

PREPARATION FOR A SEXUAL SIN CONFESSION

“Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.”

Rom. 6:12,13

The following pages will help you create a list of ways you have sinned through your motivations, thinking, behaviors, and pursuit of selfish goals. You may highlight the sins that apply to you or rewrite them on another sheet of paper.

Include any of the following sins with which you have been involved:

- sins of the mind
- lusts
- touching breasts and genitals
- masturbation
- fornication
- adultery
- denying a spouse
- pornography
- homosexual involvement
- involvement with children
- involvement with animals
- group sex or switching partners
- sadomasochistic acts

Note: Oral sex should be confessed as adultery or fornication because of the degree of intimacy involved.

Place first names next to the sin in which you participated with others. For example:

Jane - homosexual touching of breasts and genitals
Jim - fornication
John - adultery

Use biblical terms and/or name parts of the body, rather than softening or minimizing your 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 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.”

Include these root sins on your list. Your sexual sin is a *manifestation* that stems from these root causes.

- 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-focused

Include the following sins on your list which apply to you:

Sinful goals may include:

- Seeking fulfillment and security through sexual means
- Seeking excitement, pleasure and happiness through sexual means
- Seeking affirmation, love, approval through sexual involvement
- Trying “to win” the love of another with sexual involvement
- Trying to avoid rejection
- Demanding to have life on your terms

Root sins of pride and unbelief often manifest themselves in the following ways:

- Self-gratification
- Not loving God and your partner
- Building your ego through you sexuality and sexual sin
- Fears
- Self-protection
- Lust for power
- Lust for pleasure
- Lack of trust in God’s ways and resources
- Not being satisfied and content with what God has given you
- Repaying evil for evil
- Believing you *deserve* to have the pleasures of sin
- Rationalizing, excusing, denying, ignoring your sin in order to have your way

Expand your list by including the following sins, if they apply:

- ___ Not protecting your partner's sexual purity
- ___ Using another for your own selfish ends
- ___ Defiling the temple of the Holy Spirit (1 Cor. 6:19)
- ___ Not being accountable to a mature Christian for dealing with sexual sins
- ___ Unwilling to have your sin exposed
- ___ Not willing to give up your sin
- ___ Believing sex is a "need" instead of a "desire," which is the biblical perspective (Rom. 13:14)
- ___ Believing you're not responsible because you "can't help it"
- ___ Not dealing biblically with guilt and/or bitterness from past sexual experiences or sins against you
- ___ Not seeking to develop a biblical view of sexuality
- ___ Equating sexual sin with love
- ___ Using your body as an instrument of wickedness rather than righteousness (Rom. 6:12,13)
- ___ Using sexuality as a means to entice others to sin
- ___ Allowing someone else to *influence* you to sin
- ___ Not turning to God and His resources to handle temptation
- ___ Placing your identity in sexuality rather than in Christ
- ___ Robbing your partner of his/her virginity
- ___ Giving up your virginity in fornication rather than saving it as a gift to your present/future spouse in marriage
- ___ Violating God's institution of marriage by living out of wedlock with (name)
- ___ Violating God's design for sexuality and marriage
- ___ Making a mockery out of God's institution of marriage and its sanctity
- ___ Using fantasies to incite sexual response in yourself
- ___ Participating in role plays
- ___ Risk-taking behaviors:
 - putting your body and/or your partner's body in a situation in which you could have contracted or did contract a sexually transmitted disease
 - putting yourself or your partner in a situation in which a pregnancy out-of-wedlock could have or did occur
- ___ Killing an unborn child
- ___ Encouraging your sex partner to kill an unborn child; paying for the murder of an unborn child
- ___ Opening yourself to "Satan's territory" by progressively violating God's commands to protect your purity of mind, heart and body
- ___ Participating in others' sexual sins through videos, movies, music, books, soap operas, the internet, pornography, etc. (Rom. 1:28; 1 Cor. 13:6)
- ___ Being a flirt; calling attention to yourself for approval, affirmation; luring
- ___ Becoming "addicted" to various forms of sexual sin
- ___ Paying for sexual favors; receiving payment for sexual favors
- ___ Participating in sexual involvement in *places* that were not appropriate. Name the places.
- ___ Allowing sexual sin to become an idol in your life
- ___ Being an ungodly role model

V. Realize that a *married person* may manifest many of the already mentioned sins, but there may be other sins related to the marriage bed.

- ___ Denying your spouse sexually, which may include: control, fears, self-protection, unwillingness to give
- ___ Unwilling to receive the sexual expression of love from your spouse
- ___ Using sex as a bribe
- ___ Withholding sex to punish or to manipulate
- ___ Retreating, into fantasy and/or masturbation rather than giving sexually to your spouse
- ___ Being dissatisfied with your spouse because of comparing him/her with fantasies, explicit material and/or your own ability to satisfy yourself sexually
- ___ Committing “emotional adultery” through sinful romantic attachments and dependencies on someone other than your spouse: in person, through letters, telephone and/or E-mail
- ___ Being sexually demanding of your spouse rather than being loving, gentle, patient, considerate
- ___ Being motivated in the sexual relationship by lust rather than love of God and your spouse
- ___ Viewing the sexual relationship as a means of getting what you want rather than seeking to satisfy your partner
- ___ Ignoring and/or treating your spouse unlovingly and then expecting he/she should desire sex
- ___ Not being willing to openly communicate about sexual problems
- ___ Not listening or responding to your 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

****Add any other sins that are not covered on these lists.****