

Empty in Sychar: Sexual Integrity For Women

From the Series

THE TRUTH ABOUT SEX & SEXUALITY

“Thousands are today in the insane asylum whose minds became unbalanced by novel reading, which results in air-castle building, and lovesick sentimentalism.” {CSW 21}

“You are not pure in heart and mind. You have been injured by reading love stories and romances, and your mind has been fascinated by impure thoughts. Your imagination has become corrupt, until you seem to have no power to control your thoughts. Satan leads you captive as he pleases. . . . “ {CG 452}

Day and night dreaming and castle-building are bad and exceedingly dangerous habits. When once established, it is next to impossible to break up such habits and direct the thoughts to pure, holy, elevated themes. You will have to become a faithful sentinel over your eyes, ears, and all your senses if you would control your mind and prevent vain and corrupt thoughts from staining your soul. The power of grace alone can accomplish this most desirable work. {CG 465}

“From what the Lord has shown me, the women of this class [those with an exaggerated concept of their qualities] **have had their imaginations perverted by novel reading, daydreaming, and castle-building--living in an imaginary world.** They do not bring their own ideas down to the common, useful duties of life. **They do not take up the life burdens which lie in their path and seek to make a happy, cheerful home for their husbands.** They rest their whole weight upon them, not bearing their own burden. **They expect others to anticipate their wants and do for them, while they are at liberty to find fault and to question as they please. These women have a love-sick sentimentalism, constantly thinking they are not appreciated, that their husbands do not give them all the attention they deserve. They imagine themselves martyrs.** {2T 463 (1870)}

Covenant Challenges (Based Upon God’s Promises to Us)

- 1) Covenant to ask God to speak to you of His love for you.
- 2) Covenant to ask Jesus to reveal to you that He is your only true Prince Charming.
- 3) Covenant to stop reading all romance novels and from watching all soap operas, romantic/comedy movies, romance-comedy sitcoms and Disney movies.
- 4) Covenant to cast down your impure day-dreaming & castle building imaginations.
- 5) Covenant to capture your rehearsed scenario thoughts and bring them to the obedience of Christ.
- 6) Covenant to escape from your imaginary world back into the real world.

They say that it takes 3 weeks in order for something to become a habit and it takes about 6 weeks to overcome a sexual habit or addiction. Here are some things that will help you to overcome your temptations towards emotional lusting:

1. Face & experience healing for your past hurts.
2. Read and think upon the love God has for you, especially on the Cross!
3. Change your diet.
4. Allow God to take you through suffering as this is the means He will use to bring you victory.