

BELOVED DISCIPLES LEARNING COURSES

SEXUAL SIN

Quick Resources to Watch:

- Pastor Kevin's sermon, "PLAY, PAUSE, STOP"
<https://www.belovedchurch.com/messages/play-pause-stop/>
- Tim Mackie on "Jesus & Sexual Desire [Matthew]"
https://www.youtube.com/watch?v=J3PF2FEN_58

Quick Resources to Read:

- "The Dead End of Sexual Sin" by Rosaria Butterfield
<https://www.desiringgod.org/articles/the-dead-end-of-sexual-sin>
- "The Real Root of Sexual Sin" by Jon Bloom
<https://www.desiringgod.org/articles/the-real-root-of-sexual-sin>

Recommended Resources for Combating Sexual Sin:

- Covenant Eyes, an internet accountability software
<https://www.covenanteyes.com/>

Recommended In-Depth Readings:

- "Unwanted" by Jay Stringer
<https://www.amazon.com/Unwanted-Sexual-Brokenness-Reveals-Healing-ebook/dp/B07B7RCM9B/>
- "The Death of Porn" by Ray Ortlund
<https://www.amazon.com/Death-Porn-Integrity-Building-Nobility/dp/1433576694/>
- "Discipline of Purity," chapter in "Disciplines of a Godly Man" by Kent Hughes
<https://www.amazon.com/Disciplines-Godly-Man-Kent-Hughes/dp/1433561301/>



“Unwanted,” by Jay Stringer

Reading Discussion Guide

Introduction

1. Reflection Question: What are your initial thoughts on the concept of “unwanted sexual behavior”? How do you define it in your own words?
2. Reflection Question: Why do you think the author chose to focus on this topic? What do you hope to gain from reading this book?

Chapter 1: The Journey Begins

1. Reflection Question: How do you relate to the idea of sexual brokenness being a journey?
2. Reflection Question: What emotions or thoughts were stirred in you as you read about the author’s personal journey?

Chapter 2: Understanding Unwanted Sexual Behavior

1. Reflection Question: What surprised you about the statistics and research presented in this chapter?
2. Reflection Question: How has your perspective on unwanted sexual behavior changed after reading this chapter?

Chapter 3: The Role of Shame

1. Reflection Question: How has shame influenced your own experiences or behaviors?
2. Reflection Question: What strategies does the author suggest for dealing with shame, and which do you find most compelling?

Chapter 4: The Impact of Family Dynamics

1. Reflection Question: How have your family dynamics shaped your views and behaviors around sexuality?
2. Reflection Question: Which aspects of this chapter resonated most with your personal experience?

Chapter 5: The Influence of Culture

1. Reflection Question: In what ways has your cultural background influenced your understanding of sexuality?
2. Reflection Question: How do you think cultural norms contribute to unwanted sexual behavior?

Chapter 6: Understanding Triggers



1. Reflection Question: What are some common triggers you identify with, as discussed in the chapter?
2. Reflection Question: How can understanding your triggers help you manage unwanted behaviors?

Chapter 7: Pathways to Healing

1. Reflection Question: What healing practices mentioned in the chapter do you find most appealing or practical?
2. Reflection Question: How can you incorporate these healing practices into your own life?

Chapter 8: Building a Support System

1. Reflection Question: Why is having a support system important in overcoming unwanted sexual behavior?
2. Reflection Question: Who in your life can you rely on for support, and how can you strengthen these relationships?

Chapter 9: The Role of Faith and Spirituality

1. Reflection Question: How has your faith or spirituality influenced your views on sexuality?
2. Reflection Question: What role do you want faith and spirituality to play in your healing process?

Chapter 10: Moving Forward

1. Reflection Question: What are the key takeaways from this book that you want to implement in your life?
2. Reflection Question: How will you measure your progress and continue your journey towards healing?

Conclusion

1. Reflection Question: Reflect on your overall experience reading the book. What have you learned about yourself?
2. Reflection Question: How will you use the insights gained from this book to help others struggling with unwanted sexual behavior?



“The Death of Porn,” by Ray Ortlund

Reading Discussion Guide

Introduction

1. Reflection Question: What are your initial thoughts on the title "The Death of Porn"? How does it set the stage for your expectations of the book?
2. Reflection Question: What motivated you to read this book? What do you hope to learn or achieve by the end?

Chapter 1: The True You

1. Reflection Question: How does the concept of seeing yourself as "the true you" resonate with your current understanding of identity?
2. Reflection Question: What aspects of your identity have been influenced by pornography, and how can you reclaim your true self?

Chapter 2: The Power of Porn

1. Reflection Question: What insights did you gain about the pervasive power and impact of pornography from this chapter?
2. Reflection Question: How has the power of porn manifested in your life or the lives of those around you?

Chapter 3: The Real Cost

1. Reflection Question: Reflect on the emotional and relational costs of pornography discussed in this chapter. How have you witnessed these costs in your own experiences?
2. Reflection Question: What are the societal impacts of pornography mentioned in the chapter that you found most alarming or thought-provoking?

Chapter 4: The Bigger Picture

1. Reflection Question: How does understanding the larger, societal context of pornography influence your personal battle against it?
2. Reflection Question: In what ways can recognizing the broader picture help you stay committed to overcoming porn?

Chapter 5: The Redemption Story

1. Reflection Question: How does the concept of redemption give you hope in your journey away from pornography?
2. Reflection Question: What steps can you take to embrace the redemption story in your own life?



Chapter 6: The Role of Community

1. Reflection Question: Why is community support crucial in the fight against pornography, according to this chapter?
2. Reflection Question: How can you actively seek and contribute to a supportive community to aid in overcoming porn?

Chapter 7: The Call to Action

1. Reflection Question: What are the specific calls to action mentioned in this chapter that you feel compelled to follow?
2. Reflection Question: How can you translate these actions into practical steps in your daily life?

Chapter 8: The Future Vision

1. Reflection Question: How does envisioning a future without pornography inspire and motivate you?
2. Reflection Question: What practical changes can you start making today to contribute to the realization of this vision?

Conclusion

1. Reflection Question: Reflect on your overall experience reading the book. What are the most impactful lessons you've learned?
2. Reflection Question: How will you apply the insights and strategies from this book to your ongoing journey and in supporting others?



“Discipline of Purity,” within “Disciplines of a Godly Man,” by Kent Hughes

Reading Discussion Guide

1. Initial Impressions
 - What were your initial thoughts and feelings after reading the chapter on purity?
 - Why do you think Kent Hughes places such a strong emphasis on purity in the life of a godly man?
2. Understanding Purity
 - How does Hughes define purity in this chapter? How does his definition compare to your own understanding of purity?
 - What biblical examples or principles does Hughes use to support his discussion on purity?
3. Challenges to Purity
 - What are some of the primary challenges and temptations to maintaining purity that Hughes discusses?
 - How have you experienced these challenges in your own life? What strategies have you found helpful or unhelpful in facing them?
4. Consequences of Impurity
 - What consequences of impurity does Hughes highlight?
 - Reflect on how these consequences can impact not just the individual, but also their relationships and community.
5. Steps to Cultivating Purity
 - What practical steps does Hughes suggest for cultivating purity?
 - Which of these steps do you find most applicable or challenging in your own life? Why?
6. Accountability and Discipline
 - How does Hughes describe the role of accountability in maintaining purity?
 - What forms of accountability do you currently have, or what forms do you think you need, to help maintain purity?
7. Reliance on God
 - According to Hughes, what is the role of God’s strength and grace in pursuing purity?
 - How can you cultivate a deeper reliance on God in your daily battle for purity?
8. Reflection on Personal Application
 - Reflect on a time when you struggled with purity. How did you handle it, and what might you do differently after reading this chapter?
 - What specific actions can you take this week to pursue greater purity in your thoughts, actions, and relationships?
9. Group Accountability
 - How can this group support each other in the pursuit of purity?
 - What practical steps can we take as a group to foster an environment of accountability and encouragement?
10. Prayer and Spiritual Discipline
 - How does prayer play a role in maintaining purity according to Hughes?



- Spend some time as a group in prayer, asking for God's help in your individual and collective pursuit of purity.

Personal Reflection:

- Write a personal commitment or plan for how you will actively pursue purity in your life based on what you've learned from this chapter.
- Consider sharing this commitment with a trusted friend or mentor for added accountability.

