

Unfiled: Redemption From Sexual Sin, Restoration For Broken Relationships

*He has delivered us from the domain of darkness
and transferred us to the kingdom of his beloved Son
in whom we have redemption, the forgiveness of sins.*

Colossians 1:13, 14

*Let marriage be held in honor among all, and let the
Marriage bed be undefiled, for God will judge the
sexually immoral and adulterous.*

Hebrews 13:4

Undeclared: A Study Guide

A Study Guide for Individuals and Couples

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Dr. Schaumburg regrets that he is unable to answer individual letters or emails regarding personal questions.

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Introduction

The purpose of this study guide is to orient you and point you on a path of real change that has proven to be helpful in not only transforming peoples' behavior and marriages, but their hearts and lives. This personal guide accompanies *Undefiled: Redemption from Sexual Sin, Restoration of Broken Relationships*. Start by reading the Introduction in that book.

If you identify with any of the following statements, this study guide is for you:

- Do you feel alone in your marriage?
- Do you feel like a sexual object when your husband engages you in sexual intimacy?
- Do you have little or no interest in sexual intimacy in your marriage?
- Do you suspect that your spouse is involved with someone else?
- Do you feel sexually out of control?
- Have you been told to change your sexual behavior?
- Are you fed up with the lies, the deception and broken relationships because of your sexual behavior or that of your spouse, children, or friends?
- Have you tried to change or to get help and it hasn't worked?

If you acknowledge the need to address who you are sexually, it may be hard to see even a hint of sexual beauty, love and joy—let alone the grace and mercy of God—in your life. There is hope. This Study Guide and the book *Undefiled* are not just theory. The material in both is based on more than twenty years of counseling experience and Scriptural study that have helped thousands just like you. Real change can happen. Not just a behavioral change, but change that begins internally and flows outward, changing *everything*.

As you work through this Study Guide, keep the following in mind:

1. What you have experienced sexually and relationally is not uncommon. We are all sexual creatures made in the image of God. We crave intimacy, both with God and on a human level. Everyone has experienced some level of disappointment and hurt. Many have been betrayed. Many others have secretly gone beyond their own consciences to a place of deep darkness.

2. While this Study Guide is your personal journey to radical change, you will find that what you study is all about God. Whether you are a pastor, elder, or layperson, I suspect that you will become more aware of how little you truly know God.

3. If possible, work through this Study Guide with your spouse, a friend, or a group. Pray for yourself, pray for each other. Support each other in completing all the tasks. If you are in a group, contact each other between meetings to encourage and to be encouraged.

4. In spite of past failures, betrayals, and hurt, expect change. Anticipate that God in His mercy will work through this material to change your heart. Pray for a soft heart toward God and others. Pray for a change of heart from selfish sinful desires to a God-honoring heart and life.

The Goal of the Program

To point each person to a framework of truth about their relationships, sexuality and spirituality that will bring real change in relationship to God and others for the glory of God.

The Objectives of the Program

- To discern truth about God and ourselves.
- To expose the root of sin in our hearts.
- To reveal Christ as Savior.
- To kill sin before it kills you.
- To lead to a decision of surrender of oneself to the will of God.
- To be more mature relationally, spiritually and sexually.

Specific Instruction

Keep in mind that change, perseverance and obedience cannot be disconnected from the quiet and solitude of thoughtful reading. Regardless of your educational level, you cannot avoid complex thought found either in Scripture or in the works of serious writers. This Study Guide is intensive because you are dealing with the most critical areas of your life—your sexuality and spirituality.

Plan on devoting at least a week on each chapter and several hours during that week to fully reflect on the material presented. Take more time if needed; don't just check off the assignments. Most of all, allow time for God to work. If you're married, share daily with your spouse the things you are learning. Sharing aids the learning process and builds real intimacy. If you are single, share with a group or with a good friend to whom you will not be sexually attracted.

Recommended Tools for the Job

Every craftsman knows to use the right tools for the job. Real change from the inside out is no different. I recommend you obtain the following tools for your path to sexual redemption:

1. The *ESV Study Bible*, Crossway Books. The ESV version is essentially a literal, word-for-word translation and is especially suited for Bible study.
2. *Undefined: Redemption from Sexual Sin, Restoration of Broken Relationships*, by Harry W. Schaumburg, Moody Publishers.
3. *My Utmost for His Highest: An Updated Edition in Today's Language*, by Oswald Chambers, Discovery House Publishers.
4. *The Valley of Vision*, The Banner of Truth Trust.

Additional Tools for Further Study

Sex, Romance, and the Glory of God: What Every Christian Husband Needs to Know
by C.J. Mahaney

Worldliness: Resisting the Seduction of a Fallen World by C.J. Mahaney

The Excellent Wife by Martha Peace

Damsels in Distress by Martha Peace

Attitudes of a Transformed Heart by Martha Peace

Tying the Knot Tighter by Martha Peace and John Crotts

Finally Alive by John Piper

This Momentary Marriage: A Parable of Permanence by John Piper

What Jesus Demands from the World by John Piper

What's the Difference? by John Piper

False Intimacy: Understanding the Struggle of Sexual Addiction by Harry Schaumburg

The Exemplary Husband by Stuart Scott

Addictions: A Banquet in the Grave by Edward T. Welch

Setting the Stage for Changing the Heart

In *Undefiled: Redemption from Sexual Sin, Restoration for Broken Relationships*, read Appendix 3, What Does It Mean to 'Get It'?

Each week of this Study Guide sets the stage for God to work in your heart and life. In addition to the hours set aside to complete each chapter and the accompanying scriptural study, commit to yourself, and to each other, to do the following:

1. Read the daily reading in *My Utmost for His Highest*.
2. Read one prayer/devotional each day in *The Valley of Vision*, starting in section two, Redemption and Reconciliation, page 62.

All sexual sin and sexual dissatisfaction are rooted in a failure to find satisfaction in God.

WEEK ONE

SEXUAL REDEMPTION?

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

The study of scripture is an essential part of this Study Guide. Think of it as helping to break up the hard ground so that the seeds of truth can be planted in your heart.

*God stir the soil,
Run the ploughshare deep,
Cut the furrows round and round,
Overturn the hard, dry ground
Spare no strength nor toil
Even tho I weep.
In the loose, fresh-mangled earth
Sow new seed.
Free of withered vine and weed
Bring new flowers to birth.
Anonymous*

On the first day of the week, read the Introduction and all four chapters of the book of Colossians in *The ESV Study Bible* in one setting. Then on the second through the fifth day, read a single chapter of Colossians each day and all the study notes for that particular chapter.

FOUNDATIONAL READING

Read Chapter One in *Undefiled* and answer the questions for The Path of Sexual Redemption.

PERSONAL REFLECTION

- Do you identify with Jim or Carrie? Do you know someone dealing with the same struggles? How committed are you to change? How committed are you to help others struggling with sexual sin?

- As you read through the statements of various men and women, with which statements do you most identify? Whether a man or a woman, pray for the courage to address your spirituality and sexuality.
- If you are married, how often do you struggle with initiating sexual intimacy and what patterns have been established in your relationship? Are you satisfied with the frequency of sexual intimacy?
- Being honest as you read the first chapter in *Undefiled*, did you find yourself pulling away from your own sexuality? In other words, do you find yourself fearful of addressing your own sexual maturity in this process? At this point in the process, what would you identify as the cause? What do you most fear in the process?
- Meditate on the idea that you are beginning a process that addresses more than your sexuality; more than your sexual dissatisfaction; more than your sexual behavior; and more than your sexual past.

This personal Study Guide and *Undefiled* are first and foremost a journey toward God. Whatever your situation, and however hopeless it feels, sexual redemption must be a change in your sexuality and your spiritual life.

FOR FURTHER STUDY

1. Begin reading *False Intimacy* by Harry Schaumburg and Chapters 1 and 2 in *Addiction: A Banquet in the Grave* by Ed Welch.
2. Read Demand 2 in *What Jesus Demands from the World* by John Piper.
3. Read pages 16-21 and 28-43 in *Attitudes of a Transformed Heart* by Martha Peace.
4. Read the Introduction and Chapter 1 in *This Momentary Marriage: A Parable of Permanence* by John Piper.

ESPECIALLY FOR WOMEN

1. Read Chapter 2 in *Damsels in Distress: Biblical Solutions for Problems Women Face* by Martha Peace.
2. If you have been tempted or been unfaithful in heart, mind or physically, read Chapter 3 in *Damsels in Distress: Biblical Solutions for Problems Women Face*.
3. Read Chapters 1 and 2 in *The Excellent Wife* by Martha Peace.

ESPECIALLY FOR MEN

1. Read Chapter 4 in *The Exemplary Husband* by Stuart Scott.

NOTES:

WEEK TWO

REVEALING THE DARKNESS

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

The continued study of Scripture is an essential part of this Study Guide. On the first day of the week, read the Introduction and all six chapters of the book of Ephesians in *The ESV Study Bible* in one sitting. Then, on the second through the seventh day, read a single chapter of Ephesians each day and all the study notes for that particular chapter.

FOUNDATIONAL READING

Read Chapter 2 in *Undefiled* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- Sexual temptation is a common problem. Where have you struggled in the past? Where are you struggling now?
- As a parent it's easy to get caught up with our own sexual struggles or the busyness of life and forget about the sexual development of your children. The stakes are high. What steps have you taken to educate and protect your young children from the sinful sexual world of today?
- Do you struggle with pornography and masturbation? Does your spouse struggle with pornography or some form of cybersex? The average age that someone starts looking at pornography is age eleven. For many, just finding it stashed in their parents' home was the common way the problem started. Today, everyone is finding it on a computer or cell phone. Regardless of how you discovered it, now is the time to see lust, masturbation, pornography or any sexual sin as a heart problem. The problem didn't come from your family of origin, but from your own heart. Is that difficult to accept? Do you find it easier to blame someone else for

the behavior? Are you currently blaming someone else for your behavior? Are you ready to take full responsibility for it?

- Perhaps you are working through this study guide because you got caught, or perhaps your sexual sin is still a deeply guarded secret. Either way, you are torn between trying to get control over the problem and maintaining a sense of control through the world of false intimacy. If you got caught, you're desperate to kill this thing that is destroying you and/or your family. Do you really want to change? Why? Is it all about your husband or wife; saving your marriage? Salvaging a career/ministry? Have you considered that your stated reasons for wanting to "kill this thing" are self-centered? That you are attempting to protect your image, to salvage a marriage, or to get something for yourself?
- Stopping the behavior is only one level of the struggle. It isn't enough! There is an internal battle that is being lost. Read Romans 7:18-23. This inherent battle is where we must struggle. Are you afraid of losing the battle? Good! Realize that the real danger in this battle is the enemy within, not the availability of sexual images or access to any form of sexual behavior outside of marriage.
- Read Psalm 51, then read it a second time as a prayer to God. If you are married, read and pray the psalm together with your spouse.
- When you turn to pornography, lust, masturbation and adultery, there is no question that you turn away from those very significant personal relationships given to you by God (your spouse, your children, your boyfriend/girlfriend, your parents), *but more importantly, you turn from God*. Do you really believe that God wants you to be sexually pure? Are you willing to do whatever it takes? To deal with your anger, greed, pride, self-centeredness? Are you willing to truly put God first, where all of life is on His terms?

FOR FURTHER STUDY

1. Continue to read *False Intimacy*.
2. Read Demand 26 and Demand 27 in *What Jesus Demands from the World*.
3. In *Undefined*, read Appendix 2, *Ten Things to Do When Your Spouse is Unfaithful*.
4. Read Chapter 2 in *This Momentary Marriage*.

ESPECIALLY FOR WOMEN

1. Read Chapter 4 in *Damsels in Distress*.

ESPECIALLY FOR MEN

1. Read Chapter 5 in *The Exemplary Husband*.

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WEEK THREE

THE STRUGGLE FOR CHRISTIANS

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

Are you continuing to break up the hard ground with the study of Scripture? You cannot establish sexual purity without the solitude and silence of in-depth reading of the Scriptures. This is essential to challenging and changing the deceitfulness of your heart.

On the first day of the week, read the Introduction and all six chapters of the book of Galatians in *The ESV Study Bible* in one sitting. On the second through the seventh days, read a single chapter of Galatians each day, and all the study notes for that particular chapter.

FOUNDATIONAL READING

Read Chapter 3 in *Undefiled* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- Think about your sexual history for a few minutes. Overall, throughout your life has your sexuality glorified God? Has it glorified God not only through sexual purity, but also in your masculinity and femininity? Is God really first in your life? Do you sense either a void or darkness in your sexuality? Why?
- Were you a virgin when you married?
- As a man, particularly if married, do you feel more like a child around women, especially your wife?

- If you're a woman, do you focus on being strong around men? If married, do you sometimes feel like your husband is one of the children?
- As a man, do you back away from male leadership? As a woman, do you avoid being weak/needy and submissive to your husband?
- Husbands, ask your wife: Do I try to understand your viewpoint, your fears, and your concerns? At times do you think of me like one of the children rather than as your husband?

ESPECIALLY FOR WOMEN

1. Read Chapter 5 in *Damsels in Distress*.

ESPECIALLY FOR MEN

1. Read Chapters 6 and 7 in *The Exemplary Husband*

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WEEK FOUR

IS THIS A DISEASE?

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

By now, you should have carefully read Colossians, Ephesians and Galatians. Do you find yourself more eager to read the Scriptures? If not, why not? Are other things still more important to you, thereby choking the Word? Take a moment to thank God for the gift of Scripture, and to ask Him to increasingly deepen your heart's desire to be obedient to Him through time in His Word.

Beginning the first day of the week, read the Introduction and the first 5 chapters of the book of Romans in *The ESV Study Bible* in one sitting. On the second day, read chapters 5-10 in one sitting. On day three, read chapters 11-16. Over the next four days, read a chapter a day and all the study notes for each chapter.

FOUNDATIONAL READING

Read Chapter 4 in *Undefiled* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- If you or someone you know or love struggles with a form of sexual sin, what do you understand to be the cause of the problem? What has influenced your thinking?

- If you have been in counseling or read self-help books, do you find that you have been dealing more with the symptoms than with the core of the problem? Have you heard other explanations of the problem? How often have you applied a biblical understanding?
- Scripture teaches that we are to have true satisfaction in God alone. Where in your sexuality and spirituality, and in all areas of your life, have you lost that battle? Read Colossians 3:5 and ponder what is “earthly in you.”
- Ask God to search your heart. Ask the Lord to show you your lust, anger, greed and selfishness. Do you hate sin, the sin in yourself? What will it take to hate it? Can you give up your rights? Why not? Is life all about *God* or all about *you*?
- What god(s) do you worship? Idolatry is about your desires and what *you* want in life.
- In other words, what gives you pleasure? What gives you power? What gives you security? In idolatry, you reign, not God. The stench of worshiping another god is that one doesn’t believe in someone higher and bigger than himself or herself. Think again about your real desires in life. What you will find is your ultimate loyalty.
- Look honestly at yourself realizing it can’t be God’s way if it is your way; or, it can’t be your way if it is God’s way.
- Repentance must go beyond behaviors. Genuine repentance is a process of laying aside self-interest and your rights. It is time to start thinking about what it means to have God as God rather than yourself. Are you willing to give up more than your sinful behavior?
- If you are the offended spouse, are you willing to look deep into yourself? Look beyond the horrifying sin of your spouse’s unfaithfulness. Can you give up your whole way of looking at life? Can you give up on the idea that you are anything worthy of God’s consideration? Can you give up all claims to your right to yourself?
- Sexual sins deeply offend others, but the real offense, in all of us, is how we put ourselves and what we want above God. That’s why we have sinned against God and God alone (Psalm 51:4). When we put ourselves and our desires above God (the root sin), others will always be sinned against.

FOR FURTHER STUDY

1. Sin is the most serious diagnosis you can have. It is worse than any addiction. Sin deserves punishment and wrath of God. A sexual sinner is bankrupt. You are without a dime; there is not a thing you can do to pay off the debt. You can do

nothing to change your condition. A sexual sinner is choosing to live in the wrong kingdom, the kingdom of darkness. The problem is deeper than a disease or an addiction. If you want to be free of your sexual sin, it will take more than a change in behavior. You need a new heart. God in His mercy must do the work. A new heart is given when you surrender your will and stop worshiping yourself, your desires, your will. Every day of your life, you must maintain that new heart by letting God reign. Your life must have an eternal purpose rather than self-purpose.

2. Real change comes when you stop thinking that your life is your own. It's your choice to be a slave of sin, which ends in death; or a slave of obedience to the Lord, leading to righteousness. "Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness" (Romans 6:17, 18)?
3. Only death ends the bondage of sexual sin. Read Romans 7:1-6. Have you died to yourself? "And he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised" (2 Corinthians 5:15).
4. Read Demands 1, 2, and 3 in *What Jesus Demands from the World*.
5. Go to desiringGod.org (ministry website of John Piper). Do a search for and read the sermon, "Battling the Unbelief of Lust."
6. Read Chapter 18 in *Tying the Knot Tighter*.
7. Read Chapters 1 and 2 in *This Momentary Marriage*.

ESPECIALLY FOR WOMEN

1. Read Chapter 6 in *Damsels in Distress*

ESPECIALLY FOR MEN

1. Read Chapter 11 in *The Exemplary Husband*

NOTES:

WEEK FIVE

WHY IS SEX SUCH A BIG DEAL?

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

Dealing with the deceitfulness of the heart is not a 'recovery' process. Whatever you have done or not done sexually, you don't know the intention of your own heart and neither does your spouse. The Word of God is what God uses to look into your innermost being, your heart. He determines the actual "thoughts and intentions of the heart" (Hebrews 4:12). Therefore, each person must carefully consider the complex thought found in Scripture, for that is the only way the heart can be exposed to God himself. In other words, God is at work; have you truly responded to that work or are you still trying to manage things by yourself?

Over the next seven days, starting with chapter 5, continue to read a single chapter in Romans each day as well as all the study notes for that particular chapter.

FOUNDATIONAL READING

Read Chapter 5 in *Undefiled* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- Be honest. How obsessed are you with your body? How obsessed are you with sex?
- Are you married, but do everything you can to ignore sex? Do you do everything you can to get sex?
- If sex has a greater purpose than self-fulfillment, where and how have you gone wrong?
- Your fixation on sex and the view that love is sex and sex is love must change—whether you're single or married.
- Are you committed to being a one-woman man? A one-man woman? Do you want this with your spouse? Then make that commitment to her/him and to God. If you're single, make that commitment to God and your future spouse.
- Single or married, you must be committed to never make sexual pleasure a means to a selfish end, a self-centered demand; but to see it as a spiritual, relational, and physical mutual experience for a married couple.
- Have you ever understood that your sexual intimacy, now or in the future, is for the service and glory of God?
- Do you understand why you have a body? Read 1 Corinthians 6:12-20. What have you demanded as your right? Do you fully accept that you can't do what you want with your body?

FOR FURTHER STUDY

1. Finish reading *False Intimacy*.
2. Take time this week to share with your spouse or a good friend what you have learned in your study of scripture.
3. Real change is personal, from the inside out. It is not a matter of mastering principles, knowing the right techniques, applying appropriate strategies, or taking the necessary steps. Real change begins when God shows you your dark heart and you acknowledge your dreadful conditions. Getting caught and wanting to change isn't enough. Your legitimate desire for sex and love has become a demand and is therefore an evil desire. The things that we demand indicate our true belief and commitment. Read 1 John 2:17. The future is in godliness; everything else is worthless and destructive.

4. The heart battle of sexual sin is not won by willpower, nor by the blood, sweat and tears of self-denial. There is nothing we can do to change the heart. Don't be consumed with controlling your sexual behaviors or controlling the sexual behaviors of your spouse. Be consumed with the glory and the grace of God! Sexual sin is very serious business because Christ is so glorious. Does sex define who you are and how you live? Or, does Christ and His will define who you are and how you live? Is your heart still divided? Pray for God's mercy!
5. Read Chapters 5 and 15 in *Tying the Knot Tighter*.
6. Read Chapters 3 and 4 in *This Momentary Marriage*.

ESPECIALLY FOR WOMEN

1. Read Chapter 11 in *Damsels in Distress*.
2. Begin reading the first six chapters in *The Excellent Wife*.

ESPECIALLY FOR MEN

1. Read Chapter 8 in *The Exemplary Husband*
2. Read Chapters 1-3 in *Sex, Romance, and the Glory of God: What Every Christian Husband Needs to Know*.

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WEEK SIX

THE MISSING MALE

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

Sin perpetuates the illusion that doing things our way is our right; that sexual sin is more pleasurable than sexual purity, and that living in sexual dissatisfaction is tolerable. The illusion feeds the hardness of heart (See Hebrews 3:13). It is God speaking through His Word that changes the hard heart. Don't let up on the Scriptural study!

Over the next five days, beginning with Romans 12, finish reading a chapter a day and all the study notes for that particular chapter. On day six, read the Introduction to Hebrews and the first six chapters in one sitting. On day seven, read the remaining seven chapters in one sitting.

FOUNDATIONAL READING

Read Chapter 6 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- What did you learn about masculine sexuality in reading this chapter?
- As a man, what is your greatest relational desire? Is it to be respected? When do you feel most respected?
- Do you measure up as a man? If you are married, ask your wife how fully you measure up as a man. How do you think your children see you? If you have the courage, perhaps you should ask their mother.
- Do you identify with feeling like a child around your wife? Do you believe that she feels more like a mother than a lover and helper?
- Do you focus more on controlling the external factors; e.g. bouncing your eyes, or the internal disposition of the heart?
- How much do you identify with Adam as a ‘missing male?’
- Are you willing to be guided by the wisdom of the Word of God, to take responsibility, and to strive to meet the needs of others? If married, then let your wife know about your intentions to repent and start to be more present in your marriage and family.

FOR FURTHER STUDY

1. If you haven’t done so, finish reading *False Intimacy*.
2. Take time this week to share with your spouse or a good friend what you have learned in your study of Scripture.
3. Read through Colossians 3. Of the list of things to put off (vs. 8), which one is a priority for you?
4. Of the list of things to put on (vs. 12-14), what would be the top two in your life?
5. Read Chapter 10 in *Tying the Knot Tighter*. Answer the questions at the end of the chapter and share the answers with your spouse. Husbands, take the initiative to share your answers with your wife.
6. Read Chapters 5 and 6 in *This Momentary Marriage*.

ESPECIALLY FOR WOMEN

1. As a woman, single or married, is it your first priority to “seek the things that are above” (Colossians 3:1) in your marriage, in your job, or in your church (See Matthew 6:33)?

2. If you are married or seek to be married some day, what is your priority as a wife or future wife in relationship to your husband as indicated in Genesis 2:18?
3. Does sexual sin in your life or in the life of your husband keep you from becoming a godly wife?
4. Read Chapters 7-12 in *The Excellent Wife*.

ESPECIALLY FOR MEN

1. Read Chapter 9 in *The Exemplary Husband*.
2. Finish reading *Sex, Romance, and the Glory of God: What Every Christian Husband Needs to Know*.
3. Have you let your wife take leadership in your home? In what ways? In what areas?
4. Do you live more in fear of rejection or fear of failure in relationship to women; or if married, to your wife?
5. Do you want to glorify God as a man and live with your wife “in an understanding way” (1 Peter 3:7)?

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WEEK SEVEN

THE HARDENED FEMALE

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

It is dangerous to build your life on the things below, not setting “your minds on the things that are above” (Colossians 3:2). To set your mind on the things above requires a minimum of two things: purposeful study of the Word of God, supplemented with sound teaching from good books and/or sermons that give challenging insight into your study of Scripture, and daily personal application of the Word of God to your heart and life.

Over the next seven days, read chapters 1-7 of Hebrews—a chapter a day—and all the study notes for each particular chapter.

FOUNDATIONAL READING

Read Chapter 7 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- As a woman, have you received greater comfort from a father or husband than you have from another woman? If not, is it because of the men in your life or from a hardness toward men? Or both?
- As a woman, do you pull away from the “imperishable beauty” of gentle and quiet spirit? If so, do you justify the lack of this beauty because of fear?
- What is our deepest relational desire? Do you find yourself deadening that desire out of lack of fulfillment in past relationships?
- Have you felt more like a mother than a wife in the presence of your husband? Do you really desire to control and be the leader?
- Life is either *your* way or *God’s* way. Are you letting fear dictate your choice?

FOR FURTHER STUDY

1. Read Demands 13, 16, and 17 in *What Jesus Demands from the World*.
2. Read Chapters 9-13 in *Attitudes of a Transformed Heart*.
3. Read Chapter 11 in *Tying the Knot Tighter*. Wives, answer the questions at the end of the chapter and share the answers with your husband. Husbands, take the initiative and ask your wife to share her answers with you. Listen in an understanding way.
4. Read Chapters 7 and 8 in *This Momentary Marriage*. Share any thoughts you have about the message of this book with your spouse.

ESPECIALLY FOR WOMEN

1. When you don’t feel cherished, where do you turn? Physical appearance? Worldly satisfactions? Children? Another man? Being in control? Shopping? If you’re married, are you willing to confess these things to God and to your husband?
2. What is the root of anger and worry? Does it have a relational connection? Be ruthlessly honest. If life is unfair, is God unfair, too?

ESPECIALLY FOR MEN

1. As a godly husband, you are to “live with your wife in an understanding way, showing honor to the woman as the weaker vessel” (1 Peter 3:7). If “weaker” is defined as being fearful of what you (husband) are going to do next, how has Chapter 7 in *Undefiled* helped you to gain an understanding of your wife?

2. If you are gaining in your understand, are you willing to address the things you do that make her fear what you are going to do next? If so, now is the time for courage. Be a man!

NOTES:

WEEK EIGHT

THE REAL PROBLEM

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart” (Hebrews 4:12). The power of the Word of God enters the deepest recess of our being. Without consistent study of the Scriptures, how can we expect the power to work? Don’t let up on the study of Scripture!

Over the next six days, read the last six chapters of Hebrews—a chapter a day—and all the study notes for that particular chapter. On the seventh day, read the warnings found in Hebrews 2:1-3; 3:6, 11-15, 19; 4:1, 7b, 11, 13, 14; 5:11; 6:4-6, 8, 11; 9:27, 28; 10:26-31, 35-39; 12:14-17, 25, 28, 29; 13:4.

FOUNDATIONAL READING

Read Chapter 8 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- As you struggle in life and relationships spiritually and sexually, where have you assigned the blame? Your family of origin? The devil? What is on the inside? Do you believe there is something wrong with all of us? Do you believe there is something wrong with *you*?
- How would you define sin? Is it an internal problem? Is God first in your life? First in your life in sickness and in health? First in your life in pain and joy? First in your life in poverty and prosperity?
- Are you more aware of your wounds than your sinfulness?
- Have you, in your sexual sin and in the sinfulness of your heart nullified the biblical warnings?
- Do you take seriously Jesus' warning (Matthew 5:27-30) that if you don't fight lust you will not go to heaven? Do your actions support the answer you just gave?

FOR FURTHER STUDY

1. Read Demands 18, 19 and 20 in *What Jesus Demands from the World*.
2. Re-read Ten Biblical Principles Concerning Sexual Sin in *Attitudes of a Transformed Heart*, pages 188-199. As you read those pages, do you see the seriousness of sexual sin in yourself or your spouse, or are you more concerned with earthly consequences? Remember: the threat of deception is real, so be honest about your own sexuality.
3. Read Chapter 12 in *Tying the Knot Tighter* by Martha Peace and John Crotts. Husbands, answer the questions at the end of the chapter and share the answers with your wife.
4. Read Chapters 8 and 9 in *This Momentary Marriage*. Share any thoughts you have about the message of the book with your spouse.
5. Is your marriage about staying in love or about covenant-keeping? Discuss this as a couple with the husband taking the initiative to start the discussion by sharing what he thinks, first.

ESPECIALLY FOR WOMEN

1. Are you still in love with your husband? If not, why not? If you listed things about him that cause you to be less in love, look at yourself more honestly. In your relationship, are there indications selfishness exhibited in wanting your needs met? Do you harbor any bitterness over past hurts when your needs weren't met? Are you afraid you will not get your way? Have you every fantasized about another man?
2. Is it difficult to take your eyes off what your husband has done and ask God to look into your heart?

ESPECIALLY FOR MEN

1. Are you still in love with your wife? If not, why not?
2. Read 1 Thessalonians 4:3-6. What is clearly God's will for you? Are you demonstrating your location in Christ in your sexual life?
3. If sexual temptation or sin is a problem, it is so important that you do not justify what you think or do with thoughts like, "It's my wife's fault for not wanting sex" or "I just have a higher sex drive than most men." Have you found yourself doing that in the past? Are you still doing that?

NOTES:

WEEK NINE

THE CHANGE THAT BRINGS FREEDOM

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

As you continue your study of the Word of God, pray for a spiritual understanding that reveals the reality of God, what His ways with you are, what His revealed will is for you, and what your relationship to the Father is. With passion, we each must come to say, “I have stored up your word in my heart, that I might not sin against you. Blessed are you, O Lord; teach me your statutes” (Psalm 119:11, 12)!

Over the first two days of the week, read 1 Corinthians through in its entirety. On days three through seven, read a chapter of 1 Corinthians a day and all the study notes for that particular chapter.

FOUNDATIONAL READING

Read Chapter 9 in *Undefiled* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- Has the Spirit of God opened your heart to see the truth and have you repented of your self-centered will? Are you ready to die and to let God truly reign in your heart? Pray for mercy!
- Pray for increased motivation for heart change; don't settle for motivation that stems from self-disgust. Why do you want to be free from sexual sin? Is it for your own good or is it to glorify God? Do you hunger for the Word of God? For the will of God? Are you seeking for scriptural direction, lighting and the perspective of God rather than determining your own way or just wanting to fix things?
- An unbeliever could learn to manage his/her behavior, but *freedom* from sexual sin is for the true believer. Contrary to popular opinion, new birth radically changes people. Ponder these verses: 1 John 2:29: "If you know that he is righteous, you may be sure that everyone who practices righteousness has been born of him." 1 John 3:9: "No one born of God makes a practice of sinning, for God's seed abides in him, and he cannot keep on sinning because he has been born of God." 1 John 5:18: "We know that everyone who has been born of God does not keep on sinning, but he who was born of God protects him, and the evil one does not touch him."
- If you have repented, has anyone—a spouse or close friend—seen any fruit of repentance in your life?

FOR FURTHER STUDY

1. Read the first 5 chapters in *Finally Alive*.
2. Read Demands 21, 22, 23 and 24 in *What Jesus Demands from the World*.
3. Read Chapter 13 in *Tying the Knot Tighter*. Answer the questions at the end of the chapter and share the answers with your spouse.
4. Read Chapters 10 and 11 in *This Momentary Marriage*. Share any thoughts you have about each of the points in Chapter 11 with your spouse.
5. As a married couple, agree to write out privately on a sheet of paper your personal answer to the question: Does our sexual relationship proceed from faith or sin? After both of you have answered the question, give your answer to your spouse. Let them read it and discuss your answers together.

ESPECIALLY FOR WOMEN

1. What do your thoughts about your husband's sexual sin reveal about your own heart?
2. "He's looking at pornography again. They warned him at work if he did it again he would lose his job. What will we ever do if that happens?" Is it more important that he repent than keep his job?
3. If my parents, friends, family, or other acquaintances find out about his sexual sin, what will they think? What does God think? Which should be the more important concern?
4. Most fears, while connected to reality, focus on self and the wrong issue. You can't trust your husband, that's a fact, but can you trust God to work in your husband's heart? If not, why not?
5. In your definition of a holy woman, does it include hope in God? (See Peter 3:5-6.

ESPECIALLY FOR MEN

1. How do you look at your sexual sin? Have you backed away from mature godly masculinity? Why? Does your mind quickly go to the explanation that you are a victim (abuse, trauma), meaning that the past event caused you to sin? Do you understand that allows you to ignore personal responsibility?
2. Are you practicing godly sorrow because you have sinned against God and God alone, or does your sorrow stem from self-disgust and the negative earthly consequences of your behavior (such as loss of job, damage to the marriage relationship, etc.)?

NOTES:

WEEK TEN

SPIRITUAL SEXUALITY FOR MEN

Reminder: Each day of the week, complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

Many Christians hear sermons every Sunday, year after year, but change little in their Christian life. The reason is that they neglect the study of the Word of God. Each one of us must say in our hearts, “I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word” (Psalm 119:15, 16). Over the next seven days, read 1 Corinthians 8-14, a chapter a day, and all the study notes for those particular chapters.

FOUNDATIONAL READING

Read Chapter 10 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- What has influenced your understanding of sexuality? Parents? Pornography? Marriage: Or, redemption?
- As a man, do you feel spiritually depleted? For a wife: is your husband spiritually empty?
- Have you ever said to yourself, “Why should I have to put up with this woman?” Did you feel justified in your thinking? Does such a response fit with the revealed will of God?
- Given how you live sexually and relationally, what do you think is your greatest need: Is it satisfaction in self? Don’t just give the right answer; do you really see that your greatest need is actually satisfaction in Christ?
- Are you willing to “glorify God in your body” and make that a promise first and foremost to God and your wife/husband?
- As a husband, are you fulfilling your role in the marriage? If not, why not? Don’t make excuses by saying, “Well, my father wasn’t a good role model.” Are you or are you not the clear leader in your home?
- Read again, prayerfully, the nine principles that define leadership as written by John Piper. Share your deepest thoughts with your wife about these principles and ask her where you need improvement.
- Do you see more clearly the vulnerability of your wife to be hurt by you?
- Read 2 Timothy 2:24-25 as a prayer for God to make you a mature leader in your marriage.
- Do you believe in your heart that a godly woman will willingly follow any man who will sacrifice everything for the purpose of his wife’s spiritual well-being? If you don’t, ask God to work in your heart.
- Are you up for the job of mature husband and spiritual leader? Then don’t make any excuses!

FOR FURTHER STUDY

1. Read Chapters 6-9 in *Finally Alive*.
2. Read Demands 25, 26, and 27 in *What Jesus Demands from the World*.
3. Read Chapter 14 in *Tying the Knot Tighter*. Answer the questions at the end of the chapter and share the answers with your spouse.
4. Read Chapters 12 and 13 in *This Momentary Marriage*. Share any thoughts you have about these chapters with your spouse.

ESPECIALLY FOR WOMEN

1. Are you motivated primarily by what you feel? In all honesty, in relationships are you more motivated by what you can get or what you can give?
2. Do you expect your husband, or men, to make you feel good about yourself?
3. Based on the exhortation of Romans 12:1 to “present your body as a living sacrifice,” which is to present your whole person to the Lord, what would that require in relationship to others and in particular to your husband, if you are married?

ESPECIALLY FOR MEN

1. Based on the exhortation of Romans 12:1 to “present your body as a living sacrifice,” which is to present your whole person to the Lord, what would that require in relationship to others, and in particular to your wife, if you are married? Are you willing to give yourself up for your wife? (See Ephesians 5:25)
2. Are you afraid of decision-making in the home? Are you afraid to lead spiritually? Pray for meekness of wisdom as a man, as a leader. Determine to glorify God, in whom you are as a man. Tell your wife that you are making that commitment. Use John Piper’s nine principles as a guide in talking with your wife about what that leadership will look like.
3. What commitment will you make before God and your wife to strive for holiness throughout the rest of your life?
4. Read Chapter 2 in *What’s the Difference*.
5. Read Chapters 7 and 9-12 in *The Exemplary Husband*.

NOTES:

WEEK ELEVEN

SPIRITUAL SEXUALITY FOR WOMEN

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

Our ideas about God and how we are to live should be measured and corrected by the Word of God. It reveals His authority, His right to command us. That is why we must submit our thoughts and our way of living to the Bible. There is no substitute for the

study of Scripture throughout your entire life. “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work” (2 Timothy 3:16, 17).

Over the next two days, read chapters 15 and 16 of 1 Corinthians and the study notes for each chapter. On days three and four, read 2 Corinthians in its entirety. During the remaining three days read chapters 1-3 of 2 Corinthians (a chapter a day), and the study notes for each chapter.

FOUNDATIONAL READING

Read Chapter 11 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- Does the pain of past relational experiences lead you to try to control your relationships?
- When you look at your choices in relationships, are they based on common sense or a dependency upon God?
- Have you ever heard and believed the idea that God wouldn't want you to suffer in a particular way in your marriage?
- In your marriage, is it difficult to see its ultimate meaning as representative of the covenant-keeping love between Christ and His Church? Is that what it means for you to be married?
- What does divorce say about the heart? (See Matthew 19:8)
- What is your response to the command to be submissive to your husband? Does the Word of God guide and correct, or does fear guide and correct?
- “The loudest word ever spoken comes from a woman with respect and pure conduct whom God uses to illuminate the hard heart to pay attention to the truth.” Do you believe in this kind of feminine power? The real question: do you believe more in God than in yourself?

FOR FURTHER STUDY

1. Read Demands 28-34 in *What Jesus Demands from the World*.
2. Read Chapters 4 and 5 in *What's the Difference?*

3. Read Chapters 14 and 15 in *This Momentary Marriage*. Share any thoughts you have with your spouse.

ESPECIALLY FOR WOMEN

1. Read Chapters 13-17 in *The Excellent Wife*.
2. How does your heart respond to the command to submit to your husband? Is that your view on submission or God's view?
3. Ask God to search your heart: do you say things about your husband, whether he hears them or not, that would annoy him or make him feel like a child? In sharing with your friends, are you more loyal to them than to your husband? How do you respond when you don't get your own way? Are you always correcting your husband around others? Do you manipulate your husband? When do you justify taking matters into your own hands?
4. Do you trust God to use the current situation of your marriage for good?
5. Do you believe that God wants to work in your heart every bit as much as in your husband's heart?
6. Read Chapter 3 in *What's the Difference?*

ESPECIALLY FOR MEN

1. Read Chapter 13-17 in *The Exemplary Husband*.
2. Would you be attracted to a submissive wife, with a gentle quiet spirit? Why or why not?
3. What will it cost you to be a godly, mature husband? Your own will? Getting your own way?
4. As a godly leader, are you ready to be guided by God's Word, prayer, and providence? Are you willing to stop trying to decipher signs and feelings? (See Psalm 73:24; Proverbs 16:21; 19:21)

NOTES:

WEEK TWELVE

THE SEVEN PRINCIPLES OF SPIRITUAL SEXUALITY

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

As you read the twelfth chapter in *Undefined*, you will see that the seven principles are based completely on Scripture. These principles are universal in the sense that they could also be the seven principles to bulletproof your marriage. The value of scriptural study is incalculable. Over the next seven days, read 2 Corinthians 4-10 (a chapter a day), and the study notes for each particular chapter.

FOUNDATIONAL READING

Read Chapter 12 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- In each week of this Study Guide we have strongly encouraged you to study Scripture. If you have followed these instructions you are already on a diet of spiritual solid food. Or did you make the serious mistake of skipping that section? If so, you may be on spiritual milk. It's time to get to work!
- If you are on solid food, do you get the sense that you are more skilled in the word of righteousness? Ask a good friend or your spouse if they see that you are more passionate about seeking first the kingdom of God.
- Does the grace of God sound like old stuff to you: Just a five-minute focus on the grace of God should stir something deep within you. If so, does the desire to renounce ungodliness well up within you? If not, why not? What is your hope focused on—God, or managing your life better?
- Completing this study does not complete the program. Life is the program! It will be completed when you die or when Christ returns. It can be a long, hard journey to get to the end. Do you grumble? Are you impatient? Will you remain steadfast? Maybe it's time to work on establishing your heart through personal study and through study with your spouse or small group.
- Practice, practice, practice. That's what it takes to "make every effort to supplement your faith." True believers persevere to the end and will eventually bear fruit spiritually, sexually, and relationally. The purpose of the Study Guide is to establish you firmly in the truth. If that isn't happening, cry out to God for mercy!
- We live in a culture of entertainment, yet we remain bored. Why is that? Perhaps the problem is "other things" that choke the Word. If you or someone you care about is slowing down on the work in this study guide, it is time to check out what other things are seemingly more important and getting in the way. What will you do to correct that situation?

- How isolated are you in the journey? If more alone than biblically connected, reach out to someone today. Care about them. Put them first.
- Is there going to be a “Well done, good and faithful servant” at the end of your journey?

FOR FURTHER STUDY

1. Read Demands 35, 36 and 37 in *What Jesus Demands from the World*.
2. Read Ephesians 5:22-23 and 1 Peter 3:1-7 as a couple, being sure to also read the footnotes. If you have a commentary on either of these passages, also read them for further understanding. Finally, share your thoughts your convictions and your intentions with each other.
3. Read the conclusion in *This Momentary Marriage*. Share any thoughts you have with your spouse. Husband, lead in prayer, asking God that someone might see your marriage and will be captivated by your covenant-keeping love, and through that, the love of Christ.

ESPECIALLY FOR WOMEN

1. If you have been faithfully completing this study guide with your husband, have you seen any changes in him? Let him know.
2. Read page 109, Principle 1 and 2 in *The Excellent Wife*. What do you find most challenging about respecting your husband? If single, what do you find most challenging about the potential of respecting the man who will be your husband?
3. If you lack respect for your husband, have you neglected any of the seven principles in Chapter 12 of *Undeified*? You may want to focus particularly upon Principles 4 and 5.

ESPECIALLY FOR MEN

1. If you have been faithfully completing this Study Guide with your wife, have you seen any changes in her? Let her know.
2. Have you paid special attention to your wife any time in the last week? Read the suggestions on how to honor your wife on page 204 of *The Exemplary Husband*. Apply several of them in the next day or two.
3. If you feel like you have fallen short in your relationship with your wife in terms of “understanding her” or “honoring her” (see 1 Peter 3:7), review the principles

of spiritual sexuality in Chapter 12 of *Undefined*. Confess to God where you need improvement, and then share your thoughts with your wife.

NOTES:

WEEK THIRTEEN

MARRIED AND INTIMATE

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

Over the next three days read 2 Corinthians 11-13 (a chapter a day), with the study notes for each chapter. On day four read 1 Thessalonians in its entirety. On days five through seven read Chapters 1-3 of 1 Thessalonians (a chapter a day), with the study notes for each chapter.

FOUNDATIONAL READING

Read Chapter 13 in *Undefiled* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- In your marriage, have you learned to be lovers or do you just have sex?
- How do you define your marriage? Has it fallen into the trap of being a “good” marriage and withdrawn into its own world of self-fulfillment?
- What is the real purpose of your marriage? Does your marriage have divine purpose built on sexual redemption? If not, why not? Discuss this with your spouse, with the husband taking the initiative to address this topic.
- When was the last time you sensed meaningful commitment, a level of satisfaction and reassurance that you belong to each other? Has it been over a week? If so, then some work needs to be done in your marriage.
- Have you, with delighted anticipation, accepted your wife’s authority over your body? Your husband’s authority over your body? Then you are living at a level of intimacy in which it is unacceptable to deprive one another except by *mutual* agreement, for a *limited* time, and for a divine purpose. Don’t forget to be sexually intimate again, soon!
- Ponder the question and discuss it with you wife: Is our intimacy as strong as death? Are you taming the passion of love in your marriage?

FOR FURTHER STUDY

1. Read Demands 38-42 in *What Jesus Demands from the World*. Husbands, take the initiative to discuss these demands with your wife and share with her what you have learned and how it applies to your marriage.
2. Read Chapter 1 in *Worldliness: Resisting the Seduction of a Fallen World*.
3. Read Chapter 18 in *Tying the Knot Tighter*. Personally answer the questions at the end. Husbands, take the initiative to discuss your answers as a couple.

ESPECIALLY FOR WOMEN

1. Read Chapters 11 and 20 in *The Excellent Wife*.
2. Read Proverbs 5:18-19 and Song of Solomon 1:2. What's your response to your husband being satisfied with your body? Does it make you feel like a sexual object or do you feel cherished? Would you prefer not to think about it, or do you think about someone other than your husband?
3. During the last week, have you concentrated on being a "helper," a friend, a good listener, attempting to please him outside the bedroom? If not, how do you justify your actions?
4. If you find your husband avoiding you, do you have the courage to carefully assess whether you are self-absorbed? Do you have the humility to ask her husband if he feels neglected because you seem vain or always thinking about yourself? If not, why not?
5. In *Sex, Romance, and the Glory of God: What Every Husband Needs to Know*, read **only** "A Word to Wives from Carolyn Mahaney," pages 105-127. Pray for your husband, believe and trust God can change his heart, and wait for him to approach you.

ESPECIALLY FOR MEN

1. Read Chapters 1-3 of *Sex, Romance, and the Glory of God: What Every Husband Needs to Know*. Before reading any further in this book, share what you have learned with your wife.
2. Read or re-read Chapter 11 in *The Exemplary Husband*.
3. This the thirteenth week, and assuming you have faithfully done all the work in this study guide and that your heart is changing, it is time to step up as a man in the presence of your wife. Arrange a time to be alone, at home. Tell her ahead of time that you want to share with her about your life together. Before you start, prayerfully review Ephesians 5:25-33; 2 Timothy 2:24, 25; and 1 Peter 3:7. It's okay to tell her how you feel, including your apprehension or fear. In fact, it's mandatory that you do so. This is a time for you to understand her sexual desires in a non-manipulative way. Ask her what she thinks and feels about sexual intimacy as a desire. Then ask her how she feels about having sexual intimacy with you. Ask her what she likes most about the time with you before you kiss or touch her. Ask her if foreplay is too short and what would excite her most. Now ask her what she dislikes about sexual intimacy; specifically, sexual intimacy with you.

4. If you back away from the above assignment, it is time for a serious heart check. Are you willing for God to search your heart?

NOTES:

WEEK FOURTEEN

JOY IN GOD NO MATTER WHAT COMES

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

On days one and two, read Chapters 4 and 5 of 1 Thessalonians, together with the study notes for that particular chapter. On day three, read 2 Thessalonians in its entirety. On days four, five and six, read 2 Thessalonians (a chapter a day) with the study notes for each particular chapter. On days seven, read 1 Timothy in its entirety.

FOUNDATIONAL READING

Read Chapter 14 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- What is your vision of God's purpose for you? Do you depend on the sovereignty of God in all circumstances? How hard is it to trust God? Now? In past difficulties? In all circumstances?
- What is the greatest personal tragedy you have been through?
- In that experience did you question God's existence? Did you wonder what kind of God He is? Is He good? Is He mean? Do you still find yourself avoiding these hard questions? Do you know why?
- What God do you know?
- Review the prayer by Charles Spurgeon at the end of Chapter 14 in *Undefined*. Can you pray that prayer from your heart?

FOR FURTHER STUDY

1. Has any tragedy in your life impacted you negatively, spiritually, and/or sexually?
2. Have you used disappointment, pain and hurt to define you sexually or has it influenced your sexual behavior?
3. As you approach the end of the study guide, what has changed? What still needs to change spiritually, sexually, and relationally in your life?
4. Are you willing to let God reign? Is it your will or God's will?
5. Read Chapter 14 in *This Momentary Marriage*? Discuss it with your spouse.

6. Read Chapter 4 in *What's the Difference?*

ESPECIALLY FOR WOMEN

1. Read Chapter 5 and Appendices A and B in *Worldliness*.

ESPECIALLY FOR MEN

1. Read Appendices A and B for women in *Worldliness*. What are your thoughts? Are you concerned about the modesty of your wife or daughter? If so, are you willing to take spiritual leadership on this issue?

NOTES:

WEEK FIFTEEN

THE NEXT SEXUAL REVOLUTION

Reminder: Each day of the week complete the daily reading in *My Utmost for His Highest* and one reading from *The Valley of Vision*.

SCRIPTURAL STUDY

For the first six days of this week, read a chapter a day of 1 Timothy along with the study notes for each chapter. On day seven, read 2 Timothy in its entirety.

As you continue on in your study of Scripture, follow the same format that you have been using during the last fifteen weeks. Never stop reading and studying the Bible, praying that God the Father by His Holy Spirit will teach you about Christ and His truth. Pray that the truth will be applied to your heart. Consider reading the whole Bible through in a year. There are various tools, including *The One Year Bible*, several guides on the Internet (see esv.org), and the Daily Bible Reading Plan on page 2743 in *The ESV Study Bible*.

FOUNDATIONAL READING

Read Chapter 15 in *Undefined* and answer the questions for The Path to Sexual Redemption.

PERSONAL REFLECTION

- Jim and Carrie had to face a new challenge with their adult children. You may have small children or adult children, or even be a grandparent. Whatever your situation, start to take the truths in this material and apply them in the lives of others, including your children. If you haven't been going through this material in a group, consider starting one.
- Do you have a concern for others and their struggles with sexual sin at your church? Plan to share this resource with your pastor and/or elders.
- Has a sexual revolution begun in you? In your heart? Pray, and face the greatest challenge: Begin with yourself!

FOR FURTHER STUDY

1. Finish reading *Finally Alive* and give the book to someone you care about.

2. Read Chapter 5 in *What's the Difference?*
3. Read Chapters 3, 4, and 6 in *Worldliness*.
4. Read Chapter 15 and the Conclusion in *This Momentary Marriage*. Discuss what you have read with your spouse.

ESPECIALLY FOR WOMEN

1. Offer to sit down with your husband and come up with a definite plan to reach out to your family and friends. Let him take the leadership.

ESPECIALLY FOR MEN

1. Take the initiative to sit down with your wife and make a plan to reach out to your family and friends.

NOTES:

SINCERITY

Electer of Saints,
Blessed is the man whom thou choosest and callest to thyself.
With thee is mercy, redemption, assurance, forgiveness;
Thou hast lifted me, a prisoner, out of the pit of sin
And pronounced my discharge, not only in the courts of heaven,
But in the dock of conscience;
Hast justified me by faith
Given me to enjoy glorious liberty as thy child.
Save me from the false hope of the hypocrite.

May I never suppose I am in Christ unless I am a new creature,
Never think I am born of the Spirit unless I mind the things of the Spirit,
Never rest satisfied with professions of belief
And outward forms and services,
While my heart is not right with thee.
May I judge my sincerity in religion by my fear to offend thee,
My concern to know thy will, my willingness to deny myself.

May nothing render me forgetful of thy glory, or turn me aside from thy commands,
Or shake my confidence in thy promises, or offend thy children.

Let not my temporal occupation injure my spiritual concerns,
Or the cares of life make me neglect the on thing needful.

May I not be inattentive to the design of thy dealings with me,
Or insensible under thy rebukes, or immobile at thy calls.

May I learn the holy art of abiding in thee,
Of being in the world and not of it,
Of making everything not only consistent with but conducive to my religion.

The Valley of Vision

Additional Resources

Articles, books, videos and other resources at restoringsexualpurity.org