops the flow of confession. If God has to deal with us over our impatience or temper in the home, over dishonesty in our business, over coldness or other sins, by no means do we easily bear testimony to our brethren of God's faithful and gracious dealings in such areas of failure. Why not? Just because of pride, self-esteem, although we would often more conveniently call it reserve! The fact is we love the praise of men as well as of God, and that is exactly what the Scriptures say stops the flow of confession before men"

Norman Grubb, *Continuous Revival*

James 4:6-10 – "Therefore it says, "God opposes the proud, but gives grace to the humble." Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you... Humble yourselves before the Lord, and he will exalt you."

## **Active Obedience**

Col 3:5-10 - Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.

## Hope in the Cross Alone

- Psalm 51:12 - "restore to me the joy of your salvation"
- Gal 6:14 – "But far be it from me to boast except in the cross of our Lord Jesus Christ".

## Joy!

- Psalm 51:6 - "Let me hear joy and gladness; let the bones that you have broken rejoice."
- Psalm 51:15 - "O Lord, open my lips, and my mouth will declare your praise."

## Confession and Accountability

"Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy." (Proverbs 28:13)

"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much." (James 5:16)

You need to be selective about a partner...not recommended:

- your wife
- someone who is compromised in this area
- someone who is very passive in relating
- someone who can't understand why anyone would have a problem in this area

## Accountability software - Covenant Eyes

- Inexpensive: \$7.99/ mo. per user, \$84.99/yr. with multiple user discounts.
- Monitors web activity and emails reports to selected individuals.
- Extremely difficult to bypass.
- Partners receive an email if software is uninstalled.
- Xenos affiliation

Porn blockers? If you have younger children, and they have Internet access, then a blocker is a must. Blockers only for adults are not a good choice. If you must have a blocker, you should also have accountability software as well.

Homework  
Accountability Partner Guide