

## RESPONDING TO SEXUAL TEMPTATION WITH INTEGRITY

*Lust and the Call to Honor God and Others*

*A focused companion worksheet to : [How Does God Change Us?](#)*

Name or initials: \_\_\_\_\_ Date: \_\_\_\_\_

You may want to honor God while finding that sexual temptation returns in familiar situations. This worksheet helps you identify what you deliberately cultivate, recognize patterns, and practice choices that honor both your own body and other people's dignity.

### **Lust and the Call to Honor God and Others**

Sexual temptation can be difficult to talk about honestly. You may desire to honor God while returning to thoughts, content, or behaviors that conflict with that desire. Scripture invites us to bring these struggles into the light, take responsibility for our choices, and learn to regard ourselves and others with dignity.

**Jesus addresses what we deliberately cultivate in our hearts.** In Matthew 5:27–28, Jesus teaches that faithfulness involves more than avoiding the outward act of adultery. It also concerns intentionally looking at someone with lustful desire. Attraction, temptation, and unwanted thoughts are not the same as choosing to dwell on and feed them. This distinction helps us identify where a response becomes a choice we need to change.

**God calls us to holiness and honorable conduct.** First Thessalonians 4:3–8 connects sexual conduct with sanctification and warns against wronging another person. Lust can draw our attention toward what someone offers us while overlooking their personhood, commitments, and well-being. We can ask: *Am I treating this person as someone to love and respect, or as someone to use for my own gratification?*

**What we repeatedly give our attention to matters.** Romans 13:14 tells believers not to make provision for gratifying the desires of the flesh. This calls us to examine the conditions we keep creating: the content we return to, the conversations we encourage, or the situations in which we repeatedly cross a boundary. Changing access, routines, and habits can be a practical expression of obedience.

**Temptation is a moment in which we can seek God's help and choose a response.** First Corinthians 10:13 reminds us of God's faithfulness and His provision of a way through temptation. The next faithful step may be closing the content, leaving a situation, redirecting our attention, or contacting someone who can support us. We do not have to wait until the desire disappears before taking that step.

**Our bodies belong within our relationship with God.** First Corinthians 6:18–20 calls believers to honor God with their bodies. Sexuality is an area of life to bring under His care and guidance. Honest accountability, appropriate boundaries, and help from a counselor when needed can support that process.

This worksheet will help you recognize what you are feeding, identify the situations in which temptation becomes a repeated pattern, and practice choices that honor God and respect others.

Choose one recent example. Work through pages 1–3, then use page 4 for seven days. Read the Scripture passages in context. The aim is honest responsibility and practiced change in response to God's grace, not earning His love.

## RESPONDING TO SEXUAL TEMPTATION WITH INTEGRITY Lust and the Call to Honor God and Others

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### 1 Notice your pattern

What specific choice are you working to change—for example, returning to sexual content, cultivating a fantasy about someone, or crossing a relational boundary? Describe the pattern without explicit details.

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What usually comes before the choice? Consider access, time of day, isolation, fatigue, stress, boredom, or a particular interaction. Which factors apply to you?

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What are you seeking through this response, and what consequences follow? Consider your integrity, attention, relationships, and treatment of other people.

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### 2 Bring the pattern into the light of Scripture

Read each passage below. The notes explain the connection to this topic; they are summaries and applications, not quotations. Choose one passage to study more closely.

Matthew 5:27–30 — Jesus addresses adultery at the level of intentionally lustful looking as well as action. His forceful imagery underscores the seriousness of removing occasions for sin; it is not an instruction to injure yourself.

1 Thessalonians 4:3–8 — Paul connects holiness with honorable sexual conduct and warns against wronging or exploiting another person. Consider how your choices respect others as people.

1 Corinthians 10:13 — Paul emphasizes God’s faithfulness and provision in temptation. Look for a concrete way to respond rather than waiting for the urge to disappear.

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Which passage most directly addresses the choice you named? Write its reference and the response it calls for.

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What thought gives you permission to continue—for example, “I have already started, so it does not matter”? Write a truthful response that helps you stop and choose differently.

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How can you honor the personhood of others in this situation? Name one change in attention, access, communication, or behavior that is yours to make.

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Guarding the heart includes attending to our thoughts, feelings, understanding, and will (Proverbs 4:23). Consider which repeated messages you need to stop cultivating and which truth you need to remember and apply.

Scripture sources: Matthew 5:27–30; 1 Thessalonians 4:3–8; 1 Corinthians 10:13; Proverbs 4:23. Read the full passages at BibleGateway.com. For the Hebrew meaning of heart, see the NET Bible translation notes on Proverbs 4:23.

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### 3 Choose and practice a different response

Identify the earliest point at which you can interrupt the pattern. Close the content, leave the situation, change access or location, and choose a planned activity. If needed, contact a trusted support person. Practice addressing stress or loneliness in a way that does not feed the pattern. Keep accountability honest and respectful of privacy.

| When this happens                                                 | A response I can practice                                                           | A belief to remember                                                        |
|-------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <i>I am alone late at night and start seeking sexual content.</i> | <i>Put the device away, leave the room, and begin my planned wind-down routine.</i> | <i>An urge does not require me to continue; I can choose the next step.</i> |
|                                                                   |                                                                                     |                                                                             |

Make the plan your own. Describe one observable action, not only a feeling you hope to have. Write a specific time or occasion for arranging support or changing a routine.

| Part of my plan                                      | My specific choice |
|------------------------------------------------------|--------------------|
| The cue I will watch for                             |                    |
| What I will do or say instead                        |                    |
| Scripture reference and truth I will remember        |                    |
| An influence, access point, or routine I will change |                    |
| Support I will use and when I will arrange it        |                    |

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### A focused companion to Soul Care Reflection: How Does God Change Us?

What boundary, accountability, or professional support is needed? Name who you will contact and what help you will request. If someone has been harmed or trust has been broken, consider appropriate repair; a counselor can help plan a responsible conversation.

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If the old response happens again, stop, acknowledge your choice, repair harm where needed, and adjust the plan. Review what happened before the response rather than concluding that change is impossible.

### 4 Practice for seven days and review

Each day, briefly record the situation, your response, and what you learned. If there was no opportunity, write that. Notice progress and difficulty honestly. The record helps you learn; it does not measure your worth or God's love.

| Day or date | Situation and response I practiced | What I learned or will adjust |
|-------------|------------------------------------|-------------------------------|
| 1           |                                    |                               |
| 2           |                                    |                               |
| 3           |                                    |                               |
| 4           |                                    |                               |
| 5           |                                    |                               |
| 6           |                                    |                               |
| 7           |                                    |                               |

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**Review at the end of the week**

Which boundary or response helped you interrupt the pattern? If it continued, what was the earliest missed opportunity and what support or adjustment is needed?

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What will you continue or change next week? Name one action and any additional help you need.

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Prayer: Father, help me be honest about my choices without hiding in shame. Teach me to honor others, recognize Your help in temptation, and take the next faithful step. Amen.