

Measured Warrior Field Manual Worksheet

Enemy Weapon: Sexual Immorality — The Battle for Purity

Name:

Date:

Opening Reflection

Sexual temptation is one of Satan's oldest and most effective weapons. It appeals to natural desires but seeks to separate those desires from God's design. The battle for purity is not simply about avoiding sinful behavior—it is about honoring God with our hearts, minds, bodies, and relationships.

God created sexuality as a beautiful gift within marriage. The enemy seeks to counterfeit that gift, promising satisfaction while producing guilt, brokenness, and spiritual defeat. Through the power of Christ and the work of the Holy Spirit, every believer can grow in purity and experience freedom.

Opening Prayer

Lord, open my heart to Your truth. Help me honestly examine my life and strengthen me to pursue purity in every thought, word, and action. Teach me to depend upon Your strength rather than my own. Amen.

Study 1: Understanding the Weapon

Read

- Genesis 2:24
- Matthew 5:27–30
- 1 Corinthians 6:18–20
- 1 Thessalonians 4:3–8

Questions

1. According to these passages, how does God define purity?
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2. Why do you think Scripture treats sexual immorality differently from many other sins?
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3. What does it mean that your body is "a temple of the Holy Spirit"?

4. How does Jesus show that this battle begins in the heart rather than merely in outward behavior?

Reflection

What challenged or encouraged you most from these passages?

Study 2: The Enemy's Strategy

Read

- James 1:13–15
- Proverbs 7
- 2 Corinthians 11:3
- 1 Peter 5:8

Questions

1. What progression does James describe from temptation to sin?

2. What deceptive tactics does the enemy use to make temptation appear attractive?

3. Why is compromise often more dangerous than outright rebellion?

4. Where do you see these same strategies operating in today's culture?

Reflection

What practical boundaries could help you recognize temptation before it grows stronger?

Study 3: Biblical Battle — Samson

Read

- Judges 13–16
- Hebrews 11:32

Questions

1. What unique calling had God given Samson?

2. What repeated patterns of compromise do you observe throughout Samson's life?

3. How did Samson's relationships influence his spiritual decisions?

4. Read Judges 16:20.

Why is this one of the saddest verses in Samson's story?

5. What does Samson's final prayer teach us about repentance and God's mercy?

Reflection

Which warning from Samson's life speaks most directly to you today?

Study 4: The Warrior's Habit

The Habit of Purity

Purity is developed through daily choices rather than occasional victories.

Read

- Job 31:1
- Proverbs 4:23
- Psalm 119:9–11
- Galatians 5:16
- 2 Timothy 2:22

Questions

1. What habits help protect your heart before temptation comes?

2. What situations, media, conversations, or environments make purity more difficult?

3. What practical changes could help strengthen your walk with Christ this week?

4. Why is "fleeing" temptation often wiser than trying to resist it after remaining close to it?

Reflection

Which habit of purity do you most need to strengthen?

Study 5: Following Christ's Example

Read

- Matthew 4:1–11
- Hebrews 2:18
- Hebrews 4:14–16
- John 8:1–11

Questions

1. How did Jesus respond when He was tempted?

2. What role did Scripture play in Christ's victory?

3. How does Jesus treat those who genuinely repent?

4. What confidence do Hebrews 2:18 and 4:15–16 give believers who struggle with temptation?

Reflection

How does Christ's grace encourage you to pursue purity instead of living in shame?

Warrior Action Plan

Prayerfully identify one step you will take this week to strengthen your battle for purity.

Examples:

- Remove a source of temptation.
- Memorize a Scripture.
- Establish healthy boundaries.
- Spend more time in God's Word.
- Ask a trusted Christian friend for accountability.
- Replace unhealthy habits with Christ-centered habits.

My Action Plan

Measured Warrior Sword Drill — Sword of the Spirit

Read these verses aloud each day this week.

Job 31:1

"I have made a covenant with my eyes not to look lustfully at a young woman."

Psalms 119:9–11

"How can a young person stay on the path of purity? By living according to your word... I have hidden your word in my heart that I might not sin against you."

Matthew 5:8

"Blessed are the pure in heart, for they will see God."

1 Corinthians 6:18–20

"Flee from sexual immorality... You are not your own; you were bought at a price. Therefore honor God with your bodies."

Galatians 5:16

"Walk by the Spirit, and you will not gratify the desires of the flesh."

2 Timothy 2:22

"Flee the evil desires of youth and pursue righteousness, faith, love and peace..."

Formation Question

Am I guarding my heart by depending on Christ's strength, or am I relying on my own strength like Samson? What changes is God calling me to make so that I can pursue purity with an undivided heart?

Closing Prayer

Dear Heavenly Father,

Thank You for creating me in Your image and for calling me to a life of holiness. Forgive me for every compromise that has weakened my walk with You. Guard my eyes, renew my mind, and strengthen my heart through the power of Your Holy Spirit.

Help me recognize temptation early, flee from sin, and fill my life with Your truth. Thank You that through Jesus Christ there is forgiveness, restoration, and victory for every repentant heart.

Teach me to live as a Measured Warrior who treasures purity, walks in integrity, and reflects Your character to the world.

In Jesus' name,

Amen.