

ACTING ON IMPULSE

Reflect on these questions.

Q: What kind of sexual desires are you experiencing these days?
• What other impulses, fears, or other urges might be behind these sexual desires?

Q: Who can you talk to about these other desires or fears?

Q: If you were to read the Bible, what kinds of things do you think it might say to you about these desires, fears, or other urges?



Write a letter to God about where you could use some help and where you're grateful for the help you've already received.

DEAR GOD,