

# SI for Women

## 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

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- Why discussion groups?

## Website:

### *Discussion groups:*

- What do I hope to get out of 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; Romans 12:1,2

## **Anonymous feedback**

## SA Self Evaluation

	Yes	No
1. Do you lose time from work due to X?	___	___
2. Is X making your home life unhappy?	___	___
3. Do you do X because you are afraid of intimacy?	___	___
4. Is X affecting your reputation?	___	___
5. Have you ever felt remorse after X?	___	___
6. Have you gotten into financial difficulties b/c of X?	___	___
7. Do you avoid people after you X?	___	___
8. Does X make you careless about your walk?	___	___
9. Has your ambition decreased since X?	___	___
10. Do you crave X at a certain time daily/weekly?	___	___
11. Do you crave X after painful experiences?	___	___
12. Do you want to stop X but feel like you can't?	___	___
13. After X do you keep it hidden from others?	___	___
14. Do you do X when you have "nothing better to do"?	___	___
15. Do you wake up thinking about X?	___	___
16. Do you spend time planning the next time you get to X?	___	___
17. Do your relationships suffer because of X?	___	___
18. Do you think about X everyday?	___	___
19. Has anyone every told you that you have an addiction?	___	___
20. Have you undergone church discipline due to X?	___	___

If you have answered yes to ANY of the questions this is a definite warning that you may be struggling with an addiction or on your way. If you have checked yes twice you probably are addicted, and if three or more you are addicted.

## View of Sexuality Self Evaluation

	Yes	No
1. Do you feel like sex is more about prohibition than joy?	___	___
2. Do you feel like God wants to take all the fun out of sex?	___	___
3. Do you think sex is primarily physical?	___	___
4. Is it weird to think that God is "sexual"? (not physical)	___	___
5. Do you think it would be weird to pray and have sex?	___	___
6. Do you think you have to be "sexy" to have good sex?	___	___
7. Do you think "sexy" is youth/beauty/Victorias Secret?	___	___
8. Do you think sex is more exciting when it is forbidden?	___	___
9. Do you think sex is more exciting when you lose control?	___	___
10. Do you think physical touch is more exciting with someone that you barely know?	___	___
11. Do you think your desire for sexual activity is wrong?	___	___
12. Do you think sex is more exciting if it is sneaky?	___	___
13. Are you afraid that sex in marriage won't be good?	___	___
14. Do you wonder how much you can do physically in your dating relationship without being "in sin"?	___	___
15. Do you believe that only men desire sex?	___	___
16. Are you worried that you will never have sexual fulfillment?	___	___
17. Do you think your past will prevent you from having sexual fulfillment?	___	___
18. Do you believe that SA's don't impact your sexual relationship with your spouse?	___	___
19. Do you think "anyway you want it that the way you need it" when it comes to sexuality?	___	___
20. Do you think that God is silent on sex?	___	___
21. Do you think that you are disgusting in this area?	___	___
22. Do you think your sexual relationship doesn't need help?	___	___
23. Do you think your view of sexuality is dead on?	___	___

Answers checked yes are areas in which your view of sexuality is about to change! ☺