# Growth: Embracing God's Design for Sexuality



A 21-day journey to understand lust's distortion and embrace God's beautiful design for intimacy and purity.





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#### Introduction

Understanding growth in our relationship with God is a transformative journey, especially when it comes to sensitive and deeply personal areas like sexuality. God's design for sex is beautiful, intentional, and was created to bring joy and unity within the boundaries He has set. However, lust often distorts this design, leading to confusion, shame, and spiritual disconnection. Over the next 21 days, we will explore how lust misrepresents God's intentions and learn to embrace His perfect plan for intimacy.

*Growth* is more than just maturing; it's about renewing the mind and aligning our desires with God's heart. Scripture reveals that our bodies are temples (1 Corinthians 6:19–20) and that His love honors respect, commitment, and purity (Hebrews 13:4). By focusing on God's truth, we can dismantle the lies lust injects into our hearts and minds.

This study will help you identify the subtle ways lust creeps in, understand the purpose of sexuality within God's framework, and find healing and freedom to live a life that honors Him. Through prayer, self-reflection, and Scriptural truths, you will cultivate spiritual, emotional, and relational growth, moving towards a life of purity and fulfillment as God intended.

As you commit to this journey, be patient and gentle with yourself. Growth takes time, and God's grace is abundant. Let this time be one of discovery, healing, and restoration. Experience the joy of living aligned with God's







design and find freedom from lust's distortions as you embrace a deeper, more intimate connection with Him.







# Day 1: TRecognizing God's Design for Sexuality









Day 1: 7 Recognizing God's Design for Sexuality

#### Your Verse

Genesis 2:24 – "That is why a man leaves his father and mother and is united to his wife, and they become one flesh."

#### **Supporting Scriptures**

- Proverbs 5:18 "May your fountain be blessed, and may you rejoice in the wife of your youth."
- Hebrews 13:4 "Marriage should be honored by all, and the marriage bed kept pure."







Day 1: 7 Recognizing God's Design for Sexuality

### Devotional: Understanding God's Intention for Sexuality

God's design for sexuality is rooted in unity and sacredness. From the very beginning, in Genesis 2:24, God established intimacy within the covenant of marriage. Sexuality isn't just a physical act; it's a profound expression of love, commitment, and connection between husband and wife. This sacred bond is meant to reflect His loving relationship with His people.

However, the world often presents a distorted picture of sex, divorced from God's holy design. Lust twists the beautiful purpose of sexual intimacy into a pursuit of selfish pleasure. It clouds the heart with temptation and disrupts the harmony God intended. As we begin this journey, it's crucial to anchor ourselves in the truth that sexuality is a good and purposeful gift from God, meant to be enjoyed within His boundaries.

Reflecting on this truth lays the foundation for growth. When we understand God's intention, we begin to see lust not as harmless but as a distortion that distracts us from the blessing God offers. Let this realization inspire you to seek strength and wisdom for honoring God's design in your life.







Day 1: 🍞 Recognizing God's Design for Sexuality

#### Reflect and Apply

1.	How do I currently view sexuality in light of God's design?
	In what ways has lust distorted my understanding or experience of intimacy?
	How can recognizing God's purpose for sex shape my choices and relationships?
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Day 1: 🍞 Recognizing God's Design for Sexuality

#### **Journaling Prompts**

1.	Write about your current beliefs about sexuality and how they align with God's design.
2.	Identify moments when lust has influenced your actions or thoughts.
3.	Describe what unity and commitment in intimacy mean to you.







Day 1: 🍞 Recognizing God's Design for Sexuality

#### Prayer for Today

Lord, thank You for creating sexuality as a beautiful gift. Help me to see it as You do—a sacred expression of love and unity. Protect my heart from the distortions of lust and guide me to honor Your design in every part of my life. Strengthen me to walk in purity and embrace Your plan for intimacy with grace and joy. *In Jesus' name, Amen.*







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Day 2: 

The Nature of Lust and Its Deception

#### Your Verse

James 1:14-15 - "But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin..."

#### **Supporting Scriptures**

- Matthew 5:28 "Anyone who looks at a woman lustfully has already committed adultery with her in his heart."
- 1 John 2:16 "The lust of the flesh, the lust of the eyes and the pride of life are not from the Father."







Day 2: 

The Nature of Lust and Its Deception

#### Devotional: Unmasking Lust's Deceptive Power

Lust is a deceptive force that begins in the heart. James 1:14–15 vividly describes the process where temptation leads to sin. Lust isn't just a harmless thought—it drags us away from God's path, entices us to selfish desires, and ultimately can lead to spiritual death.

Jesus himself taught in Matthew 5:28 that lustful thoughts are morally equivalent to adultery. This highlights how seriously God views the condition of the heart, not just outward actions. Lust preys on our desires but empty promises and harms us emotionally and spiritually.

Recognizing lust's deceptive nature is critical for growth. It often masquerades as excitement or need, but it disrespects the sacredness of God's design by reducing intimacy to gratification. By becoming aware of lust's tactics, we can begin to resist its pull and replace it with godly desires that honor our Creator.

Let today be a day to identify areas where lust tries to gain foothold and pray for discernment and strength to overcome its lies.







Day 2: <a> The Nature of Lust and Its Deception</a>

#### Reflect and Apply

1.	What are the common triggers or situations where lust tempts me most?
2.	How does lust's deception affect my relationship with God and others?
3.	In what ways can I train my thoughts to align more closely with God's truth?







Day 2: <a> The Nature of Lust and Its Deception</a>

#### **Journaling Prompts**

1.	Describe a time when lust led you away from God's design.
2.	List practical steps to identify and resist lustful thoughts.
3.	Write a prayer asking God for help in guarding your heart.







Day 2: 

The Nature of Lust and Its Deception

#### Prayer for Today

Heavenly Father, I acknowledge the deceptive nature of lust. I ask You to guard my heart and mind from its enticement. Help me to recognize temptation early and to stand firm in Your truth. Fill me with desires that honor You and protect my relationship with You and others. Thank You for Your grace that enables me to grow beyond sin. *In Jesus' name, Amen.* �� ①







### Day 3: Lust vs. Love: Understanding the Difference









Day 3: Lust vs. Love: Understanding the Difference

#### Your Verse

1 Corinthians 13:4–7 – "Love is patient, love is kind... It always protects, always trusts, always hopes, always perseveres."

#### **Supporting Scriptures**

- Ephesians 5:25 "Husbands, love your wives, just as Christ loved the church and gave himself up for her."
- Romans 12:9 "Love must be sincere. Hate what is evil; cling to what is good."







Day 3: Day 3: Lust vs. Love: Understanding the Difference

#### Devotional: Choosing Love Over Lust

Love and lust may appear similar but are fundamentally different. Lust focuses on self-gratification and often leaves people feeling empty, while love is sacrificial, patient, and protective as described in 1 Corinthians 13.

God calls husbands to love their wives as Christ loved the church—a love that serves, gives, and sacrifices (Ephesians 5:25). True love is sincere and clings to what is good (Romans 12:9). When lust replaces love, intimacy is reduced to a momentary experience rather than a lifelong journey of commitment and care.

Growth toward embracing God's design means learning to see others as He does, with respect and honor. It involves rejecting selfish desires in favor of selfless love. When we do this, sexual intimacy becomes a sacred act of oneness and trust rather than a fleeting encounter.

Reflect on how your relationships can mirror God's love more closely, allowing His design to restore and heal areas distorted by lust.







Day 3: Day 3: Lust vs. Love: Understanding the Difference

#### Reflect and Apply

1.	How does lust contrast with the qualities described in 1 Corinthians 13?
2.	In what ways might I need to replace lustful desires with genuine love?
3.	How can I embody Christ-like love in my relationships?







Day 3: Day 3: Lust vs. Love: Understanding the Difference

#### **Journaling Prompts**

	Reflect on a relationship where love was present and how it differed from lust.
	Write about ways to cultivate patience and kindness in your intimate relationships.
3.	List specific behaviors that demonstrate love over lust.







Day 3: Lust vs. Love: Understanding the Difference

#### **Prayer for Today**

**Lord, teach me to love as You love.** Help me to reject lust and embrace patience, kindness, and sincerity in all my relationships. May my heart be filled with Your love that protects and perseveres, reflecting Your character in every intimate connection. Guide me to honor Your design through selfless love. *In Jesus' name, Amen.* 















#### Your Verse

Philippians 4:8 - "Whatever is true, noble, right, pure, lovely, admirable—think about such things."

#### **Supporting Scriptures**

- Psalm 101:3 "I will not look with approval on anything that is vile."
- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."







#### Devotional: Protecting Your Mind from Lust

Your thoughts shape your desires and actions. Lust begins in the mind, so guarding it is essential to spiritual growth. Philippians 4:8 encourages us to focus on what is true, pure, and lovely. This mindset helps protect us from lustful temptation by redirecting our attention toward godliness.

Psalm 101:3 demonstrates a commitment to reject anything vile or harmful. This level of intentionality requires discipline and reliance on the Holy Spirit. Furthermore, 2 Corinthians 10:5 reminds us that we can capture and control our thoughts, making them obedient to Christ rather than allowing them to run wild.

Practically, guarding your heart involves filtering media, choosing friends wisely, and setting healthy boundaries. It's a daily discipline but essential for honoring God's design for sexuality and experiencing true growth.







#### Reflect and Apply

1.	What daily habits influence the thoughts I dwell on?
2.	How can I cultivate a mind focused on purity and godliness?
3.	What specific boundaries can I set to guard against lustful influences?







#### **Journaling Prompts**

1.	List some things that help you maintain pure thoughts.
2.	Identify any influences or habits that make guarding your heart difficult.
3.	Write a commitment statement to focus on what is true and lovely.







#### **Prayer for Today**

**Father, help me to guard my mind and heart.** Teach me to focus on what is pure, noble, and lovely. Give me the strength to reject anything that leads to lust and to capture every thought so it obeys You. Protect me from unhealthy influences and guide me in setting healthy boundaries. *In Jesus' name, Amen.* 









## Day 5: SFreedom Through Confession and Repentance









Day 5: Treedom Through Confession and Repentance

#### Your Verse

1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

#### **Supporting Scriptures**

- Psalm 51:10 "Create in me a pure heart, O God."
- Isaiah 1:18 "Though your sins are like scarlet, they shall be as white as snow."







Day 5: 😂 Freedom Through Confession and Repentance

### Devotional: Experiencing Freedom in God's Forgiveness

Growth requires honest self-reflection and turning to God in repentance. Lust often carries shame and guilt, but 1 John 1:9 assures us that God is faithful to forgive and purify us when we confess our sins. There is freedom in bringing these struggles into the light.

Psalm 51:10 is a heartfelt plea for God to renew a pure heart within us. Recognizing our need for His cleansing power is an essential step toward healing. Isaiah 1:18 reminds us that no sin is too great; God's forgiveness can make us completely clean.

Confession isn't just admitting wrongdoing; it's aligning our hearts with God's grace and truth. It breaks the power of lust's hold and ushers in restoration. Take time today to bring your struggles before God and receive His mercy.







Day 5: 😂 Freedom Through Confession and Repentance

#### Reflect and Apply

1.	How does shame affect my ability to confess lustful sins?
2.	Have I embraced the forgiveness God offers fully and honestly?
3.	How does repentance open the door to genuine growth and healing?







Day 5: 🖏 Freedom Through Confession and Repentance

#### **Journaling Prompts**

1.	Write a prayer confessing specific temptations or sins related to lust.
2.	Reflect on God's promises of forgiveness and renewal.
3.	Describe how freeing it feels to accept God's mercy.







Day 5: Freedom Through Confession and Repentance

#### Prayer for Today

**Lord, I come to You with a humble heart.** I confess my struggles with lust and ask for Your forgiveness and cleansing. Create in me a pure heart and renew a steadfast spirit. Thank You for Your faithfulness and mercy that cover all my sins. Help me walk forward in freedom and grace. *In Jesus' name, Amen.* 



















Day 6: CRenewing Your Mind Daily

#### Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

#### **Supporting Scriptures**

- Ephesians 4:23 "Be made new in the attitude of your minds."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







Day 6: CRenewing Your Mind Daily

## Devotional: Daily Practice of Mind Renewal

**Transformation happens gradually as we choose to renew our minds each day.** Romans 12:2 challenges us to resist worldly patterns—like lustful thinking—by focusing on godly truth. This daily renewal reorients our desires and helps us grow spiritually.

Ephesians 4:23 emphasizes an ongoing process of change, inviting us to adopt a new mindset rooted in Christ. Similarly, Colossians 3:2 calls us to set our minds on heavenly things, lifting our focus away from fleeting temptations.

Practically, renewing the mind can involve memorizing Scripture, meditating on God's promises, and consciously replacing harmful thoughts with His truths. Growth in purity and embracing God's design for sexuality requires this intentional mental renewal.







Day 6: 🖸 Renewing Your Mind Daily

## Reflect and Apply

1.	What worldly patterns am I tempted to follow regarding sexuality?
2.	How consistent am I in renewing my mind with Scripture?
3.	What practical steps can I take to focus on things above daily?







Day 6: 🖸 Renewing Your Mind Daily

## **Journaling Prompts**

1.	Write a plan for daily Scripture reading or meditation.
2.	List Scriptures that help combat lustful thoughts.
3.	Describe changes you have noticed when focusing on godly truths.







Day 6: CRenewing Your Mind Daily

## Prayer for Today

**Father, help me to renew my mind every day.** Transform me by Your Word and Spirit so I don't conform to worldly desires but live in Your truth. Guide my thoughts to focus on what pleases You and strengthens my growth in purity. *In Jesus' name, Amen.* □ ⋄ ❖







# Day 7: Seeking Accountability and Support









Day 7: 🍑 Seeking Accountability and Support

#### Your Verse

Ecclesiastes 4:9–10 – "Two are better than one... If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- James 5:16 "Confess your sins to each other and pray for each other so that you may be healed."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 7: 🌣 Seeking Accountability and Support

## Devotional: Strength in Community and Accountability

Growth in overcoming lust is not meant to be done alone. Ecclesiastes 4:9-10 reveals the strength found in companionship—having someone to help, encourage, and bear burdens.

James 5:16 encourages believers to confess sins to one another and pray for healing. This vulnerability brings accountability and fosters spiritual health. Likewise, Proverbs 27:17 depicts how mutual support sharpens and improves us.

Finding trustworthy accountability partners provides wisdom, encouragement, and correction when lust tempts you to stray. Sharing your journey invites healing and breaks loneliness often associated with secret struggles.







Day 7: 🎔 Seeking Accountability and Support

## Reflect and Apply

1.	Who can I trust to support me in my growth?
2.	How vulnerable am I willing to be about my struggles?
3.	What benefits do accountability relationships bring to spiritual growth?







Day 7: 🌣 Seeking Accountability and Support

## **Journaling Prompts**

1.	List potential accountability partners or groups.
2.	Write about what holding yourself accountable looks like.
3.	Reflect on past experiences of support and how they helped.







Day 7: 🍑 Seeking Accountability and Support

## Prayer for Today

God, thank You for the gift of community. Lead me to trustworthy people who will support me in my journey to honor You in my sexuality. Help me be honest and teachable. May we encourage one another, pray faithfully, and grow stronger together. *In Jesus' name, Amen.*  $\heartsuit$   $\wp$   $\rlap$ 

















#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "We are God's handiwork, created for good works."







#### Devotional: Living Out Your New Identity in Christ

Your identity is rooted in Christ, not in desires or past mistakes. 2 Corinthians 5:17 highlights that becoming a believer means becoming a new creation. The old patterns, including lust, are broken. This new identity empowers you to live differently.

Galatians 2:20 tells us that Christ lives in us, guiding and strengthening our choices. Ephesians 2:10 reminds us we were created purposefully to do good, including honoring God in our sexuality.

Growth flows naturally when you embrace who you are in Christ. This means seeing yourself as beloved, capable, and empowered by God's Spirit rather than defined by temptations or failures. Let your new identity guide your decisions and fuel transformation.







## Reflect and Apply

How does my new identity impact my view of temptation?
In what ways can I live more fully as God's handiwork?
What lies about identity do I need to reject today?







## **Journaling Prompts**

1.	Write a description of your new identity in Christ.
2.	Reflect on how knowing Christ changes your response to lust.
3.	List affirmations that reinforce your value and purpose in God.







## Prayer for Today

**Lord, thank You for making me a new creation.** Help me to live out this identity daily, rejecting old sinful patterns and embracing Your purpose. May Christ live through me, guiding my thoughts, words, and actions towards purity and honor. *In Jesus' name, Amen.* 🍪 💝 🥬







## Day 9: Day Studying God's Word on Purity









Day 9: Studying God's Word on Purity

#### Your Verse

Psalm 119:9 - "How can a young person stay on the path of purity? By living according to your word."

#### **Supporting Scriptures**

- Job 31:1 "I made a covenant with my eyes not to look lustfully at a young woman."
- Matthew 5:8 "Blessed are the pure in heart, for they will see God."







Day 9: Studying God's Word on Purity

## Devotional: Applying Scripture to Pursue Purity

God's Word is a guide and strength for living in purity. Psalm 119:9 asks how purity is maintained; the answer is by living in God's truth. The Bible provides principles that guard against lust and cultivated righteous living.

Job's example (Job 31:1) shows commitment to guarding the eyes and heart, illustrating the importance of intentional boundaries. Jesus taught that purity of heart brings blessing and a closer experience of God (Matthew 5:8).

Studying Scripture regularly impresses God's standards deeply into our hearts, making us more sensitive to sin and more committed to purity. Make it a goal to immerse yourself in God's Word daily as a source of wisdom and motivation.







Day 9: 🔲 Studying God's Word on Purity

## Reflect and Apply

1.	How do I prioritize Scripture in guarding my purity?
2.	What specific Bible passages encourage me to resist lust?
3.	How does God's Word renew my mind and heart?







Day 9: 🔲 Studying God's Word on Purity

## **Journaling Prompts**

1.	List favorite verses that relate to purity.
2.	Write about what you learn from Job's commitment.
3.	Describe a time when Scripture helped overcome temptation.







Day 9: Studying God's Word on Purity

## Prayer for Today

**Father, Your Word is my shield and guide.** Help me to cherish and live by Your truth so I can stay pure in heart and mind. Strengthen my commitment to study the Bible regularly and apply it. May I be blessed as I seek You in purity. *In Jesus' name, Amen.* □ ♣

















#### Your Verse

Galatians 5:16 – "Walk by the Spirit, and you will not gratify the desires of the flesh."

#### **Supporting Scriptures**

- Romans 8:13 "Those who live according to the Spirit have their minds set on what the Spirit desires."
- John 15:5 "Apart from me you can do nothing."







## Devotional: Relying on the Holy Spirit for Purity

Freedom from lust is found in dependence on the Holy Spirit. Galatians 5:16 promises that walking by the Spirit prevents us from fulfilling fleshly desires, including lust. This walk is living daily in submission to God's leading.

Romans 8:13 highlights that focusing our minds on the Spirit's desires leads to life and peace. Our natural tendencies alone aren't enough to overcome temptation; we need Jesus' presence, as John 15:5 reminds us.

Growth in purity is impossible in isolation from the Spirit. Invite Him to guide your thoughts, strengthen your will, and transform your heart. Yielding daily to His power enables lasting change and freedom from lust's grip.







## Reflect and Apply

1.	How intentional am I about walking daily with the Spirit?
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2.	In what moments do I feel most tempted to rely on my own strength?
2	How can I better listen to and obey the Spirit's leading?
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## **Journaling Prompts**

1.	Write about a time the Holy Spirit helped you resist temptation.
2.	Reflect on areas where you need to surrender control.
3.	List practical ways to stay sensitive to the Spirit's guidance.







## Prayer for Today

Holy Spirit, I invite You to lead me. Help me walk daily in Your power, rejecting the desires of the flesh. Strengthen me when I am weak and guide my heart toward holiness. I depend on You for purity and freedom. *In Jesus'* name, Amen. 😂 🖰 🥬









## Day 11: V Putting on God's Armor









Day 11: 1 Putting on God's Armor

#### Your Verse

Ephesians 6:11 – "Put on the full armor of God, so that you can take your stand against the devil's schemes."

#### **Supporting Scriptures**

- Ephesians 6:14 "Stand firm then, with the belt of truth buckled around your waist..."
- 2 Timothy 2:22 "Flee the evil desires... and pursue righteousness, faith, love, and peace."







Day 11: Putting on God's Armor

#### Devotional: Equipped to Stand Against Temptation

**Spiritual battles, including those against lust, require God's armor.** Ephesians 6:11 calls believers to be fully equipped to withstand the devil's schemes. Lust is a common scheme designed to derail your growth.

Verse 14 emphasizes truth as fundamental—holding firmly to God's Word protects against deception. 2 Timothy 2:22 also commands fleeing youthful desires and pursuing godly qualities instead.

Putting on God's armor means being proactive: saturating yourself in truth, righteousness, faith, and peace daily. This spiritual preparedness ensures you can stand strong when temptation arises and remain faithful to God's design.







Day 11: **(**) Putting on God's Armor

## Reflect and Apply

1.	Which piece of God's armor am I missing or neglecting?
2.	How can I use God's truth as a defense against lust?
3.	What practices help me to flee temptation rather than fight it passively?







Day 11: **(**) Putting on God's Armor

## **Journaling Prompts**

1.	Write about how each piece of God's armor applies to your struggle.
2.	Describe a time when God's protection was evident in your life.
3.	List actions that help you put on spiritual armor daily.







Day 11: **(**) Putting on God's Armor

## Prayer for Today

**Lord, equip me with Your full armor.** Help me stand firm against lust and all temptation. Clothe me in Your truth, righteousness, and peace. Teach me to flee evil desires and actively pursue what honors You. Keep me strong and steadfast. *In Jesus' name, Amen.*

















Day 12: Franching God in Relationships

#### Your Verse

1 Thessalonians 4:3-4 - "It is God's will that you should be sanctified: that you should avoid sexual immorality; each of you should learn to control your own body in a way that is holy and honorable."

#### **Supporting Scriptures**

- Colossians 3:19 "Husbands, love your wives and do not be harsh with them."
- Song of Solomon 4:7 "You are altogether beautiful, my darling; there is no flaw in you."







# Devotional: Building Holy and Honorable Relationships

Healthy relationships reflect God's holiness and honor. 1 Thessalonians 4:3–4 highlights that sanctification includes avoiding sexual immorality and controlling our bodies honorably. Respecting boundaries honors both God and others.

Colossians 3:19 shows that love in relationships requires gentleness and care, opposing the hardness lust can produce. Song of Solomon celebrates the beauty and value God places on intimacy within marriage.

Growth in God's design means treating others with respect, purity, and kindness. Consider how your relationships can reflect God's holiness and be a testimony to His love and grace.







# Reflect and Apply

1.	How do my current relationships reflect God's holiness?
2.	In what ways can I set healthier boundaries to honor God and others?
3.	How can tenderness and respect reshape my view on intimacy?







#### **Journaling Prompts**

1.	Write about your ideal relationship reflecting God's design.
2.	List areas where you need to improve boundaries or respect.
3.	Reflect on how God's love informs your treatment of others.







#### Prayer for Today















#### Your Verse

Proverbs 5:18-19 - "May your fountain be blessed, and may you rejoice in the wife of your youth."

#### **Supporting Scriptures**

- Song of Solomon 7:10 "I belong to my lover, and his desire is for me."
- 1 Corinthians 7:3 "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband."







#### Devotional: rejoicing in God's Gift of Intimacy

**Sexuality is a joyful gift from God.** Proverbs 5:18–19 expresses delight in the spouse, highlighting the pleasure and blessing in marital intimacy. Rather than being shameful, God's design invites celebration and mutual delight.

Song of Solomon beautifully celebrates desire and belonging within the safety of marital love. 1 Corinthians 7:3 encourages spouses to lovingly fulfill their duties, showing sexuality as part of a committed, joyful relationship.

Growth toward embracing God's design means learning to celebrate sexuality as a blessing. It is a gift meant for expression within the covenant of marriage, designed to deepen connection and reflect God's love tangibly.







# Reflect and Apply

1.	How does joy fit into God's design for sexuality?
2.	Am I able to view sexuality as a sacred gift rather than a burden?
3.	How can I foster celebration and delight in intimacy within boundaries?







#### **Journaling Prompts**

1.	Write about what blessings you see in healthy sexual intimacy.
2.	Reflect on any shame or negativity you've associated with sexuality.
3.	List ways you can cultivate joy and celebration in purity.







#### Prayer for Today

**Thank You, Lord, for the gift of sexuality.** Help me to rejoice in this blessing as You intend, celebrating intimacy within Your design. Remove any shame or confusion and fill me with joy and gratitude for Your goodness. *In Jesus'* name, Amen.







# Day 14: Cultivating Self-Control and Discipline









Day 14: V Cultivating Self-Control and Discipline

#### Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is... self-control."

#### **Supporting Scriptures**

- 1 Corinthians 9:27 "I discipline my body and keep it under control."
- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."







Day 14: V Cultivating Self-Control and Discipline

#### Devotional: Developing Godly Self-Discipline

Self-control is a critical fruit of the Spirit essential for purity. Galatians 5:22–23 lists self-control as a mark of spiritual maturity. It enables us to resist lust and make choices that honor God.

Paul in 1 Corinthians 9:27 emphasizes the importance of disciplining the body to prevent sin. This discipline protects our spiritual health. Proverbs 25:28 warns that lacking self-control leaves us vulnerable like an unprotected city.

Developing self-control requires reliance on God's Spirit and practical habits. Discipline is not restrictive but liberating, empowering you to live freely in line with God's will.







Day 14: 💙 Cultivating Self-Control and Discipline

## Reflect and Apply

1.	What areas of my life lack self-control?
2.	How does disciplined living enhance my spiritual growth?
3.	What habits can I develop to strengthen self-control?







Day 14: 💙 Cultivating Self-Control and Discipline

#### **Journaling Prompts**

1.	Reflect on strategies that have helped you practice self-control.
2.	Write about challenges you face in maintaining discipline.
3.	Set goals for improving self-control in your daily life.







Day 14: V Cultivating Self-Control and Discipline

#### Prayer for Today

Holy Spirit, cultivate self-control within me. Help me discipline my body and mind so I can honor God fully. Strengthen me in moments of weakness and teach me to live with intentionality and freedom. *In Jesus' name, Amen.* &

















Day 15: Wealing from Lust's Wounds

#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

#### **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 15: Wealing from Lust's Wounds

#### Devotional: Finding Restoration in God's Care

**Lust often leaves deep emotional and spiritual wounds.** Psalm 147:3 and Isaiah 61:1 assure us that God is a healer who comforts and restores those who are brokenhearted due to sin or heartbreak.

Jesus invites the weary to find rest in Him (Matthew 11:28). Healing begins when we bring our pain to God instead of burying it in shame and secrecy.

This growth stage involves facing hurt honestly, accepting God's love, and allowing Him to renew your heart. Healing brings freedom from past bondage and empowers you to move forward in purity and peace.







Day 15: 💔 Healing from Lust's Wounds

## Reflect and Apply

1.	What wounds has lust caused in my life and relationships?
2.	How have I resisted or embraced God's healing?
3.	What steps can I take to allow God's restoration today?







Day 15: 💔 Healing from Lust's Wounds

#### **Journaling Prompts**

1.	Write about areas where you feel broken or wounded.
2.	Reflect on God's promises to heal and bind wounds.
3.	Describe what rest in Jesus means for your healing journey.







Day 15: WHealing from Lust's Wounds

#### Prayer for Today

**Lord, You are my great healer.** Bind my wounds and mend my broken heart caused by lust and its consequences. Help me to come to You for rest and restoration. Fill me with peace and renew my spirit. *In Jesus' name, Amen.* 



















Day 16: A Choosing the Path of Holiness

#### Your Verse

1 Peter 1:15–16 – "Be holy in all you do, because it is written: 'Be holy, because I am holy.'"

#### **Supporting Scriptures**

- Leviticus 20:7 "Be holy, because I, the LORD your God, am holy."
- 2 Timothy 1:9 "He has saved us and called us to a holy life."







Day 16: A Choosing the Path of Holiness

#### Devotional: Committed to a Life of Holiness

God calls us to live holy lives, reflecting His character. 1 Peter 1:15–16 urges believers to be holy as God is holy, which includes living pure lives free from lust and impurity.

Leviticus reminds God's people of this standard early on, while 2 Timothy highlights that our calling involves holiness, not by our merit but by His grace.

Choosing holiness means setting ourselves apart, making choices that honor God's design and reject worldly temptations. This intentional path leads to full growth and deep intimacy with God.







Day 16: 🛕 Choosing the Path of Holiness

# Reflect and Apply

1.	What does holiness mean in my daily choices?
2.	How can I better reflect God's holiness in my thoughts and actions?
	What challenges do I face in pursuing holiness, and how can I overcome them?







Day 16: 🛕 Choosing the Path of Holiness

#### **Journaling Prompts**

1.	Write what being holy means to you personally.
2.	List ways to pursue holiness in your lifestyle.
3.	Reflect on obstacles to holiness and possible solutions.







Day 16: 🛕 Choosing the Path of Holiness

#### Prayer for Today

Holy God, I desire to live as You call me. Help me to pursue holiness in every area of my life, especially in my mind and body. Strengthen my commitment to walk Your path and reflect Your purity. *In Jesus' name, Amen.* 💸 🙏 🔊

















#### Your Verse

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

#### **Supporting Scriptures**

- 1 Corinthians 15:33 "Do not be misled: 'Bad company corrupts good character.""
- Matthew 5:29 "If your right eye causes you to stumble, gouge it out and throw it away."







#### Devotional: Importance of Boundaries in Purity

**Boundaries protect the heart and help maintain purity.** Proverbs 4:23 stresses guarding your heart as the source of life and behavior. Setting clear limits preserves your spiritual health.

The warning in 1 Corinthians reminds us to avoid corrupting influences, highlighting the importance of wise friendships and environments. Jesus' strong words in Matthew 5:29 emphasize drastic measures to avoid sinfulness.

Establishing physical, emotional, and digital boundaries is essential in growth. Boundaries create safe spaces where you can thrive spiritually and resist lustful temptation.







## Reflect and Apply

1.	What current boundaries help protect my heart?
2.	Where do I need to establish or strengthen boundaries?
3.	How do my relationships impact my spiritual growth?







#### **Journaling Prompts**

1.	List boundaries you already practice and their effects.
2.	Identify areas where poor boundaries have led to struggle.
3.	Write specific steps to create or maintain needed boundaries.







#### Prayer for Today

**God, help me guard my heart carefully.** Teach me to set healthy boundaries and avoid harmful influences. Give me wisdom to create safe spaces for growth and purity. Strengthen me to follow through with discipline. *In Jesus' name, Amen.*

















#### Your Verse

John 14:15 - "If you love me, keep my commands."

#### **Supporting Scriptures**

- Psalm 119:35 "Direct me in the path of your commands, for there I find delight."
- Deuteronomy 28:1–2 "If you fully obey the LORD your God... all these blessings will come on you."







## Devotional: Discovering Joy in Following God's Ways

Obedience to God brings true joy and blessing. Jesus teaches that loving Him means keeping His commands. This obedience is not burdensome but a pathway to delight and blessing.

Psalm 119:35 reflects that following His ways leads to joy. Deuteronomy 28 speaks of the blessings that come when we obey fully.

Growth includes learning to find happiness in God's standards, including His design for sexuality. Choosing purity is not a loss but joy-filled living aligned with God's best.







# Reflect and Apply

1.	How do I experience joy when obeying God's commands?
2.	Where have I seen blessings from living in purity?
3.	How can I cultivate a heart that delights in obedience?







## **Journaling Prompts**

1.	Recall moments when obedience led to unexpected joy.
2.	Write about struggles to obey and ways to overcome them.
3.	List blessings you associate with living according to God.







## Prayer for Today

**Lord, help me love You by keeping Your commands.** Teach me to find joy and delight in obedience, especially in purity. May my life reflect Your blessings and bring You glory. *In Jesus' name, Amen.* 

















#### Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to give you hope and a future."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace."
- Psalm 33:18 "But the eyes of the LORD are on those who fear him, on those whose hope is in his unfailing love."







#### Devotional: Holding on to God's Hope for Your Life

**God's plans are full of hope and purpose.** Jeremiah 29:11 reassures us that our future is secure in His hands. When struggling with lust or past mistakes, focusing on this promise renews courage and faith.

Romans 15:13 speaks of God filling us with joy and peace as hope grows strong within. Psalm 33:18 reminds us that God watches over those who fear Him and hope in His love.

Growth includes fixing our eyes on the future God has prepared, letting His hope sustain us today.







# Reflect and Apply

1.	How does hope influence your view of personal growth?
2	What fears or doubts do I need to surrender to God's plans?
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3.	How can I cultivate daily joy and peace anchored in hope?







# **Journaling Prompts**

1.	Write about what hope means for your spiritual journey.
2.	List ways God has shown His faithfulness in your life.
3.	Reflect on your dreams aligned with God's future plans.







## Prayer for Today

**Father, thank You for the hope You give.** Fill me with joy and peace as I trust Your plans for my future. Help me hold fast to Your unfailing love and walk boldly into the new life You promise. *In Jesus' name, Amen.* 















#### Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances, for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise."
- Colossians 3:17 "And whatever you do, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."







#### Devotional: Gratitude as a Path to Strength

**Gratitude transforms the heart and perspective.** Even when struggling, giving thanks glorifies God and shifts focus away from temptation and struggle.

Psalm 100 encourages entering God's presence with praise and thanksgiving. Colossians 3:17 calls believers to do everything with thankfulness to God.

Growth in purity includes cultivating a grateful heart that praises God for His faithfulness, grace, and love in all seasons. Gratitude invites joy and strengthens resolve to honor God's design.







# Reflect and Apply

1.	What blessings can I thank God for today?
2.	How does gratitude affect my spiritual struggles?
3.	In what ways can I practice praise even in difficulty?







# **Journaling Prompts**

1.	List things you are grateful for in your journey toward purity.
2.	Write a thanksgiving prayer for God's help and grace.
3.	Reflect on the impact of gratitude on your faith.







## Prayer for Today

**Lord, I give thanks for Your endless grace and love.** In every circumstance, help me to praise You and keep a grateful heart. Strengthen me through gratitude and guide my steps in purity. *In Jesus' name, Amen.* 







# Day 21: Celebrating Growth and New Beginnings









Day 21: 💥 Celebrating Growth and New Beginnings

#### Your Verse

Philippians 1:6 - "He who began a good work in you will carry it on to completion."

#### **Supporting Scriptures**

- Isaiah 43:19 "See, I am doing a new thing!"
- 2 Corinthians 3:18 "And we all... are being transformed into his image with ever-increasing glory."







Day 21: 💥 Celebrating Growth and New Beginnings

#### Devotional: Embracing Ongoing Transformation

Celebrate the growth God has worked within you. Philippians 1:6 assures us that God is faithful to complete the work He begins in us, including freedom from lust and embracing His design.

Isaiah 43:19 speaks of new things God creates even in challenging seasons. 2 Corinthians 3:18 highlights the ongoing transformation into Christ's image.

This day marks a milestone of spiritual growth, healing, and renewed commitment. Embrace the future with confidence, knowing God is with you every step.







Day 21: 💥 Celebrating Growth and New Beginnings

# Reflect and Apply

1.	What growth do I see in my journey over the past 21 days?
2.	How can I continue relying on God to complete His work in me?
3.	In what ways do I feel renewed or transformed?







Day 21: 🎇 Celebrating Growth and New Beginnings

# **Journaling Prompts**

1.	Reflect on key lessons learned about lust and God's design.
2.	Write about your hopes for continued growth.
3.	Describe how you plan to maintain purity and honor God.







Day 21: 🗱 Celebrating Growth and New Beginnings

## Prayer for Today

**Thank You, Lord, for the work You have done in me.** Continue to transform me and complete Your good work. Help me embrace new beginnings and live fully in Your design. May I walk forward in purity, hope, and love. *In Jesus'* name, Amen. 💸 🕭 🙏







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