



FROM SEXUAL SIN THROUGH GRACE JOURNAL

ADMIT:

What was the situation? Summarize the who, what, when, and where of your sexual temptation or sin.

How did I react? Summarize what you thought and felt in the situation.

What lies did you tell before during or after your temptation? To whom did you tell these lies?

ACKNOWLEDGE & CONFESS:

What are the consequences? Who was affected (directly or by changed expectations) by your sin?

What forms did your lust take? Circle all that apply

Objectifying People
Real Anonymous Person
Adultery in Relationship

Private Narrative Lust
Emotional Affair
Pseudo-Spouse

Soft Pornography
Sexual Touch
Illegal Sexual Sin

Hard Pornography
One Time Sexual Encounter

UNDERSTAND:

What are my motives? Circle or write in your motive/trigger.

Boredom (Sin as Joy)
Fatigue (Sin as Life)
Opportunity (Sin as Pleasure)
Entitlement (Sin as Deserved)
Public (Sin as Carnival)

Loneliness (Sin as Friend)
Hurt (Sin as Refuge)
Rejection (Sin as Comfort)
Pleasing (Sin as Affirmation)
Weakness (Sin as Power)

Stress (Sin as Comforter)
Betrayal (Sin as Revenge)
Failure (Sin as Success)
Time of Day (Sin as Pacifier)
Negative Thoughts (Sin as Silencer)

Frustration (Sin as Peace)
Bitterness (Sin as Justice)
Success (Sin as Reward)
Location (Sin as Escape)

Other:

REPENT:

How can I turn to God for help? What do repentance and faith look like *now*?

RESTRUCTURE LIFE & IMPLEMENT:

How did I leave myself susceptible to temptation?

Is there anything I am tempted to hide, ignore, or cover up about this temptation?