



Dealing With Your Own Sexuality Personal Reflection Time

Keep in mind that self-evaluation tools such as this are only helpful when you are willing to be honest and open with yourself as you interact with the questions.

Proverbs 4:3 - Above all else, guard your heart, for it is the wellspring of life.

Guard your heart, mind, and eyes.

- We've looked at this verse before in relationship to our children, but what about us? How do you see this verse speaking into your own life?
- Where do you see connection between what you allow into your heart and the kind of sexuality you are experiencing in your life?
- What does "guarding your heart" look like to you personally? Where does your heart need to be guarded most?
- What practical steps do you need to implement in order to "guard your heart"?

Be ruthlessly honest about your own brokenness.

- Have you had any unhealthy sexual experiences in you past that are in need of addressing or resolving?
- Have you been sexually abused during your lifetime? If so, have you worked through a process of healing?
- Would counseling help you to process any unhealthy sexual issue from your past?

Create intimacy in your marriage.

- How's your love life?
- Is there any emotional distance between you and your spouse? If so, why? What steps might you take to narrow the gap?
- How are you working to keep the spark in your marriage alive?

Practice fidelity and purity.

- Have you had any flirtations, lustful attitudes, or tempting thoughts that would not glorify God? Have you viewed explicit materials (such as movies, racy TV shows, or

- Internet pornography) that would not glorify God?
- Do you have (or are you at risk of having) inappropriate emotional ties to someone of the opposite sex?

Seek forgiveness/give forgiveness.

- Are you in need of seeking forgiveness or granting forgiveness for any sexuality-related situations?

Be Accountable.

- Are you living an isolated life? Do you have people in your life who you feel comfortable talking openly with? People who can help you stay accountable?
- Are you faithful in your commitment to your spouse?

Action Steps:

In order to better deal with my own sexuality, and in turn give my children the best possible chance of developing a healthy sexuality, I will do the following: