

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 Bathseba. 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. You should be aware of the important principles in *Understanding Sexuality*, which should better equip you to lead your disciple through a sexual sin confession.

You should also be aware of the embarrassment and/or level of humility involved in the disciple who confesses sins of a sexual nature to God and to 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.

Guide your disciple into being specific in his confession, which results in a greater freedom from guilt and/or suppression than confessions of a general nature.

- I. Ask your disciple to prepare a list for the following session.
 - A. Give him the handout, *Preparation for a Sexual Sin Confession* to be used in creating his list.
 - B. Instruct him to highlight his sins on the lists or write out his own list from the sins noted in the following sections.

- ___ 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.

- C. Ask your disciple to place first names next to the sin in which he participated with others. For example:

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

- D. 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 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.”

- II. Ask your disciple to include these root sins on his list. 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

- III. Tell your disciple to include the following sins on his list which apply to him:

- A. 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 his terms

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

- ___ Self-gratification
- ___ Not loving God and one's partner
- ___ Building ego through his 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 him
- ___ Rationalizing, excusing, denying, ignoring his sin in order to have his way
- ___ Believing he *deserves* to have the pleasures of sin

IV. Expand his list by including the following sins, if they apply:

- ___ Not protecting the partner's sexual purity
- ___ Using another for one's 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 sin exposed
- ___ Not willing to give up his sin
- ___ Believing sex is a "need" instead of a "desire," which is the biblical perspective (Rom. 13:14)
- ___ Believing he's not responsible because he "can't help it"
- ___ Not dealing biblically with guilt and/or bitterness from past sexual experiences or sins against him
- ___ Not seeking to develop a biblical view of sexuality
- ___ Equating sexual sin with love
- ___ Using his 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* him to sin
- ___ Not turning to God and His resources to handle temptation
- ___ Placing his identity in sexuality rather than in Christ
- ___ Robbing the partner of his/her virginity
- ___ Giving up one's virginity in fornication rather than saving it as a gift to the 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 oneself
- ___ Participating in role plays

- ___ Risk-taking 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
- putting oneself or the partner in a situation in which a pregnancy out-of-wedlock could have or did occur

- ___ Putting one's body in risk of venereal disease
- ___ Killing an unborn child
- ___ Encouraging one's sex partner to kill an unborn child; paying for the murder of an unborn child
- ___ Opening oneself to "Satan's territory" by progressively violating God's commands to protect his purity of mind, heart and body
- ___ Participation in others' sexual sins through videos, movies, music, books, soap operas, the internet, etc. (Rom. 1:28; 1 Cor. 13:6)
- ___ Being a flirt; calling attention to oneself 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 his life
- ___ Being an ungodly role model to others

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

- ___ Denying one's spouse sexually, which may include: control, fears, self-protection, unwillingness to give
- ___ Unwilling to receive the sexual expression of love from his spouse
- ___ Using sex as a bribe
- ___ Retreating, into fantasy and/or masturbation rather than giving sexually to one's spouse
- ___ Being dissatisfied with a spouse because of comparing him/her with fantasies, explicit material and/or one's own ability to satisfy self sexually
- ___ Withholding sex to punish or to manipulate
- ___ 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 "emotional adultery" through sinful romantic attachments and dependencies on someone other than a spouse: in person, through letters, telephone and/or E-mail
- ___ Being sexually demanding of a spouse rather than being loving, gentle, patient, considerate
- ___ Being motivated in the sexual relationship by lust rather than love of God and spouse
- ___ 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 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

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

VI. Be aware of the following recommendations for leading a disciple through a sexual sin confession:

- A. 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. A husband or wife should confess sexual sins to each other which are related to the marriage.
 - a. 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.
 - b. 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 be used as a guideline for determining whether to share with the spouse about other sexual sins.
 - c. When discipling a couple, it is recommended that the spouse should not be a witness to a detailed account of the sexual sins of his/her marriage partner.
 - 2. The husband should pray with a male discipler; the wife, with a woman.
- B. 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)
 - 4. Be willing to meet with another discipler to confess your lingering, adverse responses if the above recommendations do not free you.

VII. 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, such as fantasy or lust, if he is not freed up through first confession.
- B. 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.
- C. 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.
- D. You should assign him to keep a daily log, recording his sexual transgressions and what triggered them, if he has difficulty breaking sinful habits. See *Homework*, Section II E, *CTD*.
- E. He may need periodic confessions in front of you as witness, if sins reoccur.
- F. He may need close, ongoing accountability for a long time if this area has a deep hold on him.