

What Does Sexual Integrity Mean?

CHRISTIAN
SEXUALITY

TODAY'S VIDEO →

TODAY'S VIDEO:
youtu.be/gWNm1HfolhA



Day 1 | What Does Sexual Integrity Mean?

Sexual integrity means living a faithful and flourishing life as a sexual being according to how God has designed us. It starts by following Jesus. He wants us to live in submission to him and live according to his will.

ENGAGE:

What is a way you can work on living in submission to Jesus?

Pray and meditate on Luke 9:23-24. Then write out the verse. What does it mean for you to save your life by losing it?

How Do You Live With Sexual Integrity?



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youtu.be/vORTb6zvsLs



Day 2 | How Do You Live With Sexual Integrity?

How do you live with sexual integrity? First, go to God. The Holy Spirit wants to guide you and help you. Second, find a trusted mentor who you can trust and speak honestly to. Third, cultivate real relationships and godly friends. Fourth, be intentional with screens and social media.

ENGAGE:

What does sexual integrity mean to you?

On a scale of 1-10, how well are you currently following each of these four steps to sexual integrity?

Examine these steps and choose the one you think you need to work on the most over the next week.

Your Story Is UNIQUE.



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youtu.be/JKZ1st9e7nc



Day 3 | Your Story Is Unique

Your story is unique and makes you who you are today. It's okay to be honest about your story, your hurts, and your pain. In your story and in confession, you can find healing through Jesus Christ.

ENGAGE:

As you reflect back on this series, think about one of the most significant things that stood out to you. What are you doing as a result of what you learned?