

Being a One Woman Man

Day 1

1. Read Genesis 2:18-25. What do you learn about the nature and purpose of a man's relationship with a woman?
2. Using what you learned in question 1, describe what sexual lust means to you, how it is different than the relationship we see in question 1. Use Proverbs 7:10-21 to help you.
3. Read Romans 1:24-25. What happens to us when we indulge in lust. Read Proverbs 7:22-27. What is the final result of giving in to our lusts?

Day 2

4. Read 1 Corinthians 6:16-17. What does it say happens when follow our lust and engage in sex outside of marriage? Thinking back to question 1, how is this different than the purpose for which God united man and woman.
5. Read 1 Corinthians 6:15-20. Explain why fornication is a particularly bad sin for the Christian.

Day 3 - We have seen that sexual holiness is the natural way for a man to relate to God and to a woman. For the next three days we will look at the motivations for and means of maintaining sexual holiness.

6. Read Proverbs 5:20-23, Jeremiah 10:10 and Revelation 11:18. What motivation do these give us to maintain sexual holiness?
7. Read Proverbs 5:15-19. What motivation do we see here to maintain sexual holiness?

Day 4

8. We must begin our battle against lust with our minds. Read Proverbs 7:4-5, Proverbs 5:13-14 and Psalm 1:1-3. What does this tell us about how we can maintain sexual holiness?

Day 5

9. Wisdom helps us guard and guide our affections. Read Psalm 37:4, Psalm 40:8, Isaiah 26:8 and Romans 10:1. What should the desire and affection of our heart be?
10. As we fix our mind and affections on Christ, we can better fix our eyes on Him. In other words, we must seek holiness in our actions. Read Galatians 5:19-23. Seeking holiness in all areas of our life will also help us to maintain sexual holiness. What are some of the sinful acts listed here that you need to put off? What are some of the fruit of the Spirit that you might put on to help you in this battle?