

## TWELVE STEPS TO BREAK FREE FROM SEXUAL SIN

Not all will be relevant to everyone. Work out what is right for you and adapt if you need to.

1. Admit once and for all to God, yourself, and someone you can trust that what you are doing is sinful.
2. Make a clear decision, suitably recorded and shared with someone else, that you are committed to a process in God's strength of ridding your life of this sin.
3. Pray. Not just 'God solve this problem for me,; but a good long conversation with God over this issue, in which you are very honest with him, and you allow him to be very straight with you.
4. Pray again. And again. Pray each morning for sexual purity through the day. Pray when you are feeling particularly vulnerable. Keep open a hotline to God.
5. Give yourself totally to God, specifically including your mind, your eyes, your maleness, or femaleness, and your sex organs. Ask the Holy Spirit to fill every part of your body and your being. Ask him to make you as holy as he is. Do this daily and repeat it when the pressure is on.
6. Make yourself accountable to a suitable Christian friend or counsellor with whom you have to be totally honest and who will hold you to our commitment. Talk through with him or her the suggestions made in this list.
7. Take very specific steps to avoid situations, places, people and so on which push you towards sexual sin. If necessary be drastic (Matthew 5: 30). In particular watch your eyes (Matthew 6: 22-33). Be drastic over what you look at. You will not be able to avoid seeing sexually titillating things, but you can avoid looking at them. Turn off the TV; look the other way. 'If your right eye causes you to sin, gouge it out and throw it away' (Matthew 5: 29).
8. Be aware of your specially vulnerable times or feelings, such as when you are lonely or down. Work out ways of dealing with these things other than resorting to sex.
9. Train yourself to take immediate action as soon as the first thought of sexual sin begins to come into your mind. Don't play around with the serpent – kill it! Have escape routes, things to which you can switch your thoughts.
10. Study the New Testament teaching on holiness. Model your living and thinking on that of Jesus.
11. When you do sin, be very quick to get back to God and receive his cleansing and forgiveness.
12. Work continuously at getting your mind and life so filled up with good and wholesome and Christ-centred things there is no space left for sexual sin to get in.

Slightly adapted (and used with permission) from the excellent *'What could I say? A handbook for helpers'* by Peter Hicks, published by IVP. The book is HIGHLY RECOMMENDED.