

- **DEFINE THE DOCTRINE OF SIN: 1 John 3:4**
  - **Culturally sin now needs to be defined, even in the church:** Normally I can spend 30 minutes in my first session just helping my counselees understand what sin is in relation to God. You have to help your counselees see that every act of sin as an act of private atheism in the heart.
    - **“Sin is lawlessness.”** In other words, **sin is living as if there is no law.** If I am living as if there is no law, I am living as if there is no law giver. I am living as if there is no law giver I am living as if there is no God (**clicking the mouse**).
      - Helping your counselee understand the reality and devastation of sin is critical if they are to succeed (**Rom.8:8**).
  - If they allow sin to run unchecked in their daily life, personal holiness and Christian maturity will elude them. We need to help our counselee understand that they must continually put sin to death by yielding to the control of God the Holy Spirit.
- **REMEMBER, “GOOD THEOLOGY PRODUCES GOOD DOXOLOGY.”- Dr. H. Wayne House**
  - Theology matters, theology defines us. The higher your theology, the greater the awe and fear of God. **The goal is not to get them to just change behavior but to have a change of heart, which leads to a change in behavior.** This only can happen by having right theology (**Proverbs 16:6**).
  - **“What is the nature and character of God?” WHO IS GOD?** Right

theology orders our behavior (**Proverbs 3:7–8**).

- Doctrines like **God’s sovereignty, holiness, justice, God’s grace (omni’s)**, faithfulness, and love are all critical when helping someone overcome sexual sin (Rom. 1:16-17).
- **THEY NEED TO UNDERSTAND THAT GOD’S WILL INCLUDES SEXUAL PURITY: (1 Thess. 4:1-8)**
  - **Paul’s concern for the church is that believers know “how they ought to walk and to please the Lord.”**
    - Exhort your counselee to a superior and ever-increasing walk of obedience and holiness because it pleases God and He desires it. (that flows out of one’s theology)
    - Our job is **“to present every man complete in Christ.”** That is the mission for every shepherd (have measurable steps or goals for your counselee). We help them fulfill this instruction, **“How to walk.”**
      - **GOD CURES, WE TEACH.**
  - **TEACH THEM TO ABSTAIN FROM SEXUAL IMMORALITY (v.3): (Y-CHART)**
    - **How do you get your counselee to abstain from sexual sin?**
      - Begin with the words, “stop it.” Show your counselee that the road of sexual immorality is a pathway to personal and spiritual emptiness.
        - Help establish a pattern of behavior (what are they doing...Flirting, Dressing, Talking, Reading, Watching?)

- Establish what is enticing them to sexual sin (**Romans 13:13–14**).
  - Establish a sexual timeline (very helpful).
- **TEACH THEM HOW TO POSSESS THEIR OWN BODY IN SANCTIFICATION AND HONOR: (4:4-6)**
  - Those struggling with sexual sin must gain **mastery** over their own body, this is a matter of **self-control** (**1 Timothy 4:7–8**).
    - **SELF-CONTROL IS ACCOMPLISHED THROUGH**-Homework, bible memory, watching sermons: expose them to as much biblical truth as possible.
- **HELP THEM SEE THAT THEIR SIN AFFECTS OTHERS: (4:6a).**
  - We must remind them of the massive destructive social and spiritual implication of sexual immorality (**SODOM, DAVID/ BATHSHEBA...**).
    - **Did you know that pornography use increases the marital infidelity rate by more than 300%?**
  - God’s desire is that we live holy lives and your counselee needs to keep **themselves pure**, if for no other reason than the tremendous harm that their sin creates for others (there are always consequences) (**1 Corinthians 6:18**).
- **GOD PUNISHES ALL SEXUAL SIN (4:6b)** - “the Lord is the **avenger** in all these things...”
- **OUR SALVATION INTRODUCED US TO A LIFE OF SANCTIFICATION (4:7)**  
 “For God has not called us for the purpose of impurity, but in

sanctification.”

- **CONTINUE IN SEXUAL SIN AND REJECT GOD:** (4:8) “So, he who rejects this is **not rejecting** man but **the God** who gives His Holy Spirit to you.”
  - **1 Corinthians 6:20** “For you have been bought with a price: therefore, glorify God in your body.”
- **THE GOSPEL OFFERS REAL AND LASTING HOPE FOR CHANGE (Colossians 2:13–14) (Hebrews 4:14–16)**
- **YOU MUST UNDERSTAND THE HEART: (Heart Idols Chart) (Matthew 15:19–20)**
  - Because the heart is “**desperately wicked**” the tendency of the counselee is to deny or excuse sexual sin. They will often lie about the depths of their depravity (truth comes out gradually).
    - **Ezek. 14:1-7** Heart idols
  - The problem is that your counselee is often times enslaved to poorly chosen desires. (**Romans 6:6, James 4:1, James 1:13–15**)
  - **BEHIND EVERY SIN IS THE PROCESS OF WICKED THINKING (Galatians 5:16)**
- **WE UNDERSTAND THE PROCESS OF SIN (Proverbs 4:23) “**
  - Every response to temptation is an act of worship (**Y-Chart**)
  - A person who has sexual pleasure as his/her focus of worship will find that he/she readily resembles that idol. You become what you worship.
- **SEXUAL TEMPTATION AND SIN IS CHARACTERIZED BY DECEITFULNESS:**

**(Proverbs 14:12, Hebrews 3:13)**

- **A wrong view of pleasure and consequence** (Galatians 6:7)
- **MOTIVATE THEM TO GUARD THEIR HEARTS AND MINDS** (Proverbs 4:23, 2 Corinthians 10:5).
- **YOU MUST HELP THEM DEVELOP A PROPER VIEW OF THE CROSS:**
  - **THE CROSS COVERS MY SIN AND SHOULD CONTINUE TO MOTIVATE ME TOWARDS HOLINESS** (Romans 6:1–2 ,12–14).
  - **THE CROSS IS CENTRAL TO CHANGE** (Galatians 6:14).
    - We pursue what we truly value. People have a great ability to build behaviors and practices around the things that really matter to us. The goal is to get the counselee to center their life around the cross.
  - **THE CROSS IS A DAILY ESSENTIAL** (Luke 9:23)
    - The cross should motivate us towards moral purity (Thought life, sex life, vocal life).
- **OFFER HOPE: SEXUAL SIN CAN BE PREVENTED AND OR OVERCOME THROUGH CHRIST.**
  - **KNOWING THE WILL OF GOD** (1 Thessalonians 4:1–5)
  - **PERSONAL DISCIPLINE** (1 Timothy 4:7–8)
  - **SPIRITUALLY LIVING** (Galatians 5:16–17)
  - **RADICAL AMPUTATION** (Matthew 5:29)

- **JESUS, THE EXAMPLE: (Hebrews 12:1–2)**