



LILONGWE SCOMAF ZONE

2025 SECONDARY SCHOOL LEAVERS RETREAT

19th July 2025

THEME: “PRESSING ON TOWARDS THE GOAL” (PHILIPPIANS 3:13-14)

TOPIC: MAINTAINING SEXUAL INTEGRITY / GODLY RELATIONSHIPS

Defining Integrity:

- *The quality of being honest and having strong moral principles; moral uprightness.”*

Therefore, if you are a person of integrity, you are one who is truthful and aims to have “moral uprightness.”

Sexual Integrity is

- *Consistently living your life according to the highest moral sexual standards, consistently guarding your mind, will and emotions from sexual impurity. (Proverbs 10:9)*

Sexual integrity is to be the same in the dark, as you are in the light- not double minded with contradictory thoughts, words, and deeds

The person without integrity is double minded and unstable in all they do (**James 1:8**)

In Godly relationships, sexual purity means:

- Abstaining from sexual activity before marriage and being faithful within marriage. This is rooted in Biblical teachings and it is a way to honor God, protect oneself from harm, and experience the fullness of God's blessings.
- It involves more than just physical actions; it also encompasses purity of heart and mind.

TIPS TO HELP ONE MAINTAIN SEXUAL INTEGRITY

1. Be real and recognize that sexual temptation may not be unavoidable

- You are exposed to a lot of visuals (images, posts, films, television, magazines etc) and so many other stimulants daily.
- Being a born again Christian doesn't exempt you from sexual temptation. Even the so called "great men of God" can fall prey to it. So it is better to be real and admit this fact

1 John 1: 8" If we say that we have no sin, we deceive ourselves and the truth is not in us"

2. Take charge of what you feed yourself on

- Sexual sin ravages everyone connected with it.
- Avoid live wires and visual situations that increase sexual temptation
- Every sexual fantasy you entertain, every flirtatious conversation you keep up, or every "second look" you indulge in is a seed for sexual sin, adultery, a broken heart, a shattered life.
- Be serious not to entertain lust, take a concrete action now as much as you can

James 1:15 "Lust when it is conceived, brings forth sin. And sin brings forth death".

- Guard your thoughts, desires, and imaginations, and avoiding anything that could lead to sexual immorality.

Proverbs 4:23 "Guard your heart above all else, for it is the source of life."

- **How?** Immerse yourselves in God's Word, which is a powerful tool for resisting temptation. **Psalm 119:9-11** *"How can a young man keep his way pure? By keeping your word."*

3. Be proactive -forward thinking on matters of sex

- Decide in advance what to do when you're sexually tempted. Decide how to distract yourself, who to contact in case of anything, and how to escape close calls.

"Like an athlete I train my body to do what it should, not what it wants to do. Otherwise, I fear that I myself might be declared un-fit" (1 Corinthians 9:27)

- If you're serious about sexual integrity, you'll distance yourself not only from the particular sexual sin you're most prone to (fantasizing, pornography, affairs, prostitution) but you'll also distance yourself from any person or thing that entices you towards that sin.
- Sometimes, even a legitimate activity (certain movies, music or clubs etc) may be ok for other people to indulge in, but not for you. Get brutally honest about your lifestyle.

Anything that makes you prone to sexual sin has to go.

"All things are lawful for me," Paul said, "but not all things are edifying. I will not be brought under the power of anything." ([1 Corinthians 6:12](#))

4. Get connected to the right people

- Find a trusted, mature Christian friend to confide in. NEVER assume that you've reached a point where you no longer need accountability.
- Don't hesitate to seek Godly counsel if you're trapped in cycles of out-of-control behavior. The answer you need may be more than just a prayer

King David (who was no stranger to sexual sin) found refuge in Samuel's wise mentoring. ([1 Samuel 19:18](#))

5. Keep going and pressing on towards the sexual purity goal

- The problem of sexual temptation isn't going anywhere. It's been with us since time immemorial. And there's no doubt it will plague us until Christ comes. The struggle is real. So get comfortable with the idea that you'll need to manage your sexual desires throughout life.
- Always remember that your sexual integrity is a part of the general life-long sanctification process all Christians go through. *"I count myself not to have attained perfection,"* Paul told the Philippians. *"I am still not all I should be."* ([Philippians 3:12-13](#))

So learn to love the process of pressing on, not perfection.

- It isn't the sinless man who makes it to the end. Rather, it's the man who'll learn to pick himself up after he stumbles. If your struggle seems relentless, remember this: when you commit yourself to sexual integrity, you commit yourself to a direction, not to perfection. You may stumble along the way. But that is no justification for sin. It's just a realistic view of life in this fallen world. What determines the success or failure of an imperfect man is his willingness

to pick himself up, confess his fault, and continue in the direction he committed himself to.

[Philippians 3:14](#), *"Forgetting those things that are behind, I press on towards the mark of the high calling."*

6. Have clearly defined goals for your life

How clear are your goals?

What's your passion?

What's your calling?

And how do you spend your leisure time?

A person who doesn't have a life —a passion, a sense of meaning, an ability to play as hard as he works —is someone with an emptiness tailor-made for sexual sin.

(An idle mind is the devils workshop)

Life is about more than keeping yourself sexually pure, as important as purity is. It's about knowing who and why you are, where your priorities lie, and where you're headed.

CONCLUSION

- To pursue sexual purity, you need to develop healthy boundaries in relationships, cultivate strong relationships with God and others, and seek accountability.
[1 Thessalonians 4:3-5](#)
- Seek God's wisdom and strength in navigating relationships so you can maintain sexual purity.

Therefore, commit yourself to developing your life as a good steward of your gifts and opportunities. Make that the context in which you seek to maintain your sexual integrity and Godly relationships. Sexual integrity for its own sake is a good thing. Sexual integrity for the sake of a higher calling is better. Turn away from sin. But as you do, turn towards a goal-oriented, passionate, meaningful life!!!!!!