

Four Corners of Sexual Wholeness

Biblical Convictions 1

The primary means of understanding God's plan for our good regarding sexuality comes through studying what the Bible says about sex. Growing in agreement with God's plan is the first corner in our journey towards sexual wholeness.

2 Self Awareness

We must be aware of the ways in which our brokenness affects our sexuality, including understanding the ways we're tempted and some of the deeper reasons for those temptations. (emotions, wounds, etc.)

Christ's Transforming Power

We can have Biblical Convictions, Self Awareness, Intentional Practices, and Supportive Community, but freedom will remain unattainable without the power of Christ intimately transforming our lives.

We must be intentional in understanding where we are vulnerable sexually and develop practices that help strengthen our growth towards sexual wholeness. We need to pursue healthy responses to situations that will help us cultivate wholeness.

Intentional Practices 3

4 Supportive Community

Sexual wholeness cannot be successfully maintained in isolation. All of us need both peers as well as mentors to be a part of our supportive community.