

SI for Women

Week 1

Sexual Integrity, not just a man's issue

- Why should this class exist?

Did not exist, there is a need, women ARE sexual beings too ☺, 60 people signed up, this type of sin can/is destroying the church, if Satan wins here he doesn't have to win any where else, there are real answers/ is real help = hope, Mindy testimony

- God's gift/Satan's weapon

God's design for sexuality is SO GOOD that if people were to experience it they would be so convinced of God's goodness! It shows so much of what kind of God He really is and how we are supposed to be His image bearers.

Satan is super threatened by this gift – he knows it's power and is powerless to create anything like it. So the best he can do is create a perversion, a counterfeit to distract people from the real gift. Something that will make them think that they are experiencing the fullness of what is offered in this area when really they are headed towards death (railroad into the lake illustration) PROVERBS 9

Watch out! This class is an offensive move into Satan's territory. We are taking ground back. And he will retaliate. You may have already experienced a backlash from Satan, frantically clawing at you to keep you in your prison. I have experienced opposition. That is why EVERY week we need to be prepared for spiritual warfare.

- Why should I want to get better?

Illustration of Peter (my cat) and the plant, why want so little for yourself – good biggest enemy of the best, Leads to death (prov.9), It's really good on the other side! Get to develop that part of you that previously you thought was all evil. Alternative could destroy relationship, walk, family, etc. Provide testimony for others! No longer slaves, awesome sex!

What is sexual integrity?

- Definition:

It means you live in accordance with the revealed truth of God, it means you live what you believe even when it costs you personally, it means you live what you say, that is, you tell the truth about yourself to God and others, 1 Thess. 4:3-8, Committed to living out the truth even when no one is watching (just for your relationship with God)

- Seriousness of sin in this area

*Barrier – people don't see this as a serious problem.
Sin breaks fellowship with God – Is. 59:1,2; 1 Jn.1:6
Terrible effects (covered week 4)*

Class goals

- *Meet an unmet need*
- *Transformation of minds (Romans 12:1,2)*
 - *Education on God's system of sexuality*
 - *Education on Satan's system of sexuality*
 - *Overcoming addictions*
- *Weapons to fight*
- *Freedom*
- *Provide support and resources*

• *Why discussion groups? Includes direction in all initiatives of the class!*

1. An honest assessment of where you are at. 2. A commitment to living in the light. 3. Willingness to suffer while trusting God to meet our needs. 4. A commitment to fight isolation by engaging meaningfully with others in relationship. 5. A commitment to spend daily time in the word and prayer, waging war against the devil. 6. Men's class says this is the best part!

Website: www.briangardner.org

Discussion groups:

- What do I hope to get out of this class?
- What am I the most afraid of taking 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! ☺