

## HELPING A DISCIPLE CONFESS SEXUAL SIN

Sexual sin often results in spiritual and emotional bondages, as testified by King David in Psalms 32:1-5 after his adultery with Bathsheba. Although it may be uncomfortable or difficult for you to help your disciple to deal biblically with this sensitive area, it is important that you do so for his sake. The book, *The Christian: Called to Sexual Purity*, can expand your and your disciple's understanding of sexual issues for married persons and singles. It can be ordered through the CTO website.

You should also be sensitive to the embarrassment and/or level of humility involved in the disciple who confesses sins of a sexual nature with you as a witness. Treat this exercise with tenderness and compassion, and perhaps if appropriate, share that you have been through a similar confession and can identify with the emotions involved.

Confess to the Lord your judgmental spirit should it surface. You may hear things that are quite shocking to you. (Luke 6:36,37)

- I. Follow these recommendations for leading a disciple through a sexual sin confession:
  - A. Sexual sin confessions are recommended in the following situations:
    1. For those who are carrying guilt for such sins.
    2. For those who may not *feel* guilty, but have engaged in repeated sexual sins.
    3. For those presently dealing with enslavement to sexual sin. (1 Pet. 2:19)
    4. For married disciples who are having ongoing sexual problems.
  - B. Realize that though this may be an unpleasant experience for you, that it is most helpful in seeing your disciple released from guilt and shame.
    1. The principle of James 5:16 has been proven powerful.
    2. Therefore, trust God with the experience for the sake of your disciple.
    3. Rely on the Holy Spirit's timing for this confession.
  - C. Take precautions to protect your mind when listening to a sexual sin confession.
    1. Pray for God to guard your mind before you meet with your disciple.
      - a. Pray *silently* for protection as your disciple names his sins in confession.
      - b. Do not pray for protection verbally in front of your disciple as you don't want him to view his sin as having the potential to burden you.
    2. Commit yourself to not visualizing the sin that is confessed.
    3. Ask God to rebuke Satan if your disciple's sin influences you to lust and/or has a negative impact on you. (Jude 9)
  - D. Be willing to meet with another discipler to confess your lingering, adverse responses if the above recommendations do not free you.
  - E. Realize there can be demonic footholds and strongholds in the believer and sexual sin is often their gateway.

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- II. Realize that your disciple may need further help after his initial sexual sin confession.
- A. He may need another confession that goes more in-depth in a specific area, which is a stronghold, such as masturbation or pornography, if he is not freed up through the first confession.
  - B. He may need to read *The Christian: Called to Sexual Purity* or sections of it that address his specific problem.
  - C. He may need to be reminded verbally and through homework assignments to renew his mind about godly goals, his identity in Christ and His ability to satisfy and fulfill.
  - D. He may require frequent reminders
    - 1. to discern his motives and to confess those which are sinful.
    - 2. to renounce the lies of self/Satan and to choose to believe truth.
  - E. If he has difficulty breaking sinful habits, you should assign him to keep the *Daily Log*, recording his sexual transgressions and what triggered them. See *Homework*, Section II. E., *CTD* for instructions for use of the *Daily Log*.
  - F. He may need periodic confessions in front of you as witness, if sins reoccur.
  - G. He may need close, ongoing accountability for a long time if this area has a deep hold on him.
- III. Ask your disciple to prepare for the next session in the following ways:
- A. Ask him to begin his preparation by writing the first names and the sin in which he participated with others. For example:
    - Kelly - homosexual touching of genitals and/or breasts
    - Jim - fornication
    - John – adultery
    - Janice – oral sex, which is fornication
  - B. Ask your disciple to describe the place where he met his partner or a defining characteristic of the person if he can't remember the name (or never knew it). For example:
    - A person I met in a bar in NYC – fornication
    - A prostitute – adultery
    - A redhead from Georgia - fornication

**Note:** Oral sex should be confessed as adultery or fornication because of the degree of intimacy involved.
  - C. Require your disciple to use biblical terms and/or naming parts of the body rather than softening or minimizing sin by using euphemisms. For example:

**Euphemism:** “Lord, forgive me for *petting* with Jim.”

**Defining sin:** “Lord, forgive me for touching Jim’s *genitals* and permitting, (or

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encouraging) him to touch my *breasts and genitals*.”

**Euphemism:** “Lord, forgive me for having *an affair* with Joanne.”

**Defining sin:** “Lord, forgive me for *committing adultery* with Joanne.”

D. Give him the handout, *Preparation for a Sexual Sin Confession*, CTD and tell him to check sins which apply in the past or the present.

IV. The following are duplications of his lists, given in the third person, “he” or “him.” You are given the same list he has in order to follow along and add any sins he has overlooked.

A. **Root causes of sexual sin:**

\_\_\_ Pride and arrogance

\_\_\_ Unbelief in God, His character, commands and promises

\_\_\_ Belief in lies of Satan/self

\_\_\_ Putting self before God and others

\_\_\_ Selfishness; self-centeredness, self-focus, self-absorption

\_\_\_ Seeking pleasure/satisfaction apart from God and His commands

\_\_\_ Fear; self-protection

\_\_\_ Fear of loss of control over his world

\_\_\_ Fear of losing a relationship

B. **Sinful goals:**

\_\_\_ Seeking fulfillment and “love” through sexual sin

\_\_\_ Seeking security in a relationship through sexual means

\_\_\_ Seeking excitement, pleasure and happiness through sexual means

\_\_\_ Seeking affirmation, approval through sexual involvement

\_\_\_ Trying to “win” the love of another with sexual involvement

\_\_\_ Trying to avoid rejection

\_\_\_ Protecting self from hurt/pain/rejection

\_\_\_ Demanding to have life on his terms

\_\_\_ Demanding the perceived need of having a man or a woman in his/her life

\_\_\_ Building his ego or self-esteem through sexuality, flirtation and/or sexual sin

C. **Manifestations of pride:**

• **Lusts**

\_\_\_ Self-gratification

\_\_\_ Lust for power over another

\_\_\_ Lust for pleasure

\_\_\_ Being “addicted” (enslaved) to various forms of sexual sin (1 Pet. 2:19)

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- **Sins in relationship to others**

- \_\_\_ Not biblically loving his partner by protecting his/her sexual purity
- \_\_\_ Gaining power through conquering another
- \_\_\_ Blaming sex partner for enticing me into sin problems
- \_\_\_ Unwilling to break off a sinful relationship
- \_\_\_ Using sex as a means to escape painful realities
- \_\_\_ Seeking power and fulfillment by meeting a partner's perceived sexual needs
- \_\_\_ Not protecting the partner's sexual purity
- \_\_\_ Using another for his own selfish ends
- \_\_\_ Lying to or deceiving a spouse, parents or others about sexual sin; developing a web of deceit
- \_\_\_ Using sexuality as a means to entice others to sin
- \_\_\_ Choosing ungodly friends/companions (Prov. 13:20; 1 Cor. 15:33)
- \_\_\_ Allowing someone else to *influence* him to sin
- \_\_\_ Robbing the partner of his/her virginity
- \_\_\_ Putting oneself and the partner in a situation in which a pregnancy out-of-wedlock could have or did occur (irresponsibility)
- \_\_\_ Being a voyeur (watching others perform sexual acts)
- \_\_\_ Being an ungodly role model to sexual partners, spouse/others
- \_\_\_ Being a hypocrite
- \_\_\_ Using sex as a means to avoid dealing with problems biblically
- \_\_\_ Participating in others' sexual sins through videos, movies, music, books, romance novels, soap operas, the internet, etc. (Rom. 1:28; 1 Cor. 13:6)
- \_\_\_ Performing sexual acts in front of others
- \_\_\_ Paying for sexual favors; receiving payment for sexual favors
- \_\_\_ Bragging about his sexual sin to others
- \_\_\_ Telling and/or listening to "dirty" jokes

- **Sins in relationship to God**

- \_\_\_ Not loving God (John 14:15)
- \_\_\_ Rejecting God (1 Thess. 4:8)
- \_\_\_ Lack of trust in God's ways and resources
- \_\_\_ Lying or deceiving himself about God's commands concerning sexual sin; rationalizing
- \_\_\_ Being drawn to and engaging in darkness, Satanic and demonic influences

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- Not willing to give up his sin to follow God
- Not dealing biblically with guilt, shame and/or bitterness from past sexual experiences or sins against him
- Not seeking to develop God's view of sexuality
- Not turning to God and His resources to handle temptation
- Violating God's institution of marriage by living out of wedlock with (names)
- Violating God's design for sexuality in dating and courtship
- Making a mockery out of God's institution of marriage and its sanctity
- Allowing sexual sin to become an idol in his life
- Not being satisfied and content with what God has given him
- Expecting God to bless him while involved in a sinful relationship
- Ignoring his conscience; hardening his heart
- Blaming God
- **Sins against his own body** (1 Cor. 6:18)
  - Defiling the temple of the Holy Spirit (1 Cor. 6:19)
  - Using his body as an instrument of wickedness rather than righteousness (Rom. 6:12,13)
  - Giving up one's virginity in fornication rather than saving it as a gift to the spouse in marriage
  - Engaging in risky behaviors
  - Putting one's body and/or the partner's body in a situation in which he/she could have contracted or did contract a sexually transmitted disease
  - Being a flirt; calling attention to himself or body for approval, affirmation; luring
  - Being promiscuous
  - Masturbating
- **Belief in lies**
  - Fears caused by believing self/Satan and not trusting in God for help and satisfaction
  - Rationalizing, excusing, denying, ignoring his sin in order to have his way
  - Believing he *deserves* to have the pleasures of sin
  - Equating sexual sin with love
  
  - Believing sex is a "need" instead of a "desire," which is the biblical perspective (Rom. 13:14)
  - Believing he is invincible; "I won't get caught."

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- Believing he's not responsible because he "can't help it"
- Believing the lie that as a homosexual, he can't change and/or he was born that way
- Placing his identity in his sexuality rather than in Christ
- Using fantasies or materials to incite sexual response in himself
- Opening oneself to "Satan's territory" by progressively violating God's commands to protect his purity of mind, heart and body
- Believing there won't be any consequences for sexual sin

- **Accountability with others**

- Not being accountable to a mature Christian for dealing with sexual sins
- Unwilling to have sin exposed; hiding sin
- Placing himself in tempting situations
- Visiting "adults-only" places, such as bookstores, strip clubs, pick-up bars; etc.

- **Relation to an unborn child**

- Killing an unborn child
- Encouraging one's sex partner to kill an unborn child; encouraging *anyone* to kill an unborn child
- Paying for the murder of an unborn child or participating in any way by helping someone get an abortion

V. Instruct him to check the following broad categories and then add specific sins or people that were involved in these areas that have not been checked or mentioned thus far:

- Homosexual involvement
- Involvement with children
- Involvement with animals
- Group sex; switching partners ("swinging"); three in bed (threesomes); orgies
- Sadomasochistic acts
- People that influenced sexual sin; i.e. parents, siblings, friends, authority figures (also forgive them)

**\*\*Ask your disciple to add any other sins that are not covered on these lists.\*\***

VI. Realize that a *married person* or formerly married disciple may manifest many of the already mentioned sins, and therefore, should complete all the lists.

- A. A husband or wife being disciplined together should seek forgiveness of each other for general sexual sins which are related to their dating, courtship and marriage on the *first lists* they do in the initial sessions.

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- B. *Do not* assign the sexual sin confession to the husband and/or the wife unless you see a need as described in Section I-A.
- C. This list may apply to both present and former marriages.
- D. Do not permit a disciple to deal with a detailed sexual sin confession in front of his/her spouse, if you are discipling a couple.
1. In some cases, include sexual sins prior to the marriage, of which the spouse has knowledge. These should be included if they have had a negative impact on the marriage relationship.
  2. In the case of sins that are not known by the spouse, such as adultery, consult *How to Help a Disciple Reconcile to Others*, Section I, *CTD*. Adultery is used as an example in this study, but this example may also be used as a guideline for determining whether to share with the spouse about other sexual sins.
  3. When discipling a couple, it is recommended that the spouse not be a witness to a detailed account of the sexual sins of his/her marriage partner.
- E. The husband should pray through his confession with a male discipler; the wife, with a woman
- F. **The following is a list for the married or formerly married:**
- **Denying sex**
    - Denying spouse sexually (1 Cor. 7:3-5)
    - Denying as a means of self-protection
    - Denying as a means of controlling the relationship
    - Unwillingness to give to spouse sexually
    - Not wanting “personal territory” of body invaded
    - Giving of body, but withholding emotional involvement
    - Unwilling to receive the sexual expression of love from his/her spouse
    - Rejecting God-given spouse
    - Viewing self as a failure in sexual performance
  - **Sinful motives**
    - Seeking revenge, punishment, retaliation; repaying evil for evil
    - Using sex as a bribe
    - Using sex to manipulate
    - Using sex as a means to cover over dealing with problems
    - Building ego or self-esteem through how many times he/she has sex
    - Being motivated in the sexual relationship by lust rather than love of God and spouse
    - Seeking or demanding orgasmic performance rather than expressing love

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\_\_\_ Viewing the sexual relationship as a means of getting what he/she wants rather than seeking to satisfy his/her partner

\_\_\_ Ignoring and/or treating the spouse unlovingly and then expecting he/she should desire sex

\_\_\_ Not developing a biblical view of sexuality in marriage

- **Pleasure outside of marital sex**

\_\_\_ Turning to other forms of sexual pleasure

\_\_\_ Masturbating

\_\_\_ Turning to escapes: i.e., TV, sports, ministry, work, hobbies

\_\_\_ Retreating into fantasy, pornography, romance novels, any media/materials which incite lust

\_\_\_ Being dissatisfied with the spouse because of comparing him/her with fantasies, explicit material and/or one's own ability to satisfy self sexually

\_\_\_ Committing adultery

\_\_\_ Lusting for others

\_\_\_ Committing "emotional adultery" through sinful romantic attachments and dependencies on someone other than a spouse: in person, through letters, telephone and/or e-mail

- **Selfishness**

\_\_\_ Being sexually demanding of a spouse rather than being loving, gentle, patient, considerate

\_\_\_ Getting in a "rut"; laziness; apathy

\_\_\_ Not being willing to openly communicate about sexual problems

\_\_\_ Not listening or responding to the spouse's desires or concerns about the sexual relationship

\_\_\_ Unwilling to repent of sinful attitudes and behaviors which are impacting the marriage and the sexual relationship adversely

\_\_\_ Loss of desire to "romance" spouse

\_\_\_ Unwilling to talk to a medical profession about sexual problems that may have a physical cause

\_\_\_ Not dealing biblically with past sexual sin and/or abuse and allowing that to impact the marriage sexual relationship adversely

\_\_\_ Not forgiving the spouse; harboring bitterness and resentment

\_\_\_ Expecting God to bless his sinful motives, attitudes and behaviors

\_\_\_ Expecting God to bless a marriage after engaging in sexual sin in dating and courtship with future spouse

\_\_\_ Blaming spouse for marital problems



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\_\_\_ Unwilling to evaluate own sin and repent

\_\_\_ Comparing spouse unfavorably to others