## Sexual Purity Plan for Married Men

Lust and adultery are issues men have and will continue to struggle with throughout their life. We are wired for sensuality with one woman in mind. The issue for all of us is this, will you walk with God in holiness? He said, “but as he who called you is holy, you also be holy in all your conduct, **16**since it is written, “You shall be holy, for I am holy.” (1 Peter 1:15-16).

Author and speaker Bill Perkins often asks men, “Are you stronger than Samson, more spiritual than David, or wiser than Solomon?” Do you know any men who would claim a ’Yes’ to this question? Yet thousands of men are living as though they can master their flesh and in fact live like they are stronger than Samson, more spiritual than David, and wiser than Solomon. Unfortunately, they end up destroying themselves and impacting a lot of lives around them. None of us plans to get up one day and commit adultery, live promiscuously, or get addicted to pornography, yet this is happening to thousands of men. *One way to ensure you live in sexual purity is to create a battle plan for you to NOT fall into temptation.* Sexual danger is with us all the time. Below are several do’s and don’ts.

Do’s

* Spend regular time alone with God and reading His Word
* Read and study the consequences of physical and mental adultery
  + Proverbs 6:20-35
  + Proverbs 7:1-27
  + 2 Samuel 11:1-12:23
  + Matthew 5:27-30
  + Genesis 39; 1 Timothy 6:11-12
* Spend at least one relaxed evening a week with your wife and family
* Pour love, respect, and attention into your wife
* Install monitoring software on your computer and solicit a brother to monitor your viewing history
* Meet with a Jonathan (close Christian friend) for one-on-one accountability and brotherhood
* Watch and remain guarded regarding platonic touches
* Pray God gives you Christ’s eyes to see others as He does
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Don’ts

* Develop a pity party where you feel you deserve more attention than you are getting at home
* Behave in a way that you wouldn’t want your wife or colleagues to see what you are reading or watching including chat lines and dating sites
* Let the romance in your marriage fade
* Fantasize about illicit relationships
* Start feeling sorry for yourself
* Develop a stinking thinking pattern that believes God isn’t watching
* Ride alone in a car with a member of the opposite sex
* Dine out alone with someone of the opposite sex
* Conduct meetings in your hotel room alone with a member of the opposite sex
* Enter another couple’s residence without the husband being home unless you are with another brother
* Enter a single woman’s home without another brother
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please pray over the contents of this battle plan before signing. Once you are convinced this is a calling from God, sign this page and show it to your accountability battle buddy.

## Sexual Purity Plan for Singles

Lust and adultery are issues men have and will continue to struggle with throughout their life. We are wired for sensuality with one woman in mind. The issue for all of us is this, will you walk with God in holiness? He said, “but as he who called you is holy, you also be holy in all your conduct, **16**since it is written, “You shall be holy, for I am holy.” (1 Peter 1:15-16).

Author and speaker Bill Perkins often asks men, “Are you stronger than Samson, more spiritual than David, or wiser than Solomon?” Do you know any men who would claim a ’Yes’ to this question? Yet thousands of men are living as though they can master their flesh and in fact live like they are stronger than Samson, more spiritual than David, and wiser than Solomon. Unfortunately, they end up destroying themselves and impacting a lot of lives around them. None of us plans to get up one day and commit adultery or to live promiscuously, yet this is happening to thousands of men. *One way to ensure you live in sexual purity is to create battle plan for you to NOT fall into temptation.* Sexual danger is with us all the time. Below are several do’s and don’ts.

Do’s

* Spend regular time alone with God and reading His Word and praying
* Read and study the consequences of adultery and promiscuity
  + Proverbs 6:20-35
  + Proverbs 7:1-27
  + 2 Samuel 11:1-12:23
  + Matthew 5:27-30
  + Genesis 39; 1 Timothy 6:11-12
* Discuss your dating situations with a pastor or accountability partner
* Demonstrate the attributes of a godly man and be a consistent gentleman
* Install software on your computer and solicit a brother to monitor your viewing history
* Meet with a Jonathan (close Christian friend) for one-on-one accountability and brotherhood
* Watch and remain guarded regarding touch when dating
* Pray God gives you Christ’s eyes to see others as He does
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Don’ts

* Develop a pity party where you feel you deserve a new life and a new love
* Behave in a way that you wouldn’t want your friends or colleagues to see what you are reading or watching including chat lines and dating sites
* Romance a woman with a mind or intent to manipulate
* Fantasize about illicit relationships
* Start feeling sorry for yourself
* Develop a stinking thinking pattern that believes God isn’t watching
* Conduct meetings in your hotel room alone with a member of the opposite sex
* Visit a single woman’s residence without telling your accountability partner or pastor
* Enter into another couples residence without the husband being home unless you are with another brother or a group of men
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Please pray over the contents of this battle plan before signing. Once you are convinced this is a calling from God, sign this page and show it to your accountability battle buddy.