

embraced the reality that change is possible? In what have you been placing your hope?

In what ways have you bought into the “if it feels right do it” lie? What steps do you need to take to shift your decisions back to God?

SESSION 5

Date _____

Lesson: And God Said — the nature of sexual desire (pp. 36-47).

- (1) Discuss your answers to the homework questions from the previous session.
- (2) Share successes or failures in applying the truths you’re learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 61)
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 62-63); memorize the new passage and review the past four.
- ✓ Prayer: Using the 10 minutes prayer pattern, extend the time with the use of your 1-page prayer journal.
- ✓ Meditation: Read pp. 48-54 and consider:
In what ways have you devalued the people closest to you? How can you begin to see these individuals the way that Jesus sees them? In what ways could you restore those relationships? Of the eight qualities outlined in Philippians 4:8, which has been the farthest from your thinking?

SESSION 6

Date _____

Lesson: Do What Jesus Did (pp. 48-54).

- (1) Discuss your answers to the homework questions from the previous session.
- (2) Share successes or failures in applying the truths you’re learning.

To prepare for the next session:

- ✓ Bible Reading: If you’ve completed your 35-day Bible

reading plan, consider maintaining this daily habit by using one of the daily Bible reading plans found at biblicalstrategies.com/resources.

- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past five.
- ✓ Prayer: Continue with your prayer time.
- ✓ Meditation: Read pp. 55-58 and 64-65 and consider:
Work through the five W’s on pp. 64-65. How do they impact your understanding of your current struggle with sexual sin? Which of the five stones do you need most to develop—humility, integrity, loyalty, responsibility, or accountability? How have you seen God’s grace bring victory over the course of this study?

SESSION 7

Date _____

Lesson: Live by the Spirit and Prioritizing Five Stones (pp. 55-58 and 64-65).

- (1) Review and discuss the answers to your homework questions from the previous week.
- (2) Share successes or failures in applying these truths.

While this concludes the study, it should not conclude the daily habits essential for growth you have been developing. May you continue to grow in grace and in the knowledge of the Lord Jesus (2 Pet. 3:18).

- ✓ Bible Reading: Continue with daily readings.
- ✓ Scripture Retrieval: Select Bible passages in areas of struggle and continue your pattern.*
- ✓ Prayer: Deepen and develop your prayer time.
- ✓ Meditation: Consider spending 15 minutes a day reading a spiritual growth book to supplement your daily Bible reading.*

* Check out the resources tab at biblicalstrategies.com for free downloads of many helpful articles and tools.

Accountability Plan Study Guide



Strength for the
struggle

biblical strategies
for standing against
sexual temptation



Biblical Strategies

How you get to where God's taking you.

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STUDY GUIDE & ACCOUNTABILITY PLAN

This guide accompanies the book *Strength for the Struggle: biblical strategies for standing against sexual temptation*. It is intended to assist you in personal study, counseling or discipleship. It can also be used to lead a small group study through *Strength for the Struggle*. Permission is granted to make copies and distribute as needed. Additional resources are available at: www.biblicalstrategies.com.

SESSION 1

Date _____

Lesson: Getting started.

Read pages 7-10 and briefly familiarize yourself with the practical suggestions (pp. 59-74).

To prepare for the next session:

- ✓ Bible Reading: Begin daily Bible readings (p. 61).
- ✓ Look up a few of the key Scriptures on humility/pride (p. 66), and integrity/deceit (p. 68). Highlight 2-3 so that you can return to them when you struggle with humility and integrity.
- ✓ Attempt to practice a few of the key steps on humility (p. 67), and integrity (p. 69).
- ✓ Scripture Retrieval: Choose a truth or promise (pp. 62-63) and begin memorizing the biblical passage.
- ✓ Prayer: Use the 10-minute prayer pattern (p. 60)
- ✓ Meditation: Read pp. 11-19 and pp. 66-69 and consider:
*How difficult is it for you to acknowledge personal weakness?
Why do you think that is?
What steps have you taken in the past to exercise transparency with your sexual sins? Have those efforts been successful?
Why or why not?
In the past 24 hours, in what ways have you been dishonest?
What secrets, big or small, have you kept hidden from others?*

SESSION 2

Date _____

Lesson: Humility and Integrity (pp. 11-19 and pp. 66-69)

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 61).
- ✓ Look up a few of the key Scriptures on loving God and the glory of God (p. 70). Highlight 2-3 so that you can return to them when you struggle with loyalty.
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 62-63); memorize the new passage and review the past one.
- ✓ Prayer: Continue with the 10-minute prayer pattern (p. 60).
- ✓ Meditation: Read pp. 20-24 and consider:
*Which decisions that you make on a regular basis do you allow your emotions to determine? Which decisions do you subject to prayerful determination?
What does it look like practically to serve God with your body?
What should you do? What shouldn't you do?
How much would your battle with sexual temptation be impacted if, instead of serving your own desires, you chose to serve someone else?
How can you increase your desire for glorifying God?*

SESSION 3

Date _____

Lesson: Loyalty (pp. 20-24).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 61).

Look up a few of the key Scriptures associated with your various roles (p. 72)

- ✓ Work on the key steps for developing responsibility (p. 73)
- ✓ Study the accountability chart (p. 74). Prayerfully consider the benefits of an accountability partner.
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 62-62); memorize the new passage and review the past two.
- ✓ Prayer: Continue with the 10-minute prayer pattern (p. 60). Consider trying one of the other prayer patterns or helps found at biblicalstrategies.com/resources
- ✓ Meditation: Read pp. 25-35 and consider:
*In what way could you stop thinking of yourself as the victim in your sexual sin and take responsibility for your actions?
Do you need to shift your thinking about merely "keeping out of trouble" to developing a "long-term purpose" of glorifying God with your body?
Why is accountability alone not a guarantee of protection?
Have you experienced reliable accountability?*

SESSION 4

Date _____

Lesson: Responsibility and Accountability (pp. 25-35).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 61).
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 62-63); memorize the new passage and review the past three.
- ✓ Meditation: Read pp. 36-47 and consider:
*In what way have you made sex all about you? How can you return that ownership rightfully back to God?
As a believer that is "washed and sanctified," how have you*