

## Stronghold Buster for Sexual Wellness

### The lies:

- *I cannot help myself. I have a strong sex drive that easily overpowers me.*
- *Love determines the rightness or wrongness of sexual intimacy with others. If I truly love the person in the moment and they truly love me, then it is right.*
- *The guidelines in the Bible regarding sexual purity are out-dated and were for another time and early cultures.*
- *God made me this way. These feelings are natural. My sexual orientation cannot be helped. I can and must determine the gender I most readily identify with.*
- *Consuming pornography (viewing or reading) doesn't hurt anyone. It is a secret sin that I can manage.*
- *Sexual activity is just a physical act that may or may not be emotional. There is nothing spiritual about it.*
- *It's too late for me to experience purity. My purity was taken from me or given away by me some time ago.*
- *I can't trust God. He wants to suppress me sexually and rob me of great experiences.*
- *My sexuality – my desire for sexual intimacy; my orientation; my sexual appetite; my gender identity is what defines me.*
- *Other?*

**Effects of this stronghold:** Sexual immorality confuses my thinking, leaves me feeling disconnected with God, lacking in self-control and fosters neediness, insecurity and selfishness. Sexual impurity blinds my understanding of covenant and undermines the sacredness of human sexuality and the holiness of marriage. Sexual sin is a very quick pathway to bondage since it involves every aspect of my humanity – body, soul and spirit. Therefore, sexual immorality is really idolatry since it elevates a *good* thing to a level of “*god*” in my life as my thoughts and actions revolve around my sexuality rather than my Creator and Redeemer.

### Truth for Life:

- ***My sex drive is designed by God.*** It is meant to glorify him by directing my desires in a righteous way. The Holy Spirit, who is strong enough to raise Jesus from the dead (Romans 6:10-11) lives in me and can easily overcome my sexual lust if I submit to His control.
- ***The holy covenant of Christian marriage is the foundation for sexual intimacy*** (Hebrews 13:4). The Christian marriage vows, when exchanged with a Christian spouse of opposite gender puts me in a position to not only sexually engage with freedom but guarantees God's blessing and fully opens the way for me to experience unconditional love as I honor my marriage vows (Mark 10:9).
- ***The guidelines in the Bible regarding sexual purity are meant to showcase the greater covenant God offers through Jesus' death on the cross*** (Ephesians 5:22-32). My sexuality is very sacred and must be linked to purity. These guidelines are eternal and never become out dated.
- ***God made me unique and wonderful (Psalm 139:14). He has the ultimate say so in my DNA (Exodus 4:11).*** My Creator designed me to play a specific role in the epic story of redemption (Ephesians 2:10). Sin blinds my understanding of God and seeks to enslave me through deception, temptation and ungodly habits. I must realize that what feels most natural to me with regard to sexuality and gender may actually be opposite to God's Word

and wisdom. I must realize that the world's way of thinking leads to bondage and ultimately, destruction (Proverbs 14:12; Matthew 7:13-14; 1 Corinthians 6:18).

**Note:** The argument that one is "Born this or that way" with regard to sexual orientation or gender identity is legitimate to a certain extent. However, the call of the Gospel is to be "Born Again" (John 3:3). The new birth unites God and a human in covenant oneness and insures new life and alignment with the Creator.

- **Trusting God and submitting to His code on human sexuality puts me in a place where I can thrive and experience his guaranteed presence** (Matthew 5:8). God generously offers me his unconditional love through Jesus (Romans 5:8), but to receive God's blessing requires me to surrender to God's will (Romans 6:11). God offers the gift of grace freely, but without my faith and obedience, God's grace cannot be fully experienced (Ephesians 2:6,8).
- **Consuming pornography (viewing or reading) not only hurts me, but also fosters a worldly system that enslaves women and children through the sex trade industry and human trafficking.** Pornography short-circuits the human brain and warps a person's view of God and objectifies human beings. It takes something that God has pronounced sacred (human sexuality) and dishonours it. <sup>1</sup>
- Sexual activity is designed to stimulate and engage every aspect of human identity; body soul and spirit (1 Corinthians 6:15-20). **Human sexuality is not simply physical.**
- **It's never too late for me to experience purity.** Purity is not something people are born with (Psalm 51:5). Instead, purity is a journey filled with daily choices of righteous behaviour.
- **I can always trust God.** He wants to bless me, prosper me and give me a life of joy and deep satisfaction (Jeremiah 29:11). This is true for Christian singles who are celibate and Christian couples who are united in monogamous marriage and sexually united.
- **My sexuality** – my desire for sexual intimacy; my orientation; my sexual appetite; my gender identity **is not what defines me.** I am defined by my identity in Christ. Sexuality will be a non-issue in Heaven (Matthew 22:30). Therefore, it is not a permanent marker or eternal aspect of my self.

## **Daily Declaration:**

By faith in Jesus Christ...

**I renounce any worldly concepts of sacred sexuality. Today, with God's strength, I choose to submit to God's holy standard for my understanding of sexuality. I renounce any contrary opinions to God's clear boundaries for my thoughts and actions with regard to sexuality. By faith in Jesus, I choose to present my eyes, my mouth, my mind, my hands and feet, my sexual organs and my whole body as an instrument of righteousness unto the Lord. I declare my body to be a living sacrifice that is holy and acceptable to my God and Savior. I choose to reserve the sexual use of my body for marriage only.**

**I reject the lie of Satan that my body is not clean or that it is dirty or in any way unacceptable to God as a result of my past sexual experiences. Father God, I thank you that through the blood of Jesus I am totally cleansed and forgiven. You love me just as I am. Therefore, I choose to accept myself and my body as cleansed and righteous in your eyes. Amen!**

Mark off the days:

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<sup>1</sup> <http://humantraffickingsearch.org/the-connection-between-sex-trafficking-and-pornography/>  
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