**Battleplan for Purity**

1. **Remember the Payoff of Purity:**
2. *Purity is wonderful:* Remember what you gain.

***Matthew 5:8 “Blessed are the pure in heart, for they shall see God.***

1. *Purity is possible:* Remember, you don’t have to sin.

***Romans 6:11–12 So you also must consider yourselves dead to sin and alive to God in Christ Jesus. 12 Let not sin therefore reign in your mortal body, to make you obey its passions.***

1. *Purity is essential*: Remember the warnings to those who persist in sin.

***Ephesians 5:3–5 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. 4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. 5 For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God.***

1. **Understand the Four Ingredients of Temptation:**
2. **Access**: Smartphone, computer, DVD, etc.

***Romans 13:14 But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.***

1. **Anonymity**: Porn requires privacy.

***Job 24:14–15 The murderer rises before it is light, that he may kill the poor and needy, and in the night he is like a thief. 15 The eye of the adulterer also waits for the twilight, saying, ‘No eye will see me’; and he veils his face.***

1. **Affection:** You have a desire for the forbidden. And this gives birth to sin.

***James 1:13–15 Let no one say when he is tempted, “I am being tempted by God,” for God cannot be tempted with evil, and he himself tempts no one. 14 But each person is tempted when he is lured and enticed by his own desire. 15 Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.***

1. **Atheism**: You believe that God is not aware or does not care.

***Romans 3:18 “There is no fear of God before their eyes.”***

See Appendix 1 for insight on how to discern the struggler's heart motivations.

1. **Embrace the Three Ingredients of Repentance:**
2. *Radical Amputation:* Are you willing to do anything to be free?

***Matthew 5:27–30 “You have heard that it was said, ‘You shall not commit adultery.’ 28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.***

1. *Renew the Mind:* How have you been deceived? And what truths speak to the deception?

***Romans 12:1–2 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.***

See Appendix 2 for a list of common deceptions and their answers.

1. *Radical Replacement*: The goal is to put on purity, not simply put off lust.
2. Delight in the Lord: If He is your delight and desire, you will gain “more” of Him.

***Psalm 37:4 Delight yourself in the Lord, and he will give you the desires of your heart.***

1. Delight in Your Spouse (if applicable):

***Proverbs 5:18–19 Let your fountain be blessed, and rejoice in the wife of your youth, 19 a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love.***

1. Grow in Humility: Proud men look at porn. Therefore, humble yourself.

***Philippians 2:3–5 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. 4 Let each of you look not only to his own interests, but also to the interests of others. 5 Have this mind among yourselves, which is yours in Christ Jesus,***

1. Grow Selflessness: Selfish men look at porn. Therefore, be selfless (especially towards women).

***Colossians 3:5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.***

1. Grow in Thankfulness: Discontent men look at Porn. Therefore, be grateful.

***Ephesians 5:4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.***

1. **Helpful Skills:**
2. Bring Darkness to Light: See Appendix 3
3. Lean into the Relationship: (Amnesty Policy) Grace for confession.
4. Give Accountability with Grace: The purpose is not to interrogate the struggler, but to think through their decisions in light of truth. Ask “how questions”? How did you handle the temptation? How has your bible reading been? How have your been tempted?

See Appendix 3 for inventory questions.

1. **Helpful Tools:**

Setting Captives Free:

Canopy Internet Filter

Gabb Wireless

Finally Free by Heath Lambert

Appendix 1:

How to Listen to a Struggler

When meeting with a struggler, here are some questions to help you know the “lay of the land?”

**Access:**

Where does he access his pornography?

What excuses does she give for leaving outlets for pornography unprotected and unaccountable?

Does he offer half-hearted rationalizations when you offer accountability measures as a way toward purity? How does he justify his sin?

**Anonymity:**

Who is mentioned in his story? Who are the key people in his life?

How connected or isolated is he? Who knows what is going on in his life?

Has he ever disclosed this struggle to someone other than you? If so, what is the result?

How long has she struggled with pornography without telling anyone?

Has he realized that pornography isolates people?

**Appetite:**

How does he describe the drive towards pornography?

Does he recognize the desires that ensnare his heart? Or is he ignorant of the war in his heart?

Has he done any heart-level work to understand what happens within him in moments of temptation?

**Atheism:**

Does he ever mention God in his struggle?

What is his functional view of God?

Does he believe that God cares about him and his situation?

Does he think that God can change him?

What other doubts does he express about God?

Appendix 2:

Fifteen Deceptions and Their Answers

1. Lust is no big deal

***Job 31:11-12 “For that would be a lustful crime; Moreover, it would be an iniquity punishable by judges. 12 “For it would be fire that consumes to Abaddon, And would uproot all my increase.***

1. A little sinful fantasizing won’t hurt.

***Romans 8:6 For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,***

***Galatians 6:7-8Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. 8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.***

***Romans 13:14 But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.***

1. Taking radical action against sin isn’t necessary.

***Matthew 5:29-30 “If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell. 30 “If your right hand makes you stumble, cut it off and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to go into hell.***

1. God won’t mind a little compromise

***Ephesians 5:3 But immorality or any impurity or greed must not even be named among you, as is proper among saints;***

1. It’s my body. I can do what I want with it.

***1 Corinthians 6:18-20Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. 19 Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? 20 For you have been bought with a price: therefore glorify God in your body.***

1. I can’t control my sex drive.

***1 Thessalonians 4:3-6For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; 4 that each of you know how to possess his own vessel in sanctification and honor, 5 not in lustful passion, like the Gentiles who do not know God; 6 and that no man transgress and defraud his brother in the matter because the Lord is the avenger in all these things, just as we also told you before and solemnly warned you.***

1. Looking at a few pornographic pictures won’t affect me.

***Proverbs 6:25-27Do not desire her beauty in your heart, Nor let her capture you with her eyelids. 26 For on account of a harlot one is reduced to a loaf of bread, And an adulteress hunts for the precious life. 27 Can a man take fire in his bosom And his clothes not be burned?***

***Psalm 101:3 I will set no worthless thing before my eyes; I hate the work of those who fall away; It shall not fasten its grip on me.***

1. Sex is a biological need and I will explode if I don’t get it.

***1 Corinthians 10:13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.***

1. Nobody knows and I won’t experience any consequences for indulging lust.

***Romans 14:12 So then each one of us will give an account of himself to God.***

***Hebrews 12:6 For those whom the Lord loves He disciplines, And He scourges every son whom He receives.”***

***James 1:15 Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.***

1. People Get Away with Adultery

***Proverbs 5:3-5 For the lips of an adulteress drip honey And smoother than oil is her speech; 4 But in the end she is bitter as wormwood, Sharp as a two-edged sword. 5 Her feet go down to death, Her steps take hold of Sheol.***

1. God is keeping something good from me.

***Psalm 84:10-12 For a day in Your courts is better than a thousand outside. I would rather stand at the threshold of the house of my God Than dwell in the tents of wickedness. 11 For the Lord God is a sun and shield; The Lord gives grace and glory; No good thing does He withhold from those who walk uprightly. 12 O Lord of hosts, How blessed is the man who trusts in You!***

1. The pleasure lust promises is better and more real than God’s pleasure.

***Psalm 16:11You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.***

1. Fulfilling my lust will satisfy me.

***Lamentations 3:24-26 “The Lord is my portion,” says my soul, “Therefore I have hope in Him.” 25 The Lord is good to those who wait for Him, To the person who seeks Him. 26 It is good that he waits silently For the salvation of the Lord.***

***Proverbs 19:23 The fear of the Lord leads to life, So that one may sleep satisfied, untouched by evil.***

1. Too much purity will keep me from seeing and enjoying beauty.

***Matthew 5:8“Blessed are the pure in heart, for they shall see God.***

***Psalm 11:7 For the Lord is righteous, He loves righteousness; The upright will behold His face.***

***Isaiah 33:17Your eyes will see the King in His beauty; They will behold a far-distant land.***

1. God will never forgive me for what I have done:

***1 John 2:1-2 My little children, I am writing these things to you so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous; 2 and He Himself is the propitiation for our sins; and not for ours only, but also for those of the whole world.***

Appendix 3:

Bringing the Sin to Light:

1. Introduction:

The purpose of this session is to gather data from your counselee. This will serve two purposes:

1. It will help you get a sense of the general patterns which lead to their sin. This will help you to be more effective in future sessions.
2. It will help them to bring their sin to light so that they may see it as it is. Lying and deception are often the handmaidens of sexual sin. Thus, for true repentance to take place a man must put on transparency and honesty in place of lies and deceit.

1. Commitments:

For this purity counseling to be truly transformative, you must make the following commitments (Matt. 7:6).

1. Will you accept the Bible as the source of authority for all the counseling to take place?
2. Are you will to obey the Word of God to the best of your ability?
3. Are you willing to commit yourself to promptly completing all homework assignments?
4. Are you willing to be completely truthful and transparent in all of our conversations?
5. Questions:
6. Questions to discern the pattern:
7. How often do you view porn?
8. When was the last time?
9. Do you gratify yourself as you view it?
10. Is the porn homosexual or heterosexual? If homosexual is it men with men or women with women?
11. Does the porn involve acts of violence?
12. When do you usually view it?
13. Where do you usually view it?
14. To whom have you confessed this sin? To what degree did you confess it to them?
15. When were you first exposed to porn?
16. During the last year/month/week how often have you indulged?
17. Have you ever been to a strip club or adult bookstore?
18. Have you ever contacted someone through Craig’s list or seen a prostitute?
19. Have you had an illicit sexual relationship?
20. Questions to discern inner thoughts and habits:
21. Walk me through the last time you viewed it.
22. How have you concealed this sin from others?
23. When you get sad or angry where do you tend to go for your refuge?
24. What do you suppose motivates you to indulge in porn?
25. How has this sin impacted your relationship with God?
26. What assurance do you have that you in fact have a relationship with God?
27. What have you done previously to conquer this sin?
28. Questions to discern their sincerity in repentance.
29. What are you hoping to gain by confessing this sin?
30. What are some the potential consequences of enduring in this sin?
31. What steps are you planning on taking?
32. Have you been completely honest with me?
33. Conclusion:

In the words of 1 John 1:9:

*If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

While confession is often painful it is the first step towards restoration with God and a life of purity. But note, that as freeing as confession may be it is but a step on the road to true freedom.

1. Homework assignment:

Go to Settingcaptivesfree.com and begin “Way of Purity” online study. Please have them forward all of your lessons to my email account.

Memory Verse:

***1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.***