

Purity Check-Up

A Few Ideas

Aside from prayer and an abundant Christian life and availing yourself of professional counseling when you need it, the best defense (against sexual temptation) may be a good offense (fruitful, enjoyable activities)

What are the most enjoyable activities for you?

- Always responsible, reliable, dutiful ... and dead, or... Often dangerous, passionate, alive, and free? (see John Eldredge, *Wild at Heart*)

Do you set aside time for one of these activities every week?

What are the most enjoyable activities for your wife?

Do you ensure that she has time for this every week?

What are some of the things you and your wife enjoy together?

Do you both set aside time for this every week?

What are you doing for marriage enrichment?

- How are you using the five love languages (quality time, gifts, affirmation, touch, service)?
- What are your wife's favorite gift ideas?
- Retreats (Talk to John Kramer)

Who have you asked to hold you accountable?

Do you have an accountability partner? If not, do you plan to get one?

Are you in a small group (either couples or men only)? If not, do you plan to join one?

How do you schedule your time and plan ahead so that you are unlikely to be tempted and distracted?

How is your thought life, and your vision?

Is there a powerful vision, passion or mission that God has placed on your heart?

How does your life vision connect with your daily life?

What healthy boundaries do you have?

How is your perspective different from men who are not committed to Christ?

It has been said that after getting married, every woman is related to you (wife, mother, daughter, biological sister, sister in faith). Does this change your perspective of your sisters in the faith?

Do you have a loving picture of you and your wife on your computer, in your car, anywhere you are?

Selected Quotes from *Pure Desire* – by Ted Roberts – East Hill Church – Oregon

Although this book works well with those who have recently come to Christ, it is primarily a book for those who have tried to build sexual holiness in their lives and failed...and failed...and failed. It is for inconsistent, shaky believers who have guts enough to admit that no matter how good they may look on the outside, their hearts are far from what they desire them to be with respect to sexual purity.

The issue of sexual addiction and bondage is not simply a counseling issue for the Church: it is a matter of spiritual life and death.

Sexual addiction is not just a struggle over a mental perspective; it touches God's very image, as well as the depths of a man's soul.

Sexual fidelity was the single most important predictor of a society's ascendancy. In human records there is no instance of a society retaining its energy after a complete new generation has inherited a tradition which does not insist on prenuptial and postnuptial continence. (Dr. J.D. Unwin)

The vast majority of men I have counseled who struggle with sexual issues have father wounds in their souls.

One of the most common rituals practiced by Christians who are in sexual bondage is to live constantly in crisis mode. They're always "fighting the devil", going from one stress situation to another – constantly living in overload. I need a high if I am going to make it, they say to themselves. In fact, I deserve this [sexual] release.