

# SI for Women

## Syllabus

### Week 1

Sexual Integrity, not just a man's issue

- Why should this class exist?
- God's gift/Satan's weapon
- Why should I want to get better?

What is sexual integrity?

- Definition
- Seriousness of sin in this area

Class goals

*Discussion groups*

- What do I hope to get from this class?
- Pray for everyone!

### HMWK

- Anonymous feedback; what questions are you hoping to have answered?
- Sexual addiction self evaluation
- View of sexuality self evaluation
- Spiritual Warfare!
- Meditation: 2 Cor. 10:3-5; Col. 2:8; 1 Cor. 14:20; Rom. 12:1,2

### Week 2

Review HMWK

- SA Self Evaluation
- What is an Addict?

The Path to Addiction (2 Sam. 11 and 2 Sam 13)

- Innocent Infatuation
- Mental Obsession
- Expressed Lust
- Hated Control

The Addiction Cycle

- Why do we do it?
- What is Freedom?
- View of Sexuality Self Evaluation

*Discussion groups*

- How was I impacted by last week's homework?
- Why am I scared of God's sexuality?
- Pray for everyone!

**HMWK**

- **What Do We Want From Love** exercise
- Readings from *Your Single Treasure*
- Meditation: James 1:17
- Spiritual Warfare!

**Week 3**

Unfair Representation

Two Views

A Reflection of God!

- Genesis 1:27
- The Drive Toward Intimacy

Important Conclusions

Two Belief Systems

- Lust Gratification
- Sexual Fulfillment

The Results

*Discussion groups*

- How would my life be different if I followed God's view of sexuality?
- How was I impacted by last week's homework?
- Pray for everyone

**HMWK**

- Meditation: 1 Tim. 4:4,5; 6:17; Song Solomon
- *Developing a resource:* Write out which lies you believe and find verses to use as your "Sword of Truth"!
- **Sexual Sin and the Bible** handout

## Week 4

### The Counterfeit

- Satan's System
- What's at risk?

### The Effects

- Physical Only
- Youth and Beauty
- Forbidden
- Sneaky
- Passions that overwhelm
- Trying to gain something
- NO SEXUAL FULLFILLMENT

### *Discussion groups*

- What impact has the counterfeit had in your life?
- How was I impacted by last weeks HMWK?
- Pray for everyone!

### HMWK

- Cost and Benefit analysis
- Women's Testimonies
- *Beyond the Soiled Curtain* reading
- Spiritual Warfare!

## Week 5

### Reprogramming our Minds!

- 2 Cor. 10:3-5 (Strongholds)

### Discovering Confidence in Christ

- True Identity

### Embracing Freedom in Christ

- Free from the Law
- Free from the Past
- Free from Sin

### Finding Freedom from the Cycle

- The Sin Cycle
- A Greater Law (grace vs. guilt)
- Breaking Bondage
  - Renounce

- Commit
  - Reserve
- Importance of Relationships
  - Confession
  - Real Intimacy
  - Accountability
- Do Yourself a Favor
  - Feeding vs. Starving
  - This is not Heaven

#### *Discussion Groups*

- What seems to be the most important step towards freedom for you?
- Pray for everyone!

#### **HMWK**

- Choose accountability person/people
- Talk to accountability person/people. Tell them where you are at and what you want.
- Make goals (under grace) on starving the flesh and feeding the spirit.
- *Breaking Pornography Addiction* reading

### **Week 6**

#### Open Discussion (Anonymous Feedback)

#### *Discussion Groups*

- What goals did you make? How did it go with the accountability person/people?
- Make a prayer list and pray

#### **HMWK**

- Pray!
- Keep regular contact with accountability person/people
- Keep feeding the spirit and starving the flesh
- Recommended Reading