

SEX (case study for girls)

Mary wasn't a Christian in junior high when she got involved with guys. She had a rich fantasy life and enjoyed visualizing herself in sexual experiences with guys. She was quiet at school, but fun to be with, and made it easy or challenging for guys to touch her. She could play hard to get, or give guys the come on, depending on her mood and desires. She knew how to dress to attract their attention, yet still be accepted by the girls. She had lost count of the guys she had made it with, and had no intention of giving any of that up.

When she gave her life to Christ, she figured that it was the attitude about Christ, not all the do's and don'ts, that was important, that "love" was the most important principle, and that she could witness in the back seat of a car as easily as anywhere else.

But to her surprise she found all of that changing. It was not an instant miracle, but it was totally the process of God working on her and in her mind and heart. Changes began to take place from the inside out. One action, one attitude, one thought at a time ... over many months.

SEX (case study for guys)

In Sam's life, lust was not always a problem. It took hold a little at a time. When he was 7 years old, he had his first encounter with sex. Out of curiosity he and a young girl touched and explored each other. Lusts were aroused in him at that early age.

Sam began to think about this experience. He focused his mind on these thoughts and desires. The more he thought about the opposite sex, the stronger his feelings became. In junior high he began looking at "girlie" maga-

zines. He read pornographic stories about sexual conquests. As the thoughts and actions ran unchecked, lustful habit patterns began to form in his life. Sexual fantasy and pornography became a way of life and he couldn't seem to help himself. These reinforced the lustful pattern of thinking. When he saw cute girls, he visualized them like the girls in the magazine. He began to focus on parts of their bodies instead of seeing them as whole people. As time went on, the bondage became stronger. He talked about girls differently, and kept looking forward to when he himself would be the conqueror.

Sam could never get moral victory over lust until he understood why he was lusting. His youth director at church helped him understand that he did not lust primarily for the sexual pleasure it brought him, but because he was getting temporary acceptance and satisfaction from these thoughts and habits.



Discussion Questions:

1. How do you feel about Mary or Sam?
2. If you were Mary or Sam's friend, how would you treat them?
3. How do you think Mary and Sam should deal with the feelings of failure and guilt for the stuff they have done?
4. What could you share from your own experience that might help Mary or Sam?
5. Do these case studies lead you to some questions or concerns? Is there someone you could share them with?