

# The Counseling Solutions Group, Inc.

## Counseling Problems Project

- I. **The Problem:** Sensual Lust
- II. **The Purpose:** To develop a systematic approach that will assist the counselee in overcoming the sin of sensual lust. The focus of this project will target three main areas: character, knowledge and practice.
- III. **The Project:** In order to get the most out of this project, read it completely and carefully before beginning the first assignment. The assignments are scattered throughout the project, so it would be best to highlight the assignments as you come to them in your initial reading. After the initial reading, go back to IV and begin the assignment.
- IV. **The Passages with Exegesis** Read the following verses and write or type, on a separate sheet of paper, the meaning of these verses.

1 Corinthians 7:9

1 Corinthians 7:3-4

1 Corinthians 6:12

1 Corinthians 6:9

John 4:1-10

Matthew 5:27-28

Proverbs 5:20-22

Romans 1:24-25

1 Corinthians

1 Corinthians 10:13

## V. **Instructional Outline on Masturbation**

### A. Is Masturbation a Sin?

1. There are no direct teachings which say masturbation is sin.

2. When there are no direct principles you must teach from indirect principles.

B. Principles from Scripture (From your study in IV above, write out or type a personal application regarding the teaching of the following verses.

Use a separate sheet of paper.)

1 Corinthians 7:9

1 Corinthians 7:3-4

1 Corinthians 6:12

1 Corinthians 6:9

John 4:1-10

Matthew 5:27-28

Proverbs 5:20-22

Romans 1:24-25

1 Corinthians

1 Corinthians 10:13

C. Purpose of Sex

1. Procreation of a godly heritage - Malachi 2:15

2. Practice of the second great commandment - 1 Corinthians 7:3-4

3. Protection from sinful temptation - 1 Corinthians 7:9

D. Presuppositions Before Counseling

1. Are you born again?

a. With any habituated sinful lifestyle, you cannot change without first being regenerated. (Write out or type a summary of the time you were converted to Christianity.)

2. Do you want change or relief?

a. What is your motivation for counseling?

(1) Relief to get what you want or

(2) Changed into the image of Jesus Christ. Explain your answer below:

3. Are you willing to do whatever is necessary to bring about godly change? (Write out or type your plan for the following three areas.)
  - a. Accountability?
  - b. Transparency?
  - c. Submission to Counseling?

#### E. The Counselee's Responsibility

##### 1. Reflection

- a. A complete examination of lifestyle. (Be specific with the components involved in your sin. What times are more prevalent, what is involved, with whom, what is necessary in order for you to sin? Use separate paper if necessary.)

(1) Go through the Moral Failure Worksheet (pg. 11) for extensive data collecting regarding the physical aspects of this sin.

(2) What do you do?

(3) When do you do it?

(4) What is involved?

2. Repentance (Write or type out one page on each of the following being careful to make specific application to your personal life.)
  - a. Repentance is conviction: discuss how the Holy Spirit has brought conviction into your life as it pertains to your sin.
  - b. Repentance is confession: discuss why the need for confession, who are you going to confess to and write out a simple confession.
  - c. Repentance is correction: discuss what correction looks like. How are you going to correct this problem? Be specific, personal and practical.
  - d. Repentance is complete when an alternate lifestyle is begun and maintained.
3. Restructuring
  - a. Putting off and putting on (Write out or type your specific plan for numbers (1) and (2) below.)

(1) Specific things that must be done to keep from embracing this sin.

Examples: Put Off

1a Get off the Internet

1b Go home another way, rather than by the store where you can buy porn

1c Change relationships that entice you to sin or think about sinning

(2) Specific things that must be done to put on righteousness

Examples: Put On

1a Be honest with your wife

1b Commit to counseling

1c Have an accountability partner

1d Begin ministering to others

## **VI. Homework Assignments**

A. Read: Not Even a Hint—In Joshua Harris' book the counselee will get a great perspective on the commonality of lust. It will be helpful for the counselee to know that "his sin" is not one that is outside the bounds of God's grace and His faithfulness in assisting the counselee to overcome. The counselee will highlight 10 principles mentioned in the book. As he works through the principles (using the Principle Format Sheet—see attachment #1)

the counselee will begin making application of this particular Bible text to his personal life.

B. Moral Failure Worksheet—This worksheet (see attachment #2) will give the counselee an opportunity to examine his life from a “sexual” perspective. This is intended to be extensive data collecting in an intensive area. It will also give the counselee an opportunity to confess each sin area to God and begin the “put-on” phase of change according to Ephesians 4:17–32.

C. JBC article: “I was a Transsexual Male...”: A Testimony to the Grace of God (Contact The Counseling Solutions Group, Inc. for a copy of this article.)  
—The counselee will continue his reading assignments with this Journal of Biblical Counseling article. The author of this article was habituated in deep sin. His testimony will not only be an encouragement where hope is needed, but it will be instructive in how to overcome sin. The counselee will highlight 10 principles from this article and begin working through the principle format form as he makes application to his own life.

D. JBC article: Slaying the Dragon (Contact The Counseling Solutions Group, Inc. for a copy of this article.)—This article, authored by David Powlison, delves into the mind as it indulges in sexual fantasy. Powlison does a masterful job as he gives a glimpse of a Christian who is struggling with a habituated lifestyle of sin. The counselee will follow the same format as in the previous article by highlighting 10 principles and making application using the format sheet.

E. Steps to Remain in Moral Freedom—This form (see attachment #3) will help the counselee to identify areas in his life that may be contributing to his sinful lifestyle. As part of his restructuring, it will be necessary to examine his thought life, obedience to God’s Word, where and with whom he spends time, the things in which he listens to, his response to sinful temptation and his relationship with his wife. For each area, on the Moral Freedom form, the counselee will identify five or more specific areas that need to change in his life in order to maintain a righteous disciplined lifestyle. Then, for each identified area, he will list a specific “put on” that he can implement immediately into his lifestyle. (Use a separate sheet of paper to complete this project.)

F. Summaries

1. Continue to meet with your counselor for weekly sessions until you are habituated into a new lifestyle (Gal. 6:1-2).
2. Write out a one-page summary of each of these sessions.
  - a. This will further cement the material that was presented in the sessions.
  - b. It allows the counselor to see how well you comprehend and apply the principles learned.
  - c. It will give the counselor a point of departure for the next session and also maintain continuity from session to session.
  - d. It will allow the counselor to see what needs to be reiterated.

e.It will give the counselee an opportunity to think of additional questions that he didn't think of during the session.

f.It will help to further create a discipline, which is typically a part of the problem with most sin habits.

G. Identifying and Resolving Strongholds—This worksheet (attachment #4) is designed to help the counselee in the practice of identifying sin areas in his life and take appropriate actions to overcome the specific sins. As he begins to restructure, regarding the sin of masturbation, he will also identify other sins that are related to his sexual immorality. These other sins might not be present, but it will give the counselor some possible areas to look. This list includes blame-shifting, depression, fear, guilt, and self pity as possibilities of other sins that can accompany sexual deviation. Along with these sins are accompanying signs that the counselor will want to be attentive to, i.e. lack of interest, avoidance, muscular tension, tiredness, shyness, sensitivity, suicidal, communication breakdown, sleeplessness, impotency, and anxiety. The counselor will want to assist the counselee in identifying these strongholds in order to alert him to possible blind spots in his daily deportment. It is possible that he is not aware of all of his sin habits, especially if it is a life-dominating sin. The counselee is to identify all of the sins associated with masturbation and do a separate Identifying the Stronghold Sheet for each one. There is an example copy as well as a blank copy in the attachment section.

H. Read The Holiness of God—R. C. Sproul’s book lays out in easy to read language the most important truth for the Christian to understand. A person who is habituated in sensual lust is absorbed by self-worship. The person who practices self-worship cannot worship God. A hindrance to worshipping God is a lack of knowledge. The foundational truth in the knowledge of God is understanding His essence: His holiness. The student should highlight five principles per chapter and make personal application to his life using the Principle Format Form.

I. Read: Trusting God and do the Workbook—This is Jerry Bridges’ classic work that should enable the counselee to be strengthened in his faith. The core of the counselee’s problem is a wrong view of God. By having a wrong view, he chooses to worship and serve his depraved, creaturely, passions rather than God. Bridges’ book will assist him in his thinking about God. Hopefully he will discover that God is worthy of his worship and anything less than that will never satisfy. The accompanying workbook will be invaluable in getting the most from the text.

J. Read: How to Say No to a Stubborn Habit—Erwin Lutzer’s book is a classic on life-dominating sins. The counselee will need to read through it and identify 25 principles using the Principle Format Form in order to make specific application to his life. This book will help in the “put-on” phase of his repentance process.

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## Homework Principles Format Form

For the assignment given, write out (or type) \_\_\_\_ principles, statements, or questions per chapter (or article) using the following format:

1. Write out or type the principle or statement with the appropriate page number. Write the statement just as it appears in the book or article.
2. Type or write out a short paragraph stating the author's purpose of the statement. What did he mean? What is the meaning of the statement in context with the paragraph(s)?
3. Now take the author's statement and write out (or type) a short paragraph of what the statement means to you, personally. Make an application of the statement in your life. Be personal, practical and specific.

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## Moral Failure Assessment

Under each category, write out how you have failed in each area that applies to your sin. If it does not apply, simple skip the category.

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Thought Life: Sexual Lust

Sexual Abuse

Pornography

Rape

Masturbation

Abortion

Homosexuality

Bestiality

Defrauding (sexual arousal of another)

Prostitution

Premarital sexual relations

Topless/Nude bars

Adultery

Cyber Sex

Exposing oneself

Wife Swapping (Swingers)

Peeping Tom

Other

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## Steps to Remain in Moral Freedom

1. Guard your thoughts and desires.  
Proverbs 7:25 "Let not your heart turn aside to her ways."
2. Obey God's Word and seek God's wisdom.  
Proverbs 7:1-5 "That they may keep you from..."
3. Do not spend time with a person who is immoral.  
Proverbs 5:8 "Remove thy way far from her and come not near the door of her house."
4. Never listen to the enticing statement of a person who is or wants to be involved.  
Proverbs 2:16, 5:3-5, 7:15, 17-21 "With her fair speech she causeth him to yield." "With the flattery of her lips she forced him."
5. Flee when confronted with a moral temptation.  
1 Corinthians 6:18 "Flee fornication."

### **If Married**

6. Rejoice in the spouse God has given and let him/her render due benevolence.  
Proverbs 5:15-18; 1 Corinthians 7:3-4 "Rejoice with the wife of thy youth." "Let the husband fulfill his duty to his wife"
7. Be intoxicated by his/her love.  
Proverbs 5:19 "Be thou ravished always with her love."

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## Identifying and Resolving Strongholds

“Bringing every thought captive to the obedience of Christ”

2 Corinthians 10:5 / James 4:7

- |                         |                  |                             |
|-------------------------|------------------|-----------------------------|
| 1. Bitterness           | 7. Withdrawal    | 13. Anxiety                 |
| 2. Envy                 | 8. Avoidance     | 14. Sleeplessness           |
| 3. Jealousy             | 9. Guilt         | 15. Tiredness               |
| 4. Failure to do chores | 10. Self-Pity    | 16. Shyness                 |
| 5. Lack of Interest     | 11. Loneliness   | 17. Blue, sad, tears        |
| 5. Blameshifting        | 12. Disorganized | 18. Frequently asks, “Why?” |

Temptation: Specific Problem Encountered	Satan’s Goal: Basic Area of Temptation	God’s Goal: Opposite Christlike Quality	Victory Over a Stronghold	
			Prayer	Scripture
I walked into a convenience store today that had racks of porn magazines	The desire to look was strong because of my habit of sexual lust	To love my wife as Christ loves the church.  I am commanded to flee youthful lusts, which I did. Also I purpose not to go into that particular store again. I also told my wife and counselor and they are holding me accountable regarding this particular temptation  When I am tempted I purpose in my heart to seek out ways to minister to others, rather than indulge in self-absorbed, self-serving sin habits. Today I did... for...	1. I am a child of God...  2. I renounce (resist) the desire to ...  3. I choose to submit to God’s desire to ...	Rom. 10:9, 13, 17 John 3:7 Eph. 1:3-13 1 Cor. 5:17  2 Tim. 2:22 1 Cor. 6:18 Job 31:1 Prov. 23:7  Eph. 5:25 1 Cor. 7:3-4 Matt. 22:36-40

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