



## Sexual Purity

***"The body is not meant for sexual immorality, but for the Lord, and the Lord for the body." 1 Corinthians 6:13***

This month, we will be reading the book, "When Good Men Are Tempted," written by Bill Perkins. Throughout the book, Bill will help us understand the divide between slavery and freedom to our temptation in the realm of lust and sex. This book has four different parts to help us mend that divide:

- **Part One: The Struggle**  
The author shares his own struggle on the matter of lust, how it has affected him, and how it affects so many people today. On page 38 is the vision for what we hope this group is for you. There is something about sharing burdens and struggles with other guys that you spend time with.
- **Part Two: Admitting The Struggle**  
In Part Two the author begins with a helpful chart to help you find your stage of where you are in your struggle with this topic of lust. I encourage you to be honest with yourself when finding your stage of the struggle. This may be helpful for your group to talk about when you have your monthly meeting.
- **Part Three: Finding Freedom**  
The author gives plenty of advice for how you can possibly find freedom in Christ rather than being a slave to your flesh. I would encourage you to look and see which practice would be or is most helpful for you and bring it up in your monthly meeting.
- **Part Four: Living Free For The Rest Of Your Life**  
Who are your friends that you can count on? Do you have any friends that fit the traits that the author mentions in Part Four? If not, who can you think of in your group that could fit the traits?

# January Assignments

- Read *When Good Men Are Tempted*, and prepare some notes to share with your group. Your notes should include the following:
  - List the big ideas of each chapter.
  - List your key takeaways.
  - Discuss how you will apply it to your life now.
  - Bring your takeaways and application points to your monthly meeting.
  - Be ready to share insights about your thought life when it comes to the topic of sexual purity/lust. The practice of confessing sin to one another has been lost in recent years. This is a beautiful opportunity to grow deeper with those in your group. *(Remember the importance of the vault as you discuss this topic.)*
- Have a Man-date with one other guy in your group. You could discuss topics like the book, the verses, family life, personal life, etc.
- This month, you will spend a period of 4 hours in solitude. This is an ancient practice that we see in the life of Jesus and throughout history in the early church. The reason for solitude is for you to be away from any distractions that may be prevalent in your life and for you to be alone with God solely. If you need any tips on how to practice solitude or where to go. Reach out to your leader, and he can help you as you get ready for this ancient practice. **(See next page for context and suggestive ideas for your time in solitude.)**
- Memorize the verses below before your next group meeting. *(download the Verses app for help memorizing.)*
  - Keep your heart with all vigilance, for from it flow the springs of life.  
Proverbs 4:23
  - Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.  
1 Corinthians 6:18-20
  - Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.  
1 John 2:15-16  
*Scripture is taken from ESV, but use whatever translation you prefer.*
- REMINDER: Each month, go to [biltmorechurch.com/davidsmen](http://biltmorechurch.com/davidsmen) to download materials.

## Solitude

Jesus would regularly slip away into the eremos, a Greek word that can be translated as "the desert," "the deserted place," "the solitary place," or even "the quiet place." There, he would pray; he would open to his Father and draw on the Holy Spirit for strength, wisdom, direction, and joy. Then, he would come back to the world of people to love and serve.

Solitude is also a great time to think about the topic surrounding this month. As you sit with God and the Spirit for this time, I would encourage you to practice what Tyler Staton calls "Searching and Naming." He writes, "Confession is two parts: searching and naming. Searching is God's part; naming is ours. Still, your body and mind. Wait in silence, opening yourself up to the Spirit of God, releasing every possible interference. Then pray the words of David, restated as an invitation: 'Search me, Lord, and know me.' Wait. Pay attention to what may come up. Note how God begins to reveal you to yourself. Confess."

As mentioned in the assignment section, we're asking every DM participant to practice an extended period of silence and solitude. Here are the goals to aim for:

- Minimum of 3 hours
- No phone, email, TV, work, etc.
- Find a spot where you can be alone and uninterrupted. If possible, go away to a park or retreat center.

**Like most things in life, this is going to take some planning. It will not be as fruitful if you just show up and sit for 4 hours.**

The following is a suggested schedule for how to spend the 4 hours:

- 40 minutes: Prepare your mind and heart, take a walk, or do whatever will help you set aside concerns over tasks and responsibilities.
- 1 hour: Read and meditate on Scripture, taking time to stop and reflect when God seems to be speaking to you through the text.
  - Recommended passages to read/meditate
    - Psalm 18
    - Psalm 23
    - Psalm 40
    - Psalm 42
    - Psalm 104
    - Psalm 130
    - Psalm 139
- 20 minutes: Write down responses to what you have read. Speak to God about them.
- 30 minutes: Take a walk, reflecting on the morning.
- 30 minutes: Set goals that emerge from the day's reflection.
- 30 minutes: Write down these goals and other thoughts in a journal.
- 30 minutes: Pray and thank God for your time together, and ask if there is anything else he wants to say. Prepare to enter back into the flow of life.

\* Adapted from [www.practicingtheway.org](http://www.practicingtheway.org)

How to spend extended time in prayer:

<https://www.navigators.org/resource/spend-extended-time-prayer/>

Reread chapter 4 of *Praying Like Monks, Living Like Fools*, to prepare your heart as you spend time in solitude.

## **Masturbation**

Is masturbation a sin? And if so, why?

Yes.

- It's selfish. Philippians 2:3-4
- It feeds lust. Matthew 5:30
- It is not controlling the members of your body in an honoring way. 1 Thessalonians 4:4
- It keeps you single and lazy by not requiring that you pursue a spouse. 1 Corinthians 7:9
- It is not holy. 1 Peter 1:16
- Can it be done to God's glory? 1 Corinthians 10:31

Is it wrong to masturbate to photos of your wife?

It's a shortcut. God invented sex to create intimacy and oneness between man and woman (and create life). However, to get to a place in marriage where sex is available, you have to love, pursue and cherish.

What you're talking about is just mechanical release.

You would be missing out on something to do that, and you risk the counterfeit option becoming your preferred option.

\* Taken from Jonathan Pokluda