



## STUDENT RESOURCES HEALING & FREEDOM FAQ

In concluding our Theology of Sex series, we have two more questions from the Students' FAQ to answer. We know that Jesus is the only one who can provide real healing and freedom from sin, and Romans 6 shows four key truths that we must examine and personalize if we are going to see our lives transformed by Jesus. We've combined the Student FAQ and Parent Resource on Healing below.

### **Q: WHY WON'T GOD JUST FIX THE SIN WE STRUGGLE WITH? WHY DO WE STRUGGLE SO MUCH?**

We know that the apostle Paul has wrestled with this question before too based on 2 Corinthians 12. Paul describes a "thorn in his flesh" that God gave him, and even though Paul begged God to take it away, he learned that God gave him that specific weakness to humble him and show his constant need for God. There are times when God removes a struggle from His people, but there are also many times that God allows the struggle to remain because it gives us the opportunity to see our need for Jesus and to live a life of constant dependence on Him. Based on this truth, we can see that the goal is not our perfection, but the goal is persevering faith.

We struggle so much because of the brokenness and sinfulness of our hearts, but as we continue to depend on Jesus and trust Him in an enduring way, we will see His power made perfect in our weakness.

### **Q: WHAT IS THE PROCESS OF COMING OUT OF SEXUAL SIN?**

Another way of asking this question is, "How does healing really happen?" This is usually a long process of constant repentance, where we have to turn away from our sin and make choices toward choosing Jesus to fulfill our needs and desires.

First, we have to humble ourselves and be honest with where we are. If you are not willing to be honest with yourself and with others, then sexual sin will continue to grow and overtake you in the darkness. As we confess our sin to people that can fight alongside of us, we are dragging that sin and pain into the light of Jesus.

Second, Jesus is the only one who has the power to heal. It may be possible to stop sinning by your own willpower, but without Jesus you will not experience any real healing from the pain. You need to understand how Jesus has poured out His grace on us, because grace allows us to see how Jesus has definitively dealt with our pain, shame, guilt, and doubt through the cross and resurrection. Growing closer with Christ will allow Jesus to satisfy you and bring contentment into your life.

Third, you have to weed out the lies that you have believed and plant truth into your life. This is a long process of examining your motivations and diagnosing your heart. Once you know the roots of your sin, you can expose those lies and attack it with God's truth. You need to do this in community, where others know your struggles, can encourage you along the way, and can fight this fight with you.

This is not supposed to be a formula, but when you do these things repetitively, on a daily basis for a long period of time, you will see the healing and transformation that God can provide. It is not a quick-fix, but it is what persevering faith is all about—our constant need for and dependence on Jesus.

We taught through Romans 6:4-13 to show what this process of coming out of sin looks like. This passage shows how we must understand God's grace personally (4), we need a persevering faith that endures (8-9), we need to consider ourselves to be dead to the power of sin and alive to God (11), and we need to give ourselves completely to God (13). We also used these truths to create discussion questions for small groups, and wanted to share those questions below.

### **APPLICATION QUESTIONS**

Parents, these questions cover much more than just healing from sexual sin, but we think these would be great questions to engage your student on and see where they are in their relationship with Christ:

1. Can you explain how you've received God's grace and live in God's grace daily?

2. What does it look like for your faith to endure in the midst of struggle and temptation?
3. If you are following Jesus, how do you need to consider yourself to be dead to the power of sin and alive in Christ?
4. How do you need to give yourself completely to God so He can heal you? What radical measures do you need to take? How do you need to humble yourself and rid yourself of selfish ambition?