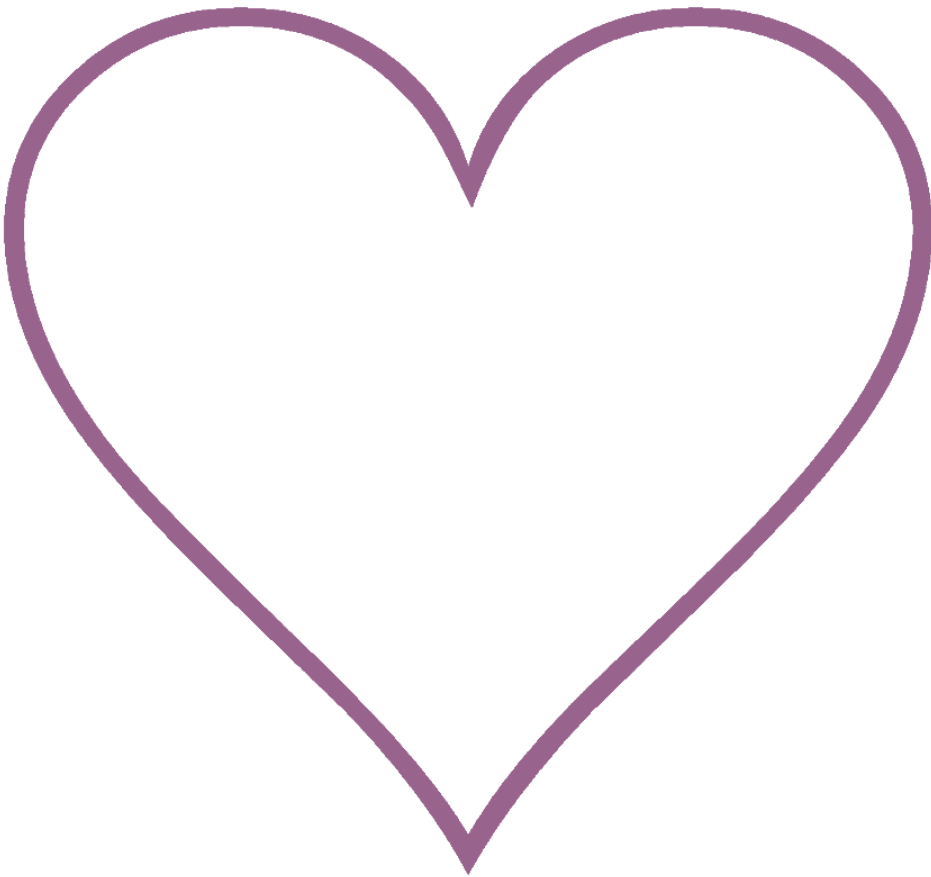


As we end this week, consider this:

If this heart represents your sexuality, color in the percentage that has fully been surrendered to God. Identify areas that are yet to be reclaimed. Write down the things that are still covered in shame, pain, or confusion. There is power in naming and bringing our struggles into the light.



If there are still parts that feel divided, name those parts of your heart that have not been surrendered to the Lord.

TOOLBOX

WHEN YOU ARE TRIGGERED

H

Hungry

A

Angry

L

Lonely

T

Tired

In the chart below, write out a few of the lies you believe and then find Scripture to expose the lie. In the column on the left, write the lies—these could be lies that you read earlier this week or other ones not related to sexuality. In the column on the right, write the truth from Scripture.

The first chart is an example of the activity. Use the second chart to complete the activity on your own.

LIES YOU BELIEVE	TRUTH TO SET YOU FREE
God is not with me or near to me as I struggle with sexual sin.	Isaiah 41:10, Romans 5:8, 8:35-39
God doesn't care about me or my sexual sin issues.	Luke 12:27-28, Deuteronomy 3:22

LIES YOU BELIEVE	TRUTH TO SET YOU FREE