

# Sexual Integrity

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## **Sexual Integrity Exercise**

*Exercise worksheet on the next page.*

As human beings, we are both animals driven by sexual instincts and persons longing for sexual intimacy. We are men animated both with cravings for raw sex and desires for interpersonal connection.

We ultimately want to enjoy sexual expression as part of an abundant life of abiding in God's freedom, love, and wholeness. Once aroused and thinking sex is all there is, we also want it right now. As such, sex can be both fulfilling and overpowering in our lives.

We are free to do what we want. But lest our freedom lead to shame, bondage, and brokenness, we must balance our liberty with integrity where we hold freedom, love, and wholeness together in sexual expression. Honoring who we are as beloved children of God and our call to enjoy and extend love, consider how you intend to live with sexual integrity—that is, how you intend to be honest about and hold together all your parts in an integrated wholeness. On the next page, identify your top and bottom lines and how you want to embody your sexuality.

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**Top line** (values I want to honor):

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**Sexual integrity** (personal practices between my top and bottom lines):

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**Bottom line** (behaviors I intend to avoid):