



# Design: Refrains from lust, sexual immorality, or pornography

<b>Indicator #</b>	L3Q11
<b>Category</b>	Character
<b>Indicator</b>	Refrains from lust, sexual immorality, or pornography

	<b>Spiritual</b>	<b>Experiential</b>	<b>Relational</b>	<b>Instructional</b>
<b>1</b>	Meditate on the attribute of God's holiness. (Leviticus 11:45). Ask God to help you stay pure (Psalm 119:9-11).	Stay away from tempting situations. Don't allow yourself to be alone with a person who tempts you; don't be alone when you are spiritually weak; keep away from tempting images, movies, or other entertainment.	Share your struggles and weaknesses with a mature, trusted spiritual partner. Invite them to help you make plans to change, to pray for you, and to hold you accountable.	Study Matthew 5:27-30; Romans 1:24-31; Ephesians 5:3.
<b>2</b>	Meditate on 1 Corinthians 10:8, 11-13. Always be alert; don't overestimate yourself. Ask the Holy Spirit to remind you to be sensitive to the temptation of lust, and flee from the temptation by depending on the Holy Spirit.	Develop several healthy hobbies that turn your mind from lust and toward nourishing things (playing games, volunteering at church, cooking, spending time with friends and family).	Look for and engage in spiritual community and fellowship with those who are intent on holiness. Read the Bible and pray together with spiritual people. (2 Timothy 2:22)	Study purity (Galatians 5:16-17; 1 Timothy 6:11; 2 Timothy 2:22).
<b>3</b>	Meditate on Matthew 5:27-30; Romans 1:24-31; Ephesians 5:3. Memorize several verses to help you in time of temptation.	Develop habits of physical exercise.	Spend more time with those engaged in doing good works, strong in character, and excited about God.	Study several characters in the Bible who gave in to lust or sexual immorality (for instance, David, Samson, etc.) What were the consequences to them and those around them?
<b>4</b>	Seek the beauty of holiness and God's good way (Psalm 96:1-9). Flee evil as you pursue purity by the Holy Spirit (Galatians 5:16-23; 1 Timothy 6:11; 2 Timothy 2:22).	Set up protection on your internet connection to limit your access to pornography.	Look for those who have gone through the same experiences and meet regularly together, encouraging each other to overcome.	Study several characters in the Bible who stood their ground and fought the temptation (for instance, Joseph). What helped them to stand strong? What were the results of their obedience?
<b>5</b>	Draw near to God daily and thirst for His beauty and fullness (Psalm 63:1-7).	Put pictures of your friends and family around your computer and other places of temptation, and pray for them when you are tempted.	Don't spend time with bad company, idle people, or people who have tempted you to sin in this area by their conversation or action.	Find cases of leaders who have fallen into temptation. Share these with a small group and discuss the causes and consequences.
<b>6</b>	Examine your heart and actions, asking God to reveal these sins against God and your body. Confess them to God and repent, receiving His grace.	Share your computer, phone, and internet access with your spouse or close friends and be accountable to each other.	Organize or participate in regular game nights or sports activities with your church family, friends, or spiritual community. Treat everyone as brothers and sisters in Christ, rather than objects to be pursued.	Listen to testimonies about people who have overcome lust and have lived in purity. What can you learn from their testimonies?
<b>7</b>	Cry out to God to give you the way of escape from these sins (2 Corinthians 12:21; 1 John 1:9). Desire purity instead.	Make a list of the times and places where it is easy for you to fall into lust (for instance: when you are alone, stressed, late at night, etc.) Make plans to either avoid those situations or approach them with a plan for victory against the temptation.	If you are married, spend more time with your spouse on a regular basis, pursuing your relationship.	God's will is sanctification (1 Thessalonians 4:1-9). Prepare a teaching on walking in holiness and sexual purity for your small group or church. Facilitate a discussion.
<b>8</b>	When alone, play songs that help you worship God and think about His beauty and love.	If you are married, spend more time with your spouse, enjoying each other. (Proverbs 5:18).		Read The Practice of the Presence of God by Brother Lawrence. Apply what you learn to your spiritual life.
<b>9</b>				Find and read several books about overcoming sexual temptation (ask a spiritual leader for suggestions).
<b>10</b>				Listen to sermons, teaching, or podcasts about the beauty and holiness of God.
<b>11</b>				Listen to audio teachings on Spiritual Life by Malcolm Webber – at least one per week.
<b>12</b>				
<b>13</b>				