

1. Read James 1:7-8 In what ways is someone who has not made a final, thorough and lasting commitment to holiness like an “unstable man?”
2. What messages will Mr. Sex Drive likely use to keep himself in the ring? (p. 139)
3. a. List the three sources of sexual gratification: (p. 140)
  - 1.
  - 2.
  - 3.

b. How are gratification and satisfaction different?
4. What are the three lines of defense? (p. 140)
  - 1.
  - 2.
  - 3.
5. What does it mean to bounce your eyes? (p. 142-143 and p 145-146)
6. How might habit be part of struggles with sexual lust? (p. 142)
7. List the possible lies and truths you might hear as your attempt follow in obedience. (p. 144)

Which ones do you hear?
8. In order to know yourself better, answer the 3 questions on the top of page 146.
  1. sources?
  2. look most often?
  3. weakest?
  4. For extra credit, what legitimate human needs might be behind what you lust after?
9. How many times in just the first two weeks did Fred have to remind himself of his commitment? (p. 149)
10. Write out Fred’s attack verse (p. 154):

Write out Fred’s temptation verse:

Write out Fred’s summary:
11. According to Fred, what does Satan get his power of temptation? (p. 154)
12. What challenges will Satan whisper? (p. 156-157)
13. Describe the change process Fred experienced short-term/mid-term and long term? (p. 157-158)