

1. What type of activities lead your sex drive to over flow its God-given banks? (p. 161)
2. What key ingredient does Fred identify as essential if you are to form intimacy with God, friends, accountability partners, and even one's own self? (p 165)
3. What two goals does Fred say need to be our primary focus? (p. 168)
4. Read Psalm 103:10-14 How are you comforted by the idea that "God knows how we are formed" and that "He remembers we are formed of dust"? (p 170)
5. List some specific sacrifices you need to place on the altar as a sacrifice of love for your future wife? (p 171)
6. How can you incorporate the idea of "just for today" or "just for the next hour" on your journey toward sexual holiness? (p 173)
7. List the four elements on the bottom of page 174 that Fred identifies as clear steps to live a life that honors God.
8. What did sexual sin bring Fred compared to what sexual purity brought him? (p 179)
9. Why is it important to build a perimeter around your eyes first? (p 181)
10. Read Job 31:9-11 List some of the ways you can lurk at your neighbors door? (p 183)
11. In addition to controlling your eyes, what do I Corinthians 6:19-20 and 2 Corinthians 10:5 teach that you also have to control? (p 183-184)
12. In what ways is managing your mind like a customs area in an airport? (p 184)