



# SAFE \* SEX



*(to talk about)*

**VERSION 2**

**By The Navigators  
National Training Team**

**NAVPRESS** 

Discipleship Inside Out™

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The problem is not *that* we talk about sex. The problem is *how* we talk about sex. So much of what we say about sex is wrong, deceptive, distorted, misleading. This matters, because the way we talk about sex reflects and forms the way we think about, and ultimately the way we practice sex. Much of what we say about sex in public is simply false. And when we tell falsehoods about sex, and listen to falsehoods about sex, we wind up living falsehoods about sex.

Lauren Winner, *Real Sex: The Naked Truth about Chastity*

## WHY read guidelines on SAFE\*SEX?

SAFE\*SEX is a how-to piece. Not how-to have sex without getting pregnant or catching STD's. But how-to be authentic about your sexual stuff (and others' stuff) without compromising your purity. It's about recognizing and creating an environment where you and others can honestly and vulnerably discuss sexuality. It's about being in a place where it's safe to talk about sex.

On your journey of spiritual transformation, have you considered that God longs to bring wholeness and healing to the sexual area of your life? But sometimes the idea of discussing sexuality with trusted friends (or with God) can flood you with shame, guilt, embarrassment, failure, or a feeling of not measuring up. Or maybe you've had a discussion about sex that turned out badly.

The purpose of a sexual authenticity relationship or group is to provide a safe place to open your soul—a place under God's protective banner of love to receive grace, truth, and healing. It's a relationship or group where members agree to be both transparent and vulnerable. **Transparency** invites others to honestly see into your life. **Vulnerability** opens your heart and gives permission for others to respond to what you reveal and to give love, acceptance, and guidance.

In SAFE\*SEX you'll explore ten practical guidelines for providing caring help to a person or a group (2 or more) that will foster honest, authentic, and vulnerable sharing while at the same time honoring the need for discretion, protection, and boundaries.

And let's face it. At one time or another, we'll *all* need a place like that—the younger and the older, the leader and the led, the parent and the teenager, the pastor and the congregation, the counselor and the counselee.

**AS LEADERS.** If we believe that the “leaders” among us don't ever struggle with shame issues we would be wrong. In fact, the more we're “looked up to” by others, the harder it often is to be vulnerable about this critical area of life. You might be in the “helper” role today—and needing help yourself tomorrow! These guidelines are offered to help any of us (1) become a safe person when it comes to discussing sexual issues, and (2) create safe places for others who invite us into their life journeys.

## WHO will benefit?

Is it safe for those close to you to talk with you on a one-to-one basis about sex? And how comfortable—or uncomfortable—would you be if he or she took the risk and opened up to you? These guidelines won't tell you *what* to say. But they can help you learn *how* to (and *how not* to) talk about sexual issues and struggles in ways that build each other up.



We realize that there is a wide spectrum of people who will benefit from reading these guidelines. Maybe you can see yourself in one of these common **one-to-one** scenarios:

- Your best friend is experiencing frightening body memories from childhood abuse. She's benefited from good therapy, but still needs a safe friend to walk her journey with her.
- You're a mom whose daughter is entering the dating scene.
- You're a dad whose college age son is sexually active with his 17-year-old girlfriend.
- You're a college student whose roommate just told you she was date raped by her boyfriend.

- You're mentoring someone who is struggling with homosexual urges.
- Your roommate is afraid she may have an STD.
- Your best buddy comes to you for help because he and his wife haven't had sex for over a year.
- Some other situation you're in? \_\_\_\_\_

Or perhaps you see yourself in one of these more **group-oriented** scenarios:

- You lead a campus Bible study group with students who really need (and want) to explore the topic of biblical sexuality together
- Your pastor asks you to lead a support group for women struggling with the trauma of sexual abuse
- A young engaged couple has asked you and your wife to help them stay sexually pure until their wedding, or to give them some pre-marital counseling regarding their sexual relationship
- You're a counselor or a pastor who wants to form an accountability group for men addicted to porn
- Your ministry team has asked you to lead an abortion recovery group
- You're on a missionary care team, and you have a burden to come alongside a missionary couple who just returned from the field because of an affair

Do you recognize yourself anywhere above as either the person seeking support or the one providing support? If you do, you know how hard it can be to find a safe place to talk about sex. Where does a believer struggling with sexual issues go to find appropriate soul care? SAFE\*SEX will help you become that person and create an environment of grace and truth for sexual strugglers.

In addition, people can easily hurt other people—especially in a group setting where such a deeply personal and potentially shameful topic as sexuality is being explored. So it isn't enough for the facilitator to be aware of safe discussion guidelines: everyone in the group needs to practice them too for the protection of all.



## HOW to use these guidelines

In Isaiah 42:3 the coming Savior was described this way: “A bruised reed he will not break, and a smoldering wick he will not snuff out.” We who follow Him must know how to do the same thing gently with the “bruised” hearts and “smoldering” souls of those who bring their sexual struggles to us. SAFE\*SEX will guide you into grace and truth environments where all can experience the Savior's healing touch.

Whatever dialogue you may be a part of—a Bible study group, a support group, or a one-to-one relationship—expect it to take some time for you to develop genuine acceptance and drop your urge for self-protection when it comes to heart issues. Maybe you'll each begin revealing your sexual journey by sharing a few facts. As trust is established and as you grow in receiving the protective love of others, your sharing will deepen. And you'll want to continue to take risks to be more authentic.

*A word about gender in a group environment.* Small groups discussing most topics can include both women and men—no problem. But when the topic you’re discussing is “sexuality” (or related topics like shame), you may want to revisit the gender composition of your group.

To start off your discussion we suggest you begin by:

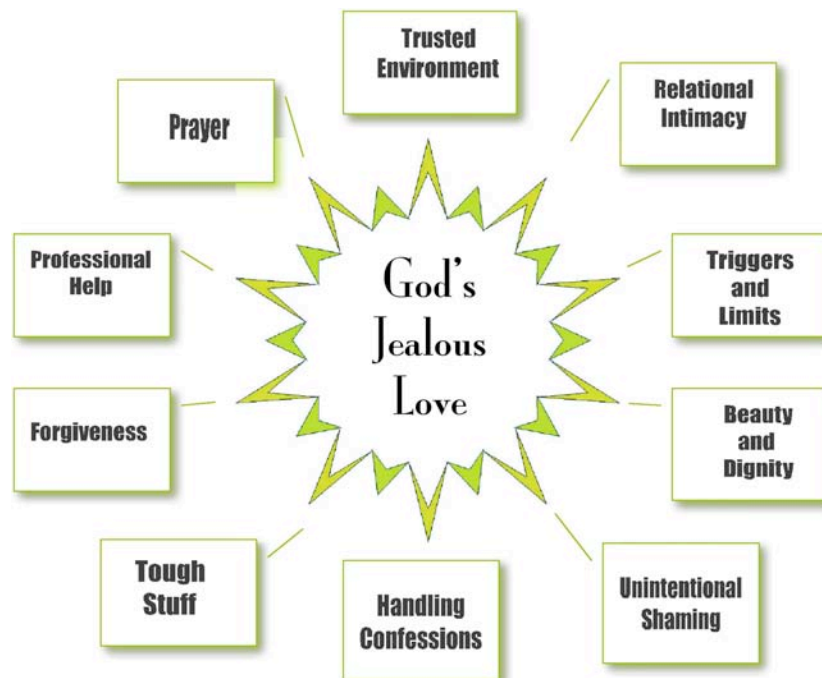
1. Inviting God in **prayer** to be present among you each time you meet.
2. On your own **read** carefully through the ten guidelines on the following pages.
3. (And/or) spend the first one or two sessions **discussing the guidelines** and the follow-up questions (✓) together so you’re all on the same page.
4. (and/or) discuss together some or all of the **bulleted questions** for each guideline (look for □).
5. Try to **follow** these guidelines as you go through whatever Bible study or curriculum or other materials you may be using for your group.
6. **Revisit** these guidelines whenever you need to over the duration of your group, especially if anyone is feeling shut down or wounded by someone in the group.

It’s also important to read through these suggestions during the initial stages of your authenticity group. Bulleted questions are provided to help you discuss each of the ten suggestions (see diagram below). Discuss these bulleted questions first, and then read the information under each topic.

You may want to use other materials to help you structure your discussion and gain a Biblical viewpoint. Beginning on page 13 you will find additional resources for your use.

Begin by discussing together:

- I can contribute to making a discussion (group or one-on-one) safe by . . .
- The things that can make a discussion feel unsafe for me are . . .



# TEN GUIDELINES That Make It Safe\*Sex

## 1. TRUSTING ENVIRONMENT

Discuss together:

- Why are you interested in finding a trusted environment to discuss your sexuality?
- How risky does this feel to you?

God is committed to transforming and developing every area of our lives, including our sexual lives. These guidelines are offered to help you learn how to share your journey of sexuality with trusted others in an environment of acceptance. The relationship or group you're entering into should create a place to share not only the gift of sexuality but also the struggles. Many of us think that the way forward is just to try harder. Often "trying harder" involves prayer, meditation, good works, and scripture memory. But too often these spiritual disciplines alone "don't work" because we continue to commit sexual sin, experience deep shame, try harder again . . . and the cycle continues. Does that sound familiar?

What's missing here? Often it's true community. God can heal our struggles supernaturally. But more often he uses other believers walking alongside us to channel his healing grace, life-giving truth, abundant kindness, tender acceptance, and ongoing support. *"Therefore confess your sins to one another and pray for one another so that you may be healed"* (James 5:16). Yes, inviting others into your journey toward sexual integrity is risky and scary. But it is also key to freedom, grace, and renewal.

## 2. RELATIONAL INTIMACY

Discuss together:

- On a scale of 1-5 (1 being isolated and 5 being richly connected) how would you rate your relational intimacy?
- On a scale of 1-5 how comfortable are you in needing, receiving from, and being vulnerable with your friends?
- What does this mean to you?

Sometimes we believe that sex will meet our need for connection, friendship, and relational closeness. Rather than risk being hurt or rejected, we can settle for sex as false intimacy when in fact it's connection that we really long for. God has made us relational beings with needs for intimacy even as the Triune God is relational. As you journey in your sexuality, explore your desire for intimacy. Take risks to share your need for friendship, acceptance, and connection with the group. Invite others to move away from isolation and develop authentic, healthy friendships. Ask God to be the Lover of your soul and to provide true friends who won't violate your sexual space. Ask Him to help you be such a friend.

## 3. TRIGGERS AND LIMITS

Discuss together:

- How do you feel about the protective limits God places around our sexuality?

As trust develops among you, you may want to explore what triggers you sexually. Is it browsing through a lingerie magazine, watching a movie with explicit images, scanning porn sites on the Internet, reading a romance novel, going to certain chat rooms, withdrawing and feeling lonely, etc? Once you know your triggers and limits, share them with your group so they can begin walking with you to help protect you. (For instance, if you have a friend who struggles with same-sex attractions, don't plan a girls' night where you all snuggle in front of a favorite movie.) This group is a place where you can admit your limits so you can protect yourself and others.

#### 4. BEAUTY AND DIGNITY

Discuss together:

- Why do you think God made sexuality beautiful?
- And how can you develop a heart of respect for other sexual beings?
- As you enter this discussion of sexuality, do you experience your sexuality as positive or negative or both. How might that affect your discussion? How do you see sexuality as both positive and negative? And how will you respond to another person who has a different opinion?

Lust in our highly sexualized society is rampant. It bombards us in shopping malls and magazines, on internet sites, TV commercials and programs. Escaping from society isn't really an option. Jesus is our model for respecting physical beauty instead of lusting after it. The Pharisees complained when Jesus allowed a sinful woman to wet His feet with her tears, wipe His feet with her hair, kiss them, and pour perfume on them. They thought her attention was too intimate (Luke 7:36-50). But Jesus rebuked the Pharisees—not the woman! In so doing, Jesus brought her great dignity.

On the one hand we long to appreciate and enjoy God's gift of sexual beauty and pleasure. But on the other hand we don't want to slip into various expressions of lust or sneak across the proper purity boundaries God has established. Your group is a place to identify the tensions you experience between the two. It's a place to share your struggles with lust and to uncover the needs or desires underlying that lust (i.e., desire for love, power, identity, security, etc.). It's also a place to celebrate each step of growth when you respect sexual boundaries, pursue intimacy within marriage, and respect the dignity and sexuality of others.

There are media images and people who try to use their beauty to entice us or stir up lust. Playing games with seductive people may or may not lead to more. But it's still a very dangerous game that can deeply damage your soul. So you can help each other identify and flee from these people or images that are seductive or even predatory. By running or turning it off, you can maintain your integrity and offer them dignity.

It was God who created physical beauty—not Hollywood. He knows that it can "rock our world," especially when we respond to beauty with lust instead of respect. Then we may respond to our lust by fleeing—a smart move until we realize that we've just carried our lustful thoughts with us into new situations. God has a better plan: He uses our desire for beauty and intimacy to awaken us to His jealous love for us. In fleeing, He doesn't ask us to just repress our sexuality or to squelch our appreciation of beauty. Rather, He has designed us to embrace our sexuality and to see His presence in the power of sexuality and beauty. When we struggle with lust, we can take these struggles to God and to safe people, where we can experience both love and truth, lustful thoughts can be redeemed and turned into respectful appreciation of beauty.

## 5. UNINTENTIONAL SHAMING

Discuss together:

- I can feel shut down or experience a sense of shame when . . .
- From the list above (spiritualize, minimize, etc.), how might you be inclined to respond when someone confesses or shares a sexual struggle.

We want to be careful to avoid unintentionally shaming or shutting others down. There are a number of ways this could happen. For instance, when we respond to another's sharing in a judgmental or critical way, they feel shamed. Or when we respond to their sharing in one of the following ways (either verbally or with our body language):

- Spiritualizing:** (For example saying "There must be sin in your life if you still feel that way," or "Your sexual struggles are only because of spiritual warfare, you need to pray more.")
- Minimizing:** (Like saying "It's not that bad" or "Just think about the positive" or excusing or making less of another's experience.)
- Shock:** (Like giving a "deer in the headlights" look or saying "You did *what?!?*")
- Sarcasm:** (Like hurting someone through disguised humor or comments such as "Now that's a good one," or "How respectful.")
- Self-righteousness:** (Like saying something that might put another person down or make you look better such as "How can you be a Christian and ..." or "If you didn't go to R-rated movies like me you wouldn't struggle with that.")
- Changing the subject:** (Maybe because you don't know how to respond or may feel uncomfortable, like saying "Thanks for sharing that. Who else has something else to share?")
- Avoiding eye contact:** (Looking away from someone in order to suppress my own lust.)
- Being embarrassed:** (For example withdrawing emotionally or physically from the person who is sharing because you feel embarrassed or ashamed, or looking at someone else in the group and grimacing or laughing)

As mentioned above, seductive people can try to entice us. But more often when we experience our lust being stirred up by an attractive or caring person, it's entirely unintentional on their part. For example, many young women have no idea how their clothing choices may impact men. As we protect our minds and flee if necessary, we don't want to embarrass them by implying that our struggles are their fault.

God's says His kindness leads us to repentance. God often delivers His kindness through the caring acceptance of people around us. Ask God to help you listen without judgment, accept the struggle, and offer mercy when others bring their fears, frustrations, and failures to the light.

## 6. HANDLING CONFESSIONS

Discuss together:

- If you were to take the risk to share your struggles with someone, how would you want them to respond?
- What has been your experience when confessing your sins to others— healing or something else?

Lots of things can make us hesitant or afraid to confess our sexual sins and struggles openly—our shame, embarrassment, fear of being judged or rejected or punished, don't want to lose face, or maybe we're just not ready to give it up. So when someone *does* confess the truth of his/her struggle, the first response from others needs to be compassionate. We need to acknowledge, accept the person (not the sin), and offer mercy and hope for healing and freedom. If we affirm the person for taking the huge risk to be honest, that will open up space for them to continue to entrust us with their darkness and pain. And that allows God's grace to flood in and heal. Of course, as followers of Christ, we are to encourage each other with God's truth, not just with human sympathy, and allow the Holy Spirit to lead the person to change in the context of relationships. The Bible urges us ask our friends to pray for us when we struggle, and to “. . . confess your sins to each other and pray for each other so that you may be healed” (James 5:16). And we're promised that such honest, prayerful authenticity is “powerful and effective.”

## 7. TOUGH STUFF

Discuss together:

- My internal response to others asking direct questions is. . .
- If I do permit someone to ask me direct questions like these, how likely am I to tell the truth, a half-truth or to lie?

As a young engaged couple, Nate and Janice knew how hard it would be to stay sexually pure until their wedding date. So they asked a mature married couple Tom and Sylvia to help them. The four of them agreed on a simple plan. First they spent some time together identifying when and how they expected to struggle and be tempted most. Then they gave Tom and Sylvia permission to ask them some tough questions. Whenever Nate and Janice had a date or were spending time together, they let Tom and Janice know. They left their cell phones on and got used to a call or two. It wasn't unusual for Tom to call Nate at 10:45 and ask, “Nate, where are your hands right now?”

Some people call this being “accountable.” Maybe it will help thinking of it as being “authentic” or “accessible.” When a person gives you permission to walk alongside him or her and ask the tough stuff, you've been entrusted with something very precious. This process often begins when a small group takes the risk to identify where they struggle. Here are some tough questions you might process together over time:

- Where might each of us be tempted sexually?
- Where could Satan get his foot in the door of our lives right now?
- What circumstances might make us most vulnerable to lust?
- What is the biggest thing we are struggling with when it comes to our sexuality?
- How are we growing in truly respecting people as sexual beings?
- Other?

A careful process of both giving and asking for permission instead of making assumptions is crucial to your sexual authenticity group. If you are going to ask each other such direct questions, first receive permission from one another. Don't ask any question that you would not answer honestly for yourself.

Eventually your friend(s) may move to a deeper level of authenticity and accessibility. They may give you permission to ask more direct questions that will help them deal with the specific vulnerabilities they have identified. This should be done outside of your group in a private conversation. He/She might select one or two of these even tougher and more direct questions for you to ask occasionally:

Are you being tempted or are you acting out improperly by...

- ...turning to pornography on the Internet, TV, magazines?
- ...sleeping with your girlfriend/boyfriend?
- ...struggling with same-sex lust?
- ...cheating on your spouse by emotional or sexual involvements with others?
- ...disrespecting others sexually?
- ...masturbating and fantasizing about others to feed your lusts?
- ...sexually abusing others?
- ...punishing yourself sexually?
- ...relating improperly to children?
- ...involved in animal abuse or sexually with animals?
- ...exploring sexuality through god/goddess worship?
- Other relevant questions?

Of course you'll need to prove trustworthy before others give you permission to ask such personal, sexual questions. Freedom and gentleness are crucial. You cannot "fix" each other; only Jesus can do that. But these tough questions (and others) can serve us well in our spiritual transformation journey with Jesus. You can take your relationship even deeper by asking questions like these:

- What would you like me to do with your answers?
- How can I best help you in this area?
- What part do you want me to play in your struggle?
- How do you want me to pray for you about this?

## 8. FORGIVENESS

Discuss together:

- In the process of receiving, giving, and asking for forgiveness,  
I . . . .
- \_\_\_ am not ready to begin
  - \_\_\_ have just started thinking about the process
  - \_\_\_ experienced some freedom but am struggling with forgiving on deeper levels
  - \_\_\_ have done extensive work and am enjoying the result of freedom and renewed relationships.

As you grow in sexual wholeness, you may become aware of your need to ask for, receive, and give forgiveness. When Jesus told us to forgive 70x7 (Matthew 18:22), He was referring to the process of forgiveness. When we ask God to forgive us, three things happen. First, He removes our guilt over what we've done. Second, He washes away our shame that we would do such things in the first place. Last, He invites us to offer forgiveness to someone who's hurt us, or seek forgiveness from the person we've hurt as long as it doesn't create further injury. In some cases God will also lead us to try to restore the

damaged relationship. Jesus died and rose to break the power of all guilt and shame. He offers forgiveness to those who ask. And He lives and prays for us (Romans 8:34)!

Sometimes our own self-condemnation keeps us from receiving the loving forgiveness God and others offer to us. In those times, remember the truth “... we set our hearts at rest in His presence whenever our hearts condemn us. For God is greater than our hearts, and He knows everything” (1 John 3:19, 20). Ask your friends to walk with you through this process. Expect it to take time. As you experience the freedom of forgiveness, ask God to affirm your new identity and to restore your sense of being “wonderfully made” (Psalm 139:14) as a sexual person.

## 9. PROFESSIONAL HELP

Discuss together:

- What has been your experience with counselors?
- Who are some professional resources in your area that group members could be referred to?

Sometimes our sexual hurts are very deep. Many of us have been sexually abused. And many of us have abused others sexually. If abuses or traumatic memories surface in your authenticity group, consider seeing a skilled counselor who can help you through these pains and recover from their powerful effects.

## 10. PRAYER

Discuss and pray together:

- What is one thing you want your group to be praying for you as you journey together?
- As you pray do you sense that God is present in all thing related to your sexuality?

As a group and individually, commit your journey to prayer often. Ask the Holy Spirit to be the guide, comforter, healer, truth-teller, instructor, and encourager. Pray that each of you will grow in celebrating God’s design for sexuality and to be strengthened to resist temptation. When you pray, be careful not to engage in gossip or sneak in some instruction. Invite Jesus to reveal what legitimate need drives any inappropriate behavior. Ask God to help you receive what is good and release what is harmful. Celebrate growth as you learn to trust each other and become vulnerable and transparent in your group. Ask God to continually meet your need for acceptance in your sexuality.

## WHAT does our sexuality mean?

Discuss together:

- Understanding the character of God through my sexuality is something . . .
  - I have never thought about
  - my family or church never discussed
  - that makes me anxious or uncomfortable
  - That helps me better understand my design
  - I want to explore in greater depth
  - Other?
- How does your heart respond to know that God is jealous for you?

These guidelines are offered to help us protect God's gift of sexuality—our own and others'. Since He created us, and since He created us as sexual beings, sexuality is best viewed through the lens of His jealous love for us. God's love is jealous because He doesn't want us giving our devotion and love to any of the other so-called gods that compete for our attention.

Maybe you've never thought of God's love for you in terms of jealousy. Our culture says that love is good, and pleasure is good, and that jealousy is bad. But God's name is "Jealous" (Exodus 34:14); His jealous love moves Him to protect, nurture, delight in, and free us to belong to Him exclusively. And the pleasure we experience when we are close to God's protective heart, when we belong to Him alone, is good—extremely good.

Perhaps you haven't thought much about the *meaning* of sexuality. Nobody has to teach lovers or married people to be jealous when a third person threatens to steal away the partner—jealousy comes naturally! So consider this: Maybe God made us as sexual beings so that we would understand through our human relationships His jealous love for us. And maybe when we observe the joy of biblical sexuality—just maybe that helps us appreciate our exclusive love relationship with Jesus—our promised Bridegroom and the Lover of our Souls (Ephesians 5:22-33).



## WHERE might you go from here?

How to talk safely about sexual issues in a healthy relational environment—that’s what these guidelines can help you do. But *what* you talk about, or where you could go to find helpful biblical resources—that’s another question. Here are four practical suggestions to do deeper into God’s perspective on this important topic.

### 1. FOR IN-DEPTH STUDY AND DISCUSSION...

If you benefited from these guidelines, we highly recommend a more in-depth study and discussion guide called *SOUL: Embracing My Sexuality and Emotions*, which is part of the “Connect” Series Bible studies. It’s designed for individuals or small groups to explore together *why* God designed us as sexual beings and *how* He wants us to live out our gender and sexuality. You’ll discover what the Bible has to say about:



- Chapter 1 Sexuality: *what’s sacred about it?*
- Chapter 2 Sexuality: *what’s jealousy got to do with it?*
- Chapter 3 Masculinity & Femininity: *what’s the difference?*
- Chapter 4 Manhood & Womanhood: *how can I embrace my gender?*
- Chapter 5 Sexuality: *how do I handle pleasures, hurts, & lusts?*
- Chapter 6 Sexuality: *how can I live it well?*
- Chapter 7 Emotions: *friends or foes?*
- Chapter 8 My Emotional World: *is change possible?*
- Chapter 9 Beholding God: *how does He transform me?*
- Chapter 10 Beholding God: *how do I experience His presence?*

### 2. FOR PERSONAL STUDY IN SCRIPTURE...

If you want to study these topics from the Bible in more depth, consider reading some of these key passages. Maybe you want to study a sexuality-related theme such as:

#### Meaning of Sexuality / Jealousy:

Exodus 34:14  
2 Corinthians 11:2, 3  
Ephesians 5:23-33

#### Causes and Consequence of Sexuality

##### Immorality:

Romans 1:24 - 2:4  
1 Corinthians 6:12-20  
Ephesians 4:18, 19

#### Resisting Temptation / Protecting Purity:

Proverbs 6:20-35  
Matthew 5:27, 28  
1 Timothy 5:1, 2  
2 Timothy 2:22  
Hebrews 13:4

#### Support for Sexual Strugglers:

James 2:13  
James 5:16

Or you may want to read stories found in longer passages of Scripture—passages that explore several themes such as:

**Proverbs 6:20-35**—a father’s frank talk with his son about sexuality.

**Song of Solomon 1-8**—the courtship and marriage story of Solomon and his bride; also allegorical exploration of God’s jealous love for His people and Christ’s bridegroom love for His Church.

**Ezekiel 16**—the graphic story of love, betrayal, promiscuity, shame, and restoration.

**Hosea 1-14**—Chapters 1-3 tell the story of Hosea's marriage to Gomer and her infidelity; the rest of the book unpacks what this story reveals about God's jealous love for us even when we are unfaithful to Him.

### **3. ADDITIONAL QUESTIONS FOR DISCUSSION...**

You may be using a Bible study guide or other materials to guide your discussion. If you would like to discuss these topics in more depth, here are some open-ended questions to consider:

- A. Do you enjoy being a sexual person? Why or why not?
- B. Can you honestly praise God for sexuality?
- C. Does God's presence with you extend to your sexuality and the bedroom? Or in your heart do you believe He just turns away from (or is disgusted with) your sexual life?
- D. Do you question where God was when you enjoyed sex, or when you were hurt by sex?
- E. Do you think it's possible to honor God with your sexuality? If so, how?
- F. What tempts you to cross the boundaries you have set for yourself when it comes to intimate or sexual behavior?
- G. Have you experienced shame when you crossed sexual boundaries (or someone crossed yours)? If so, how did you respond to that shame?
- H. How might your sexuality link you to God's jealous love for you? And what impact does that have on your heart? Explain.
- I. What vision do you have for your healthy sexuality over the next ten years? What is your vision for the sexual health of your children or the next generation of children? How do you see these two visions relating to each other's?
- J. Write your own questions!

## ADDITIONAL RESOURCES

### Sexual Abuse, Assault, Rape, Promiscuity, & Sexually-Transmitted Diseases

- *Sexual Assault: Will I Ever Feel Okay Again?* by Kay Scott
- *The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse*, by Dr. Dan B. Allender
- *Gift Wrapped by God: Secret Answers to the Question “Why Wait?”* by Linda Dillow and Lorraine Pintus
- *Sex and the Soul of a Woman: The Reality of Love and Romance in the Age of Casual Sex*, by Paula Rinehart
- *A Return to Modesty*, by Wendy Shalit
- *What Our Mothers Didn't Tell Us*, by Danielle Crittenden
- *No Stones: Women Redeemed from Sexual Shame*, by Marnie C. Ferree

### Abortion/Unwanted Pregnancy

- *Her Choice to Heal*, by Sydna Masse and Joan Phillips
- *A Season to Heal*, by Freed & Salazar
- *Fatherhood Aborted*, by Buy Condon and David Hazard. Ministering to fathers whose children have been aborted.
- *No Stones: Women Redeemed from Sexual Shame*, by Marnie C. Ferree
- *Abortion: A Rational Look at an Emotional Issue*, by R. C. Sproul. Especially good for exploring the theological and biblical issues surrounding abortion.

### Pornography, Masturbation, Cybersex, & Sexual Addictions

- *Breaking Free: Understanding Sexual Addiction & the Healing Power of Jesus*, by Russell Willingham
- *False Intimacy: Understanding the Struggle of Sexual Addiction*, by Dr. Harry W. Schaumburg
- *Falling Forward: The Pursuit of Sexual Purity*, by Craig Lockwood
- *An Affair of the Mind*, by Laurie Hall
- *The Struggle*, by Steve Gerali
- *Contrary to Love: Healing the Sexual Addict*, by Patrick Carnes
- *Recovering from Infidelity and Overcoming Sexual Addiction* (two cassette tapes) by H. B. Ondonondon, Focus on the Family
- *Every Man's Battle*, by Steven Arterburn. Also *Every Young Man's Battle* and *Every Young Woman's Battle* by the same author.
- *Every Heart Restored*, by Steven Arterburn is written for women who live with men struggling with sexual addiction and/or reeling from a husband's affair.
- *Flesh*, by Rick James (This book addresses men and deals with issues relating to sex, pornography and the Bible in a straightforward manner).
- *Fantasy*, by Betty Blake Churchill. (Written as a counterpart to *Flesh* and discusses women's struggles with dating, beauty, sex and more).

### Organizational Resources

- **National Association for Christian Recovery** (<http://www.christianrecovery.com>) This organization provides information on Christian 12-step recovery groups and related resources.
- **Covenant Eyes** (<http://www.covenanteyes.com>) This organization assists those struggling with Internet pornography by offering a great filter and also helping with accountability, among other services.
- **New Life Ministries** [www.newlifeministries.com](http://www.newlifeministries.com) This ministry provides counseling resources and workshops for men involved in sexual sin or temptation, and workshops for women in relationships with men involved in pornography or adultery.
- For married women whose husbands are involved in or in recovery from pornography or infidelity: [www.everyheartrestored.com](http://www.everyheartrestored.com). For men who are looking for God's wisdom in keeping themselves sexually pure [www.everymansbattle.com](http://www.everymansbattle.com).
- [www.mysexsurvey.com](http://www.mysexsurvey.com). This site consists of a diagnostic tool called the Sexual Addictions Screening Test, which is used with the permission of its developer, Dr. Patrick Carnes, one of America's leading researchers on sexual addiction. Its purpose is to provide a self-evaluation of sexual behaviors.
- [www.bravehearts.net](http://www.bravehearts.net). **Bravehearts** is a Christian ministry founded by Michael Leahy that helps people recover from sexual addictions.
- [www.luminentcounseling.com](http://www.luminentcounseling.com) offers confidential phone counseling for sexual struggles.

### Gender Identity & Confusion

- *Falling Forward: The Pursuit of Sexual Purity*, by Craig Lockwood
- *Strength in Weakness: Healing Sexual and Relational Brokenness*, by Andrew Comiskey
- *A Parent's Guide to Preventing Homosexuality*, by Joseph Nicolosi and Linda Ames Nicolosi
- *Crisis in Masculinity*, by Leanne Payne

### Homosexuality

- *Strength in Weakness: Healing Sexual and Relational Brokenness*, by Andrew Comiskey
- *When Homosexuality Hits Home*, by Joe Dallas
- *The Crisis of Homosexuality*, a *Christianity Today* series edited by J. Isamu Yamamoto
- *Setting Love in Order: Hope and Healing for the Homosexual*, by Mario Bergner
- *Crisis in Masculinity*, by Leanne Payne
- *Healing Homosexuality*, by Leanne Payne
- *Homosexuality and the Politics of Truth*, by Jeffrey Satinover, M.D.
- *Pursuing Sexual Wholeness*, by Andrew Comiskey
- *Someone I Love Is Gay: How Family and Friends Can Respond*, by Anita Worthen and Bob Davies

### Organizational Resources

- **Exodus** ([www.exodusglobalalliance.org](http://www.exodusglobalalliance.org)) acts as the umbrella organization for many evangelical ex-gay ministries. Their mission is "Proclaiming that change is possible for the homosexual through the transforming power of Jesus Christ." They equip Christians and churches to uphold the biblical view of sexuality, and also respond with compassion and grace to those affected by homosexuality.
- **Pure Intimacy** ([www.pureintimacy.org](http://www.pureintimacy.org)) is a ministry associated with Focus on the Family that addresses intimacy and addiction, homosexuality, and a theology of sexuality.

- **Desert Stream** ([www.desertstream.org](http://www.desertstream.org)) aims to minister the life of Jesus to the relationally and sexually broken.

## Infertility, Childlessness, & Miscarriage

- *Hannah's Hope: Seeking God's Heart in the Midst of Infertility*, by Jennifer Saake
- *Water from the Rock: Finding God's Comfort in the Midst of Infertility*, by Gibbs, Rabon, and Garrett
- *Miscarriage: Women Sharing from the Heart*, by Marie Allen and Shelly Marks
- *A Hope Deferred: A Couple's Guide to Coping with Infertility*, by Jill Baughan
- *Childless Is Not Less*, by Vicky Love
- *Mommies Enduring Neonatal Death* (<http://www.mend.org>) serves mothers who have suffered a miscarriage

## Infidelity, Marital Life & Problems

- Read the Song of Solomon for ideas on romance.
- *The Mystery of Marriage: As Iron Sharpens Iron*, by Mike Mason
- *Solomon on Sex*, by Joseph C. Dillow
- *Intended for Pleasure*, by Ed and Gaye Wheat
- *Rebuilding Your Broken World*, by Gordon McDonald
- *Restoring the Fallen*, by Wilson, Friesen, and Paulson
- *Restoration Manual*, by Tom Pedigo
- *Torn Asunder: Recovering from Extramarital Affairs*, by Dave Carder (book and workbook)
- *Recovering from Infidelity and Overcoming Sexual Addictions* (two cassette tapes) by H. B. Ondonondon, Focus on the Family
- *Every Heart Restored* (and Workbook), by Arterburn, Stoeker, and Yorkey

### Organizational Resources

- Family Life (<http://familylifetoday.org/default.asp>) is a division of Campus Crusade for Christ that provides practical, biblical tools to strengthen marriage and family relationships.
- American Association of Christian Counseling (AACC) (<http://www.aacc.net>) is a national Christian organization of professional counselors. The site provides a referral network of its membership.

## CONNECT Resources available from NavPress:

### CONNECT BIBLE STUDY SERIES WITH FREE DOWNLOADABLE LEADER'S GUIDES:

**GOD: CONNECTING WITH HIS OUTRAGEOUS LOVE** : focusing on the first part of the Great Commandment—loving God and learning to believe and experience His amazing, gracious, protective, and jealous love for us. It also invites you into deeper intimacy through creative ways to connect with Him. As you lead the way, you'll have the privilege of embodying and offering love to those in your group. For some, it may well be their first taste of God's love. #62582

**IDENTITY: BECOMING WHO GOD SAYS I AM:** engaging with what it means to be created in God's image and then have that image restored after we've blown it with sin. You'll also explore how God has designed you with particular strengths and gifts, and where to find meaning and purpose in your life. #62582

**SOUL: EMBRACING MY SEXUALITY AND EMOTIONS:** exploring how to embrace your gender, live life well as a sexual being, and what jealousy reveals about God's purpose for creating sexuality. You'll also explore what your emotions are telling you, what it means to be emotionally healthy, and how to experience God's healing in emotional pain. #62629

(Note: this piece is a free download from the SOUL product page)

**RELATIONSHIPS: BRINGING JESUS INTO MY WORLD:** focusing on relationships with others—all kinds and sizes and colors of others! You'll explore biblical examples and principles for relating to family, friends, spouses and children, those in and out of the church, and those who are different from you in many ways. Loving others and responding to the Great Commission are themes in this book. All of you will have opportunities to practice what you're learning right in the midst of your group. #62612

**LIFE: THRIVING IN A COMPLEX WORLD:** unpacking some very practical life realities like money, time, beauty and pleasure, our bodies, work, etc. You'll learn how to live life well even if you've made some serious mistakes in these areas in the past. #6260

**FREEDOM: BREAKING THE POWER OF SHAME:** looking at the universal human experience of shame and how to experience healing. You'll reflect on the stories of many people from the Bible who struggled with shame as you also unpack your heart. Throughout the study you will discover the difference between guilt and shame, identify hiding styles and types of shame, and even consider shamelessness. It can drive people into utter darkness, desolation, and separation from life. Into this sense of shame, the power of the gospel and the cross and can enter to bring hope. God's many voices of mercy bring us into God's healing presence, into the bath of His forgiveness, and into the streams of His freeing love. God's mercy can touch and transform every ounce of shame. #6665

### ADDITIONAL CONNECT RESOURCES:

**The New Me: My New Identity in Christ** – a meditative booklet on personal identity.  
[www.navpress.com/product/9781600063596](http://www.navpress.com/product/9781600063596)

**The Shame Exchange: Trading Shame for God's Mercy and Freedom**, by Steve & Sally Breedlove and Ralph & Jennifer Ennis, NavPress. [www.navpress.com/product/9781600066252](http://www.navpress.com/product/9781600066252)

**The Issue of Shame in Reaching People for Christ** by Ralph and Jennifer Ennis and Paula Rinehart.  
A guide to help believers penetrate a veil of shame in sharing the Gospel with the next generation.  
[www.navpress.com/product/9781600063442](http://www.navpress.com/product/9781600063442)



### ORDERING INFORMATION

NavPress Customer Service: 1-800-366-7788 OR [www.navpress.com](http://www.navpress.com)