

to surrender our sexuality to the Lord, but always and only in light of the journey of knowing Christ Jesus our Lord. Without an intimate relationship with God, the call to reorder your life (including your sexuality) will become a burden of legalism that you won't be able to handle for long.

Shelly's is a true story. Knowing Jesus really changes everything, and it can change everything for you. This book is about that process—the process of tearing down the wall between you and God so that He can give you life.

I am beyond excited to go on this journey with you. Why? Not because I hope God cleans up your sex life or changes your view on cultural issues, but because when God takes over that territory of your heart (the one behind the wall), you will experience a love, a power, and a freedom that defies explanation.

Application Exercise:

In what ways have you separated your sexuality from your relationship with God? Honestly mark all that apply.

- ☐ I have a sin struggle that I haven't told anyone about.
- ☐ I question the goodness of what the Bible says about sex.
- ☐ I have sexual wounds that God hasn't healed or redeemed.
- ☐ My sexuality is a source of shame.
- ☐ I don't fully believe that I am forgiven and cleansed from past sexual sin.
- ☐ My sexual identity feels more real and powerful than what the Bible says about me.
- ☐ I don't feel comfortable praying about my sex life.
- ☐ What the Bible says about sex seems outdated and irrelevant.
- ☐ Other: _____

Which of these areas of questions and pain are currently creating doubt or distance in your relationship with God?

- ☐ I can't understand why God allows things like sexual abuse or human trafficking.
- ☐ Experiences in the church that were hypocritical, judgmental, or abusive
- ☐ The way Christians argue about sexuality
- ☐ The silence in my church on important sexual issues
- ☐ The unloving stance some Christians have toward the LGBTQ+ community
- ☐ My own experience of God not delivering me from a sexual struggle
- ☐ Unresolved sexual conflict within my marriage
- ☐ Other: _____

Talk to at least one Christian brother or sister this week about your answers to these questions. Ask for them to pray for you and with you as you engage in this study.

Passages to Study:

Read John 4:1–26.

How did this woman possibly have her sexual brokenness “walled off” from her pursuit of God?

How did Jesus invite her to tear down that wall?

What happened as a result?

Read Psalm 139.

How does this psalm challenge your assumption that you can separate your sexuality from God's knowledge or presence?

What specific verses in this psalm encourage you to invite and acknowledge God's presence in the most intimate spaces of your life?

Read Romans 11:33–12:2.

Paraphrase what this passage means to you personally.

Questions for personal reflection and discussion:

1. "Sexuality is never a neutral issue in your relationship with God."
Do you agree with this statement? Why or why not?
2. Why is it a problem to ignore sexual issues, questions, and struggles?
3. How would you describe the difference between surrendering and trying harder?
4. How would you describe the extent to which you have surrendered your sexuality to the Lord?
5. Why do you think Christians tend to "compartmentalize" their sexuality rather than surrendering it to God?
6. Why is knowing Jesus so important to your journey of surrender?

You are not your wounds.

“By his wounds we are healed.”—Isaiah 53:5

You are not your sin.

“God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”—2 Corinthians 5:21

You are not your shame.

“There is now no condemnation for those who are in Christ Jesus.”—Romans 8:1

You are not your sexual desires.

“Do not live the rest of [your] earthly lives for evil human desires, but rather for the will of God.”—1 Peter 4:2.

You are not your purity.

“While we were still sinners, Christ died for us.”—Romans 5:8

You are not your relational status.

“The Spirit himself testifies with our spirit that we are God’s children.”—Romans 8:16

Application Exercise:

This chapter addressed four common identity traps related to sexuality. Which of these four is most true of your journey?

- ☐ The Self-Discovery Trap
- ☐ The Shame Trap
- ☐ The Performance Trap
- ☐ The Relationship Trap

How does that particular identity issue play into your current questions or struggles related to sexuality?

Write down at least one or two core lies you tend to believe about your identity. Some examples might include:

No one would ever love me if they knew my struggle.

I need to be married to feel like a whole person.

I have to give a dating partner sex if I want them to love me.

My same-sex desire is a core part of my identity.

I only have value and worth if someone finds me worth pursuing.

I am still a virgin, so I'm a righteous person.

When did you first start believing that lie?

How, based on the Scripture, do you know it's a lie?

What is the truth?

What influences in your life reinforce the lie?

What influences in your life reinforce the truth?

Identify at least one person currently in your life who can walk this journey toward truth with you.

Passages to Study:

Read Philippians 3:4–11 and 1 Timothy 1:15.

What words does Paul use to describe his identity apart from Jesus?

What happened for Paul to consider every other identity as “garbage”?
See Philippians 3:8.

What do you think Paul means by the “surpassing worth of knowing Christ Jesus my Lord”?

To what extent have you experienced this?

Read Ephesians 1–2.

What truths about your identity do you find in these two chapters?

Questions for personal reflection and discussion:

1. Do you believe that behavior shapes identity or identity shapes behavior? Explain your answer.
2. How has the postmodern pressure to write your own truth impacted your personal walk with the Lord?
3. What is the greater struggle for you: the shame of sexual sin or self-righteousness toward God and others? How are both of these barriers to surrender?
4. How would you describe the difference between the need for sex and the need for intimacy?
5. Why is knowing the Bible not enough to convince you of your identity in Christ?
6. What might it look like for you to pursue the deeper intimacy with God described in this chapter?
7. To what extent does your Christian community help you walk in God's truth about you? How can you take the initiative to find those types of relationships?

within our sexuality. If you are feeling convicted or overwhelmed, don't be discouraged. It will take time to renew your mind—to recognize the lies you have believed and to replace them with the truth about God's good gift of sexuality.

This process is critically linked to—you guessed it—knowing Jesus. “I am the way, the truth, and the life.” Jesus did not just claim to speak truth, but to embody truth. As you build an intimate friendship with Christ, He will expose the lies you believe and replace them with His beautiful truth.

Lord Jesus, we are desperate for You, trapped in thinking that limits our surrender and understanding of Your goodness. Please draw us into intimacy with You that we may know You and the truth that sets us free.

Application Exercise:

Look at this chart. In each row, circle the statement that best describes how you think about the purpose of sexuality, marriage, and gender:

We Are Creators:	We Are Creatures:
You must follow your romantic and sexual desires to find happiness.	What we choose is more important than what we feel. Sexual attractions and desires may come and go, but they don't define us or bring us long-term happiness.
Love is primarily a feeling that you cannot change. It's not an action or choice.	Covenant love is a decision, not a feeling. Within covenant, you work on sexual chemistry, feelings of love, and friendship.

You should get married only if you are sexually attracted to and fall in love with someone.	Getting married is a choice to honor God by living out the picture of the marriage covenant and family. Falling in love and sexual attraction are not wrong, but are not the foundation of a godly marriage.
Sexual activity is mostly for personal satisfaction and self-expression. If sex happens to involve marriage or having children by your personal choice, great, but the purpose of sex has little or nothing to do with marriage and procreation.	Sexual activity is a unique way to remember and celebrate covenant and to create new life.
Gender is a social construct or internal understanding of self that may or may not line up with your biological sex.	Male and female are the only two categories of biological sex and gender. They were created to uniquely reflect God’s nature and are not interchangeable in personhood or the covenant of marriage.

Looking over your answers, how has wrong thinking about the purpose of sex created confusion for you in navigating real-life issues of sexuality and gender?

A major theme of this chapter is that God reveals Himself through His creation. Reflect on your current experiences and circumstances around sexuality. Which best represents you?

- ☐ I am single and content
- ☐ I am single and experiencing deep longings
- ☐ I am in a significant dating relationship
- ☐ I am married and thriving

- ☐ I am married and struggling
- ☐ I have been through a divorce or betrayal

How does your current experience of sexuality (the good and the bad) reveal elements of God's covenant love?

Passages to Study:

Read Romans 1:18–32.

What does Paul write about people rejecting the Creator and worshipping created things?

How did having the wrong relationship with the Creator lead to wrong *thinking* (see vv. 21–22, 25)?

How does the cultural lie that “you are the creator” impact your thinking about sexuality and sexual morality?

Read Ephesians 2:1–3, Ephesians 4:17–19, Colossians 2:8, and Romans 12:2.

What do these verses say about the importance of how we think about sexuality?

In what ways are you working to transform your thinking as an act of surrender to God?

Questions for personal reflection and discussion:

1. Why do you think it is important to talk about the purpose of our sexuality?
2. In what ways have you tried to address wrong sexual behavior while still clinging to a worldly understanding of the purpose of sex?
3. React to this statement: While culture paints sexuality as a journey of self-discovery and expression, the Bible presents it as a journey of God-discovery and revelation.
4. What do you think this means: “God created sexuality to reveal the nature of His covenant love”? How is this purpose different from what you might have heard before about God’s purpose for sexuality?
5. How does this purpose change your understanding of how to honor God with your sexuality?
6. In what ways do you recognize the spiritual warfare around your own sexuality?
7. What does it practically look like to surrender your thinking about sexuality and gender to the authority and love of Jesus?

time that no help, or less help than you need, is being given. Never mind. After each failure, ask forgiveness, pick yourself up, and try again. Very often what God first helps us towards is not the virtue itself but just this power of always trying again. For however important chastity (or courage, or truthfulness, or any other virtue) may be, this process trains us in habits of the soul which are more important still. It cures our illusions about ourselves and teaches us to depend on God.⁷

My dear friend, the goal is not to have less sin, but to have more of Jesus. Don't keep your eyes fixed on your battle with sin. Keep your eyes fixed on the One who loves you, who advocates for you, and who is your freedom and righteousness.

Application Exercise:

What is the specific sexual sin you struggle with?

How is that sexual sin an “illegitimate way to address legitimate needs”?

Check the ways that sin or relationship “serves” you:

- ☐ Helps me deal with my loneliness
- ☐ Is a way to temporarily reduce negative emotions like anger, anxiety, or sadness
- ☐ Makes me feel valued or loved

In what ways have you tried to stop the sin without addressing the underlying needs it represents? What would it practically look like for you to bring those needs to the Lord in the process of surrendering your sin?

Passages to Study:

Read Ephesians 2:1–2, Ephesians 4:22–24, Romans 1:21–25, and 1 Peter 2:11.

What do each of these passages say about how sin has impacted our desires and thoughts?

Why is it important to surrender our sinful thoughts and desires about sexuality?

Do you agree that our battle with sin involves not just what we *do* but also things we may *desire*? Why or why not?

What sexual thoughts and desires is God asking you to surrender?

What happens when we deny our sinful desires without turning to God to satisfy them?

Questions for personal reflection and discussion:

1. How is the pursuit of “sexual purity” different from “sexual integrity”?
2. How does the principle of ownership and consent impact how you think about what is right and wrong sexually?
3. How have you been using sexuality for *your purposes* instead of for God’s purposes?
4. Share some examples of how you minimize, excuse, blame, or compare sexual sin instead of confessing it.
5. Why does holding on to sexual shame mean that you lack sexual integrity as a Christian?
6. How do you specifically need to “reorder your environment” to proactively address sexual sin and temptation?
7. Why is fasting an effective way to “learn to control your own body”? How has fasting from food (or something else) helped you in your journey of sexual integrity?

all in front of a mocking crowd. Through His suffering, Jesus entered the stronghold of every human wound. As a result, “This High Priest of ours understands our weaknesses, faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most” (Heb. 4:15–16 NLT).

Jesus doesn’t ask you to surrender your sexuality or anything else without opening His arms wide to you. Pound on heaven’s door for relief. Ask Him your hard questions. Pour out your anguish. And then fall into His open arms as He says to you, “Come to me, you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls” (Matt. 11:28–29).

Application Exercise:

This chapter addressed four questions that lead to strongholds in our relationship with God. Which of these four questions have you asked in response to sexual brokenness?

God, where were You?

God, why don’t You?

Are You really God?

God, how could You?

What are the events in your life that have led you to ask that question?

How does that question represent a barrier in your relationship with God today?

This chapter mentions four things you need on the journey of healing. Identify which of these four you are currently experiencing and which you are lacking.

1. Safe space
2. Source of truth
3. Healthy community
4. Relationship with Jesus

What is a step you can take toward the one(s) you may be lacking?

Passages to Study:

Read the prophecy of Jesus' suffering recorded in Isaiah 53.

Which of the things Jesus suffered can you personally identify with?

How does it affect your understanding of Jesus to know He suffered these things for us?

How can we come to know Jesus through our own suffering, rejection, and grief?

Read Psalm 34.

In what ways was David suffering when he wrote this psalm? (See 1 Sam. 21:10–22:1.)

What promises are in this psalm?

What promise can you cling to today in your brokenness?

Questions for personal reflection and discussion:

1. Why do you think it is so much more common to talk about how God wants us to change our behavior than it is to encourage people to surrender their wounds?
2. Why do you think sexual brokenness sets up the potential for spiritual strongholds that keep us from knowing God?
3. Do you think Christians tend to oversimplify the journey of healing? If so, what can be the result of that?
5. What is the danger of having supportive people in your life but no trustworthy source of truth?
6. What is the danger of having a trustworthy source of truth in your life, but no safe space or community to process your brokenness?
7. Why is it essential that we ultimately bring our brokenness to Jesus and not only rely on other people?

Application Exercise:

How has marriage, sex, or singleness become a “god thing” instead of a “good thing”?

Write down your “if only”:

What do you need to grieve in order to surrender your “if only”?

Write down blessings you take for granted that can help you work toward contentment.

What would it take for you to move from an “if only” to an “even if” mindset in your relationship with God?

Here are a couple of examples:

Jarrod:

I am continually frustrated by the lack of sex in my marriage. I am realizing that I look at sex as a need and not as a gift.

My “if only”: If only my wife were more sexually responsive, I could be happy.

I need to grieve that marriage isn’t what I thought it would be.

I need to grieve my belief that my sexual desires would be met through my wife.

I need to grieve that I still struggle with lust even within marriage.

I am thankful for:

The friendship and intimacy I have with my wife
The Holy Spirit who helps me in times of sadness and temptation
The sexual experiences I do have with my wife
A wife who wants to work on our marriage
Good friends who encourage me on this journey

Pursuing contentment:

I can move toward “even if my wife never changes” only as I understand what sex has come to mean to me and find God-honoring ways of addressing my longings. I need to learn to not take “not tonight” as a personal rejection from my wife.

Alison:

As a thirty-eight-year-old never married woman, I realize that I look at marriage and sex as if they will solve all of my problems. This has led to envy toward others and anger toward God for not giving me a spouse.

My “if only”: If only God brought me a husband, I wouldn’t have to be sad and lonely.

I need to grieve:

Feeling like I don’t fit in
My dreams of feeling like someone chose me
Not having the life my parents wanted me to have
Not having biological children

I am thankful for:

My two best friends who make me feel like I am part of their families
My church community

My nephews, who are like children to me
The flexibility I have in my schedule that allows me to be more
plugged into community and ministry
My married friends, who remind me that marriage has its own
challenges!

Pursuing contentment:

I can move to an “even if” perspective with the Lord if I really,
truly get an eternal perspective on things. Marriage feels so real
and permanent, but it helps me to realize that this life is short.
Even good marriages will one day end. I also need to learn to take
the family of God more seriously. I need to foster relationships
that feel like brothers and sisters, not just casual acquaintances.

Passages to Study:

Read 2 Peter 1:3–4.

Write the passage in your own words:

Do you live like you have everything you need by God’s divine power?
Why or why not?

Read Genesis 17, 22, and Hebrews 11:17–19.

What do you think was Abraham’s “if only”?

How did Abraham wrestle with his “if only”?

How did Abraham have the faith to move to the posture of “even if”?

What do you believe God is asking you to trust Him with?

Questions for personal reflection and discussion:

1. What messages do we get from the culture encouraging us to worship sex and relationships instead of honoring them? Do you agree that the church has often Christianized these messages instead of challenging them? Why or why not?
2. Do you agree that sex is not a need? Why or why not?
3. In what ways has the Western church elevated the nuclear family above the church family? What is the fallout of this?
4. Why does the journey to contentment require both seasons of blessing and seasons of lacking?
5. Describe a difficult situation in your life in which you are learning to be content.
6. What is the role of grief and lament in your own journey toward contentment?
7. What are some practical ways that you can focus on your blessings in this season?
8. How is contentment the antidote to idolatry?

4. I follow my convictions. I ask God to show me what His will is. Sometimes I have a clear conviction about something. Remember that a conviction from God will never violate what He has clearly revealed in His Word. God is not going to tell you to cheat on your wife or have sex with your boyfriend. Within the framework of what He has revealed in Scripture, the Holy Spirit will guide and convict us uniquely. The Bible teaches that we are to follow the convictions God gives us and also leave room for Him to convict other believers differently (see Rom. 14:21–23; Phil. 3:15).

I'm sure there is some area in your own life where you are seeking God's wisdom. God's greatest desire for you is not just to figure out the answer but to develop intimacy with Him in the process of seeking. Yes, it's easier just to have someone tell you what to do in your current situation. Developing maturity and learning to discern God's voice takes time and can feel like a struggle. But in the process, you are not only getting direction, but developing a relationship with the Lord who is truly becoming your Shepherd, leading you, guiding you, and comforting you.

Application Exercise:

What is one question that represents a “gray” area of Christian sexuality that you struggle with?

Step 1: What has God said?

Are there specific Bible passages that directly apply to this question?

Step 2: What principles apply?

List biblical principles that weigh into the issue you are seeking wisdom on.

Step 3: Seek wisdom.

As you seek wisdom, make sure the person or resource is coming from a perspective of honoring God's truth.⁸ As the Bible says, fearing the Lord is the very beginning of wisdom. Is there someone you personally know who can give you wisdom? What do you learn from their perspective?

Step 4: Follow your convictions.

How is the Holy Spirit personally convicting you as you seek Him on this topic?

How will you respond if other Christians are convicted differently than you are?

Passages to Study:

Read Ephesians 4:11–16.

What does Paul say will happen to Christians who are not mature in Christ?

How have you seen this happen in your own life?

How does Paul describe Christian maturity in this passage?

How are fellow believers meant to impact each other's maturity, according to this passage?

Read 1 Corinthians 3:1–3 and 18–23.

What is Paul concerned about with the Corinthian church?

How does he describe the difference between worldly and godly wisdom?

How does worldly wisdom interfere with your pursuit of godly wisdom on sexuality-related issues?

Questions for personal reflection and discussion:

1. What is the impact of only teaching rules on Christian sexuality without encouraging maturity?
2. Please share an example from your own spiritual walk where you've learned the rules but not been encouraged to seek maturity.
3. In what ways is the Lord calling you to grow in Christian maturity related to sexual issues?
4. Which of the examples of gray areas in this chapter most resonated with you? Why?
5. How have you settled for “predigested” spiritual truth rather than learning to seek wisdom and discernment personally?
6. How does seeking wisdom on sexual issues encourage you to *know* Jesus more personally?

I can love my enemy because I trust Jesus to defend me and protect me.

We love so imperfectly because we have received and surrendered to so little of God's love for us. The only thing that changes us is our surrender to the person of the Lord Jesus Christ.

Paul prayed for fellow believers to know the love of God (Eph. 1:15–23; 3:18–19; 2 Thess. 2:16–17). To seek to personally experience God's love is not a selfish desire, a flighty spiritual experience, or a boring intellectual exercise. It is the very essence of everything it means and is required for Jesus to change everything.

Remember that the enemy's end goal is not to get us to sin, but to keep us from knowing the One whose love sets us free. And so as we end our time together through this book, I ask you, my dear friend, do you know His love? What doubts remain that keep you from trusting Him?

May we strive to know Jesus in such a way that He really does change . . . everything!

Application Exercise:

Love Your Neighbor

Who are the people God has placed in your life who you are to love?

How has your agenda gotten in the way of loving your neighbor this week?

Love the Family of God

Share an example of a disagreement you have with a fellow Christian.

What does it look like to pursue unity with that person (or group) in spite of this disagreement?

Love Your Enemy

Who is your enemy right now?

How have you been tempted to take revenge or nurture anger towards this person or group?

What does it practically look like to “return a blessing for a curse”?

Passages to Study:

Read 1 Peter 3:8–17.

How does Peter tell us to have an influence in a pagan culture?

How is this advice different from how you have been trying to combat evil in our world?

Read Ephesians 4:1–6 and 5:1–2.

List specific ways these verses teach us what it looks like to love other Christians.

How is our love for Christians different than how we are called to love our neighbors?

Questions for personal reflection and discussion:

1. Do you agree that true godliness will make us people of love? Why or why not?
2. How can our religious agendas get in the way of loving people well? Please share an example of how this has happened in your own life.
3. What does it practically look like for Christians who disagree to return to their common love for Jesus?
4. Why does loving your enemy often look like loving from a distance?
5. How does blessing or praying for your enemy combat evil in the spiritual realm?
6. How does knowing and accepting Jesus's love for you free you to become a loving person?
7. How does your lack of love (for neighbor, friend, or enemy) reveal a deficit in your surrender to God's love for you?

NOTES

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3. Andrea L. Roberts et al., “Does Maltreatment in Childhood Affect Sexual Orientation in Adulthood?” *Archives of Sexual Behavior* 42 (2013): 161–71, <https://doi.org/10.1007/s10508-012-0021-9>.
4. Justin S. Holcomb and Lindsay A. Holcomb, *Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault* (Crossway, 2011), 106.
5. Dane Ortlund, *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers* (Crossway, 2020), 151–52.
6. Dr. Juli Slattery, *God, Sex, and Your Marriage* (Moody Publishers, 2022).
7. “Trauma,” *Psychology Today*, <https://www.psychologytoday.com/us/basics/trauma>.
8. Dawn McClelland and Chris Gilyard, “Calming Trauma—The Brain and the Limbic System,” Phoenix Society for Burn Survivors, August 27, 2019, <https://www.phoenix-society.org/resources/calming-trauma>.
9. Holcomb and Holcomb, *Rid of My Disgrace*, 74.
10. Curt Thompson, *The Soul of Shame: Retelling the Stories We Believe About Ourselves* (InterVarsity Press, 2015), 30.

Chapter 6: Surrendered Idols

1. Timothy Keller, *Counterfeit Gods: The Empty Promises of Money, Sex, and Power, and the Only Hope That Matters* (Penguin Books, 2011), xix.
2. Danielle Treweek, *The Meaning of Singleness: Retrieving an Eschatological Vision for the Contemporary Church* (IVP Academic, 2023), 50.
3. Timothy Keller, *Romans 1–7 for You: For Reading, for Feeding, for Leading* (The Good Book Company, 2021), 26.
4. Christopher West, *Theology of the Body for Beginners: Rediscovering the Meaning of Life, Love, Sex, and Gender* (Wellspring, 2018), 30.
5. See Dani Treweek’s book *The Meaning of Singleness*, especially pages 43–62 for examples of how this has become the primary narrative in Western church culture. The author shares contemporary examples of how single Christians are:
Deficient—“the fundamental determining factor in describing who a single person *is*, is grounded in a description of who they are *not*. The single person is not a husband. They are

not a wife. They are not half of a (married) couple” (43).

Aberrant —“Deeply embedded within the evangelical consciousness is a sanctification narrative which consistently deceits the married individual as being oriented toward the other-person-centered service while the single person instinctively caters to their egoism and self-centeredness. In this context, any validation of singleness within Christian community is often frowned on as an attempt to justify bad (i.e., sinful) behavior” (47).

Unfulfilled—“Today’s church increasingly regards marriage not as merely a core component of the happy life, but as necessary for anthropological and even spiritual fulfillment. Marriage, we are told, is where a Christian person most closely, intimately and personally encounters God’s love for them” (54).

6. Sam Jolman, *The Sex Talk You Never Got: Reclaiming the Heart of Masculine Sexuality* (Thomas Nelson, 2024), 22.
7. C. S. Lewis, *Mere Christianity* (HarperOne, 2001), 100.
8. Some of these ministries are:
Pure Desire Ministries: <https://puredesire.org>
Be Broken Ministries: <https://bebroken.org>
The Samson Society (for Christian men “who are serious about authenticity, community, humility, and Recovery”): <https://samsonsociety.com>
Celebrate Recovery (“a safe place to find freedom from your hurts, hangups, and habits”): <https://celebraterecovery.com>
9. Rebecca McLaughlin, *No Greater Love: A Biblical Vision for Friendship* (Moody Publishers, 2023), 32.
10. For example, Sam Allberry, Rebecca McLaughlin, Dani Treweek, Christopher Yuan, Brownlyn Lee, Rachel Gilson, Kutter Calloway.
11. Joshua Brown and Joel Wong, “How Gratitude Changes You and Your Brain,” *Greater Good Magazine*, June 6, 2017, https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain.
12. Linda Dillow, *Satisfy My Thirsty Soul: A Woman’s Guide to Deeper Intimacy with God* (NavPress, 2021), 201–202.
13. Matt Maher, “Lord, I Need You,” *All the People Said Amen* (Essential Records, 2013), <https://genius.com/Matt-maher-lord-i-need-you-lyrics>.

Chapter 7: Surrendered Wisdom

1. Debra Fileta (@debrafileta), “When we make dating about intimacy, we get confused really fast,” Instagram, June 29, 2022, <https://www.instagram.com/debrafileta/p/CfZTa-oL-ON/>.
2. The Message, copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, a Division of Tyndale House Ministries.
3. Repurposed from Juli Slattery, “Is It OK to Masturbate?,” Boundless.org, April 22, 2024, <https://www.boundless.org/adulthood/is-it-ok-to-masturbate/>.
4. Neil A. Bradbury, “All Cells Have a Sex: Sex Chromosome Function at the Cellular Level,” in *Principles of Gender-Specific Medicine*, 4th ed., ed. Marianne J. Legato (Academic Press,

- 2023), 213–64.
5. Juli Slattery, “Juli & Jackie on How to Pursue Unity While Standing on Truth,” episode 375, *Java with Juli* (podcast), August 23, 2001, 39 min., 2 sec., <https://www.authenticintimacy.com/375-juli-jackie-on-how-to-pursue-unity-while-standing-on-truth/>.
 6. Juli Slattery, *Finding the Hero in Your Husband, Revisited: Embracing Your Power in Marriage* (Health Communications Inc., 2021).
 7. I have read a number of books over the years that have helped me understand a more thorough and biblical understanding of gender. Here are a few I would recommend if you want to read more:
Love Thy Body: Answering Hard Questions About Life and Sexuality by Nancy Pearcey;
The Genesis of Gender: A Christian Theory by Abigail Favale;
Fully Alive: A Biblical Vision of Gender That Frees Men and Women to Live Beyond Stereotypes by Larry Crabb;
Neither Complementarian nor Egalitarian: A Kingdom Corrective to the Evangelical Gender Debate by Michelle Lee-Barnewall.
 8. You will find resources you can trust at [authenticintimacy.com](https://www.authenticintimacy.com), including videos, online book studies, podcasts, books, and more.

Chapter 8: Surrendered to Love

1. Linda Kay Klein, *Pure: Inside the Evangelical Movement that Shamed a Generation of Young Women and How I Broke Free* (Atria Books, 2018), 201.
2. The transcript of Rachael Denhollander’s statement can be found here (CNN, updated January 30, 2018): <https://www.cnn.com/2018/01/24/us/rachael-denhollander-full-statement/index.html>.
3. *Merriam-Webster.com Dictionary*, s.v. “unity,” <https://www.merriam-webster.com/dictionary/unity>.
4. Francis Chan, *Until Unity* (David C Cook, 2021), 55.
5. Francis Chan, *Crazy Love: Overwhelmed by a Relentless God* (David C Cook, 2008).