



Women Struggling with Sexual Self-Stimulation



This 3-day Bible study helps women find freedom from sexual self-stimulation by rooting their identity in Christ and walking in purity, grace, and healing.



Table of contents

<u>Introduction</u>	3
<u>Day 1: The Secret Struggle</u>	4
<u>Day 2: Rewiring the Heart and Mind</u>	10
<u>Day 3: Redeemed and Pure in Christ</u>	16



Introduction

In a culture that normalizes lust and numbs the soul, many women suffer silently with the private struggle of sexual self-stimulation. For some, it's a coping mechanism for stress, loneliness, or past trauma. For others, it's rooted in curiosity that grew into a pattern they now feel ashamed of.

But here's the truth: **You are not alone**, and **God is not ashamed of you**.

Jesus came to set hearts free—not to condemn them. This study isn't about shame; it's about **hope**, **healing**, and **holiness**. It's for every woman who has whispered, "*Why can't I stop?*" and desperately wants to walk in purity again.

Over the next three days, you'll confront the deeper emotional and spiritual layers behind this battle, and you'll learn to replace shame with the truth of God's Word.

You are more than your temptations.

You are more than your mistakes.

You are loved, redeemed, and called to be **pure in heart**.





Day 1: The Secret Struggle



Day 1: The Secret Struggle

Your Verse

Psalm 32:5 (NIV):

“Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And you forgave the guilt of my sin.”

Supporting Scriptures

- ***1 John 1:9 (NIV):***

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

- ***Hebrews 4:15–16 (NIV):***

“For we do not have a high priest who is unable to empathize with our weaknesses... Let us then approach God’s throne of grace with confidence...”

- ***Proverbs 28:13 (NIV):***

“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”



Day 1: The Secret Struggle

Devotional Thought

For many Christian women, this is the **sin no one talks about**.

Sexual self-stimulation (masturbation) may seem small compared to other sins. It's private, doesn't harm anyone directly, and might even seem justifiable during seasons of loneliness or heartache.

But deep down, you've likely felt the **spiritual dullness** that follows. The shame. The hiding. The guilt-ridden prayers that follow moments of temporary pleasure.

Here's the freedom: **God already knows**—and He still loves you. His grace is not revoked because of this struggle. His mercy is not limited by how many times you've messed up.

Today is about **bringing the secret into the light**.

Not for punishment.

But for healing.

God doesn't want your performance—He wants your honesty.

When you name the sin and bring it to Him, forgiveness flows. Healing begins. And shame starts to lose its power.



Day 1: The Secret Struggle

Reflect and Apply

- What emotions surround your struggle—shame, fear, anger, confusion?

- Do you believe that God sees it all and still wants you?

- What would it feel like to live in complete transparency with Him?



Day 1: The Secret Struggle

Journaling Prompts

1. Write a confession prayer to God—honest, raw, and without filters.

2. Reflect on what drives your temptation (emotional pain, boredom, loneliness, etc.).

3. Describe what you think God feels about you in your weakest moments. Then write what His Word actually says.



Day 1: The Secret Struggle

Prayer for Today

Father,

I come to You with trembling honesty. You know my heart, my thoughts, my habits—and still, You welcome me.

I've hidden this struggle for so long. I've tried to justify it. I've tried to stop on my own. But I need You.

Thank You for being a High Priest who understands me.

Thank You for Your mercy that never runs dry.

Forgive me. Wash me. Help me to walk in truth and light, even when it's uncomfortable.

This is the start of something new, and I invite You in.

In Jesus' name,

Amen.





Day 2: Rewiring the Heart and Mind



Day 2: Rewiring the Heart and Mind

Your Verse

Romans 12:2 (NIV):

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Supporting Scriptures

- **2 Corinthians 10:5 (NIV):**

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

- **Philippians 4:8 (NIV):**

“Finally, brothers and sisters, whatever is true, whatever is noble... think about such things.”

- **Ephesians 4:22–24 (NIV):**

“Put off your old self... to be made new in the attitude of your minds... put on the new self, created to be like God in true righteousness and holiness.”



Day 2: Rewiring the Heart and Mind

Devotional Thought

The battle against sexual self-stimulation is rarely about the body alone—it's a battle of the **mind** and **heart**.

Temptation doesn't begin in your hands—it starts in your **thoughts**.

The world says, *"Just give in—it's natural."*

But God calls you higher. Not to repress your desires, but to **redeem** them. Not to shame your emotions, but to **transform** them.

Renewal isn't a one-time prayer—it's a **daily practice**.

When you feel the urge to fall back into old patterns, you don't just need willpower—you need **new pathways**.

You need to interrupt the cycle with Scripture, truth, praise, movement, or calling a trusted friend. You need to **replace the lie** ("I need this to feel okay") with the truth ("Jesus is my comfort and strength").

This process won't be perfect. You'll stumble. But every time you choose truth over lust, you're being rewired.

You are not powerless.

The same Spirit that raised Christ from the dead lives in you.

You can break the pattern.



Day 2: Rewiring the Heart and Mind

Reflect and Apply

- What triggers the cycle of temptation in your daily life?

- How do your thoughts spiral before the behavior?

- What truth do you need to speak when those thoughts begin?



Day 2: Rewiring the Heart and Mind

Journaling Prompts

1. List the top three thought patterns that lead to your temptation. Write a Bible truth that counters each one.

2. Journal about a moment you overcame temptation—what helped you break the cycle?

3. Create a “Renewal Plan”: What actions will you take next time you feel tempted?



Day 2: Rewiring the Heart and Mind

Prayer for Today

God,
I'm learning to fight this battle Your way—with truth, not just guilt... with renewal, not just willpower.

Help me recognize the thoughts that try to drag me back.
Teach me to take them captive and submit them to You.
Make my mind holy. Make my heart pure.

When temptation comes, flood my thoughts with peace.
Help me to see what's really going on in my soul and invite You in—every time.

I don't want to return to what You've rescued me from.
I want to be transformed.

In Jesus' powerful name,
Amen.





Day 3: Redeemed and Pure in Christ



Day 3: Redeemed and Pure in Christ

Your Verse

1 Corinthians 6:11 (NIV): “And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.”

Supporting Scriptures

- *Isaiah 1:18 (NIV): “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”*
- *Titus 3:5 (NIV): “He saved us, not because of righteous things we had done, but because of his mercy... through the washing of rebirth and renewal by the Holy Spirit.”*
- *2 Corinthians 5:17 (NIV): “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*



Day 3: Redeemed and Pure in Christ

Devotional Thought

You may still feel the tug of shame.

You may still replay your past and ask, *“Can I really be clean?”*

But let this truth sink in deep:

If you are in Christ, **you are not dirty. You are not disqualified. You are not beyond healing.**

You are **redeemed**.

You are **made new**.

You are **pure in heart**, not because of what you’ve done—but because of what Jesus has done for you.

This isn’t just about breaking a habit—it’s about embracing a **new identity**.

You are not defined by what you used to struggle with. You are a daughter of the King, clothed in righteousness and called to freedom.

Yes, temptation may still come. But it no longer defines you.

You walk in the light now.

You are washed. You are whole. You are His.



Day 3: Redeemed and Pure in Christ

Reflect and Apply

- Do you believe that you are completely forgiven—even for this?

- How would your daily life change if you truly saw yourself as pure in Christ?

- What does it mean to you to be “made new” through Jesus?



Day 3: Redeemed and Pure in Christ

Journaling Prompts

1. Write a letter to your past self—reminding her who she is now in Christ.

2. Reflect on the difference between conviction and shame. How has God’s grace changed the way you see yourself?

3. Create a “Purity Declaration” to read aloud whenever you’re tempted to believe otherwise.



Day 3: Redeemed and Pure in Christ

Prayer for Today

Jesus,
Thank You for washing me clean—body, mind, and soul.
Thank You that I am not my struggle. I am not my past. I am not my shame.

I am Yours.

Today, I choose to walk in the freedom You purchased for me.
Help me live as a woman who is made new—filled with joy, strength, and dignity.
Let purity flow from my heart because I know how deeply I am loved.

I surrender my body, my thoughts, and my desires to You.
Make me holy—because You are holy.

And thank You, God, for never letting go of me.

In Jesus' name,
Amen.





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.