

**TEN TIPS**  
FOR MAINTAINING  
SEXUAL INTEGRITY.

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JOE DALLAS

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# INTRODUCTION

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Every day we make a decision: resist, or indulge.

That's because every day we're stimulated by forces within us and without. Things we see, voices we hear, cravings we feel, and thoughts we have, all trigger us to say "yes" to strong desires. The specific desires vary from person to person, and may include a desire to overeat, or to steal, or to punch someone out.

One of the commonest desires, for men especially, is the desire to covet what's not rightfully ours. That's what sexual lust is, you know – a desire for what you're not entitled to; a form of covetousness God forbids but which man experiences, nonetheless. Every day we're bombarded by images, thoughts, or memories, beckoning us to want, imagine, or indulge.

Yet man is commissioned by God to be a faithful steward of all he has, his sexuality included. The faithful steward seeks to maintain sexual integrity, even while living in an environment which seems hostile to the purity he's trying to guard. To do that, he needs zeal, and he needs tools. This book was written as a tool for him to add to his kit. It features ten tips he can recall, absorb, and put into practice when the going gets tough. I've used them myself for decades, so I can vouch for them because they're simple, practical, and Biblically based.

My hope and earnest prayer is that you find them to be as useful as I have.

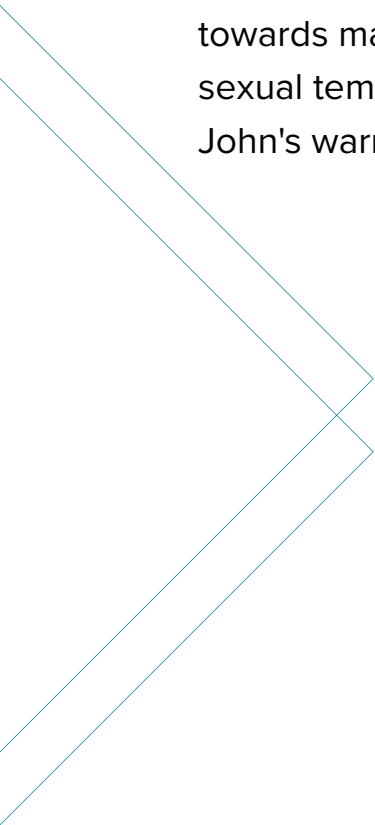
*-Joe Dallas*

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## TIP 1: GET REAL

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Recognize that sexual temptation is unavoidable in our sex-obsessed culture. Erotic images on billboards, films, television and a thousand other stimulants are bombarding you daily. Being a Christian doesn't exempt you from temptation - the godliest of men can fall prey to it. So the first step towards maintaining sexual integrity is to get real. Admit to yourself that sexual temptation is a problem that you have to reckon with. Remember John's warning:



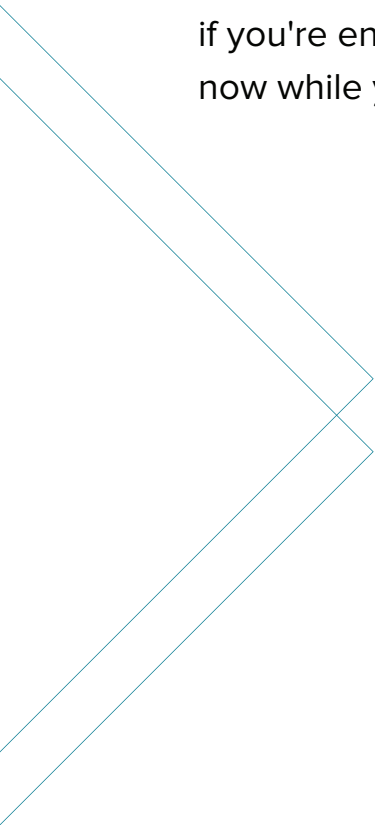
*"If we say we have no sin, we deceive ourselves." (1 John 1:8)*

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## TIP 2: GET SERIOUS


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You should know by now that sexual sin ravages everyone connected with it. What you may not know is that every sexual fantasy you entertain, every flirtatious conversation you keep up, or every "second look" you indulge in is the seed for AIDS, adultery, a broken heart, a shattered life. Get serious - if you're entertaining lust, you're dancing on a cliff. Take concrete action now while you can.



*"Lust, when it is conceived,  
brings forth sin, and sin brings  
forth death." (James 1: 15)*





**“WHAT MATTERS TO ME IS  
MANIFEST IN ME. YOU’LL SEE IT IN  
MY ACTIONS, HEAR IT IN MY  
WORDS, AND SENSE IT IN MY  
ATTITUDE. WHAT MATTERS MAKES  
ITSELF KNOWN.”**

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JOE DALLAS

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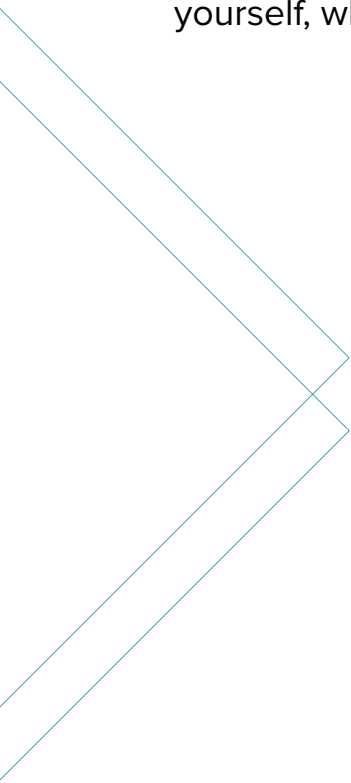


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## TIP 3: GET READY

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If you really believe an earthquake is coming someday, you prepare for it by developing an emergency plan. If you really believe sexual temptation is both common and can become lethal, you'll make an "emergency plan" for it, too. Decide in advance what to do when you're tempted: how to distract yourself, who to call, how to escape close calls. Even St. Paul admitted:



*"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 unfit." (I Corinthians 9:27)*

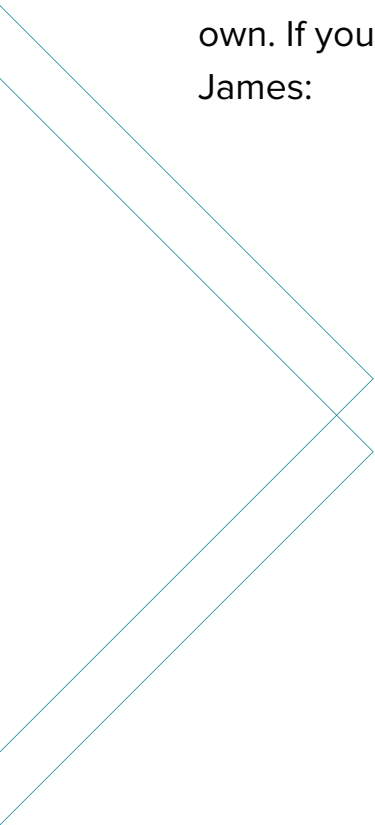
Can you really afford to do less?

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## TIP 4: GET CONNECTED

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Sexual sin thrives in the dark. If you're caught up in any sexual vice, one thing is certain: The secrecy surrounding your behavior is what strengthens its hold on you. However ashamed you may feel about admitting your problem to another person, the reality is this: You can't overcome this on your own. If you could, wouldn't you have done so by now? Take a hint from James:



*"Confess your faults one to another, and pray for one another, that you might be healed." (James 5:16)*

Find a trusted, mature Christian friend to confide in. Make that friend a partner in your recovery, and NEVER assume that you've reached a point where you no longer need accountability.



**“IF YOU’RE KEEPING YOUR  
STRUGGLES A SECRET, THEN YOUR  
PROBLEM ISN’T THAT YOU’RE NOT  
TRYING HARD ENOUGH. IT’S THAT  
YOU’RE TRYING ALONE.”**

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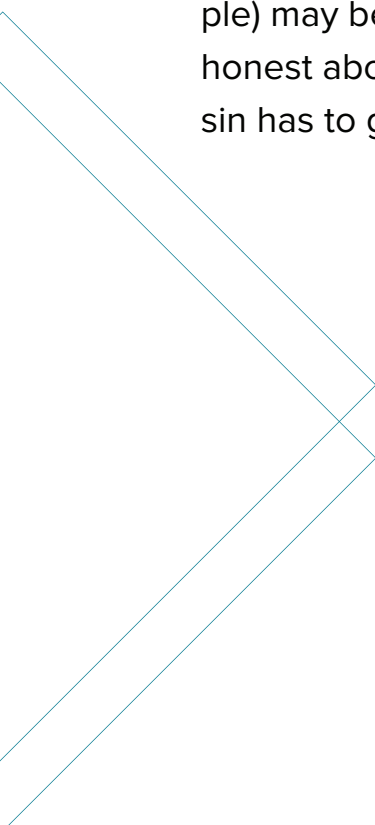


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## TIP 5: GET BRUTAL

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I believe there's an eleventh commandment somewhere that says "Thou Shalt Not Kid Thy Self." 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, for example) may be OK for other people to indulge in, but not for you. Get brutally honest about your lifestyle: anything in it 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)*

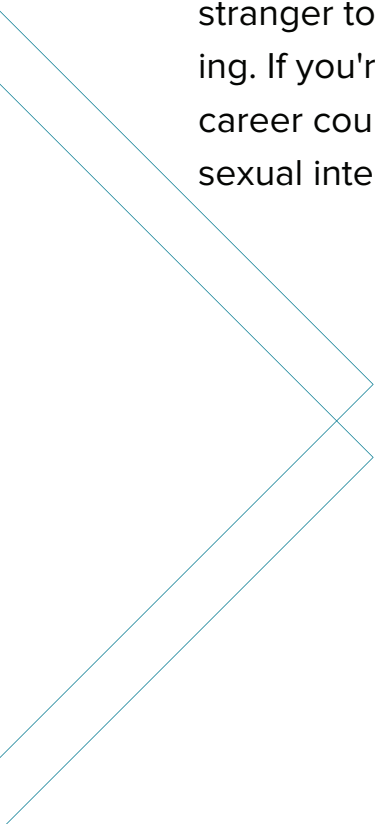
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## TIP 6: GET HELP

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Sexual sins are often symptomatic of deeper emotional needs that a man is trying to satisfy in all the wrong ways. Repenting of the sin itself is necessary first step, but recognizing the conflicts or needs that led you into that behavior may be the next step, requiring some specialized care from a Christian professional. Don't hesitate to seek Godly counsel if you're trapped in cycles of ongoing, out-of-control behavior. The answer you need may be more than just "pray and get over it!". King David (who was no stranger to sexual sin, by the way) found refuge in Samuel's wise mentoring. If you're willing to seek professional help for taxes, medical care or career counseling, surely you'll be willing to do the same to maintain your sexual integrity.

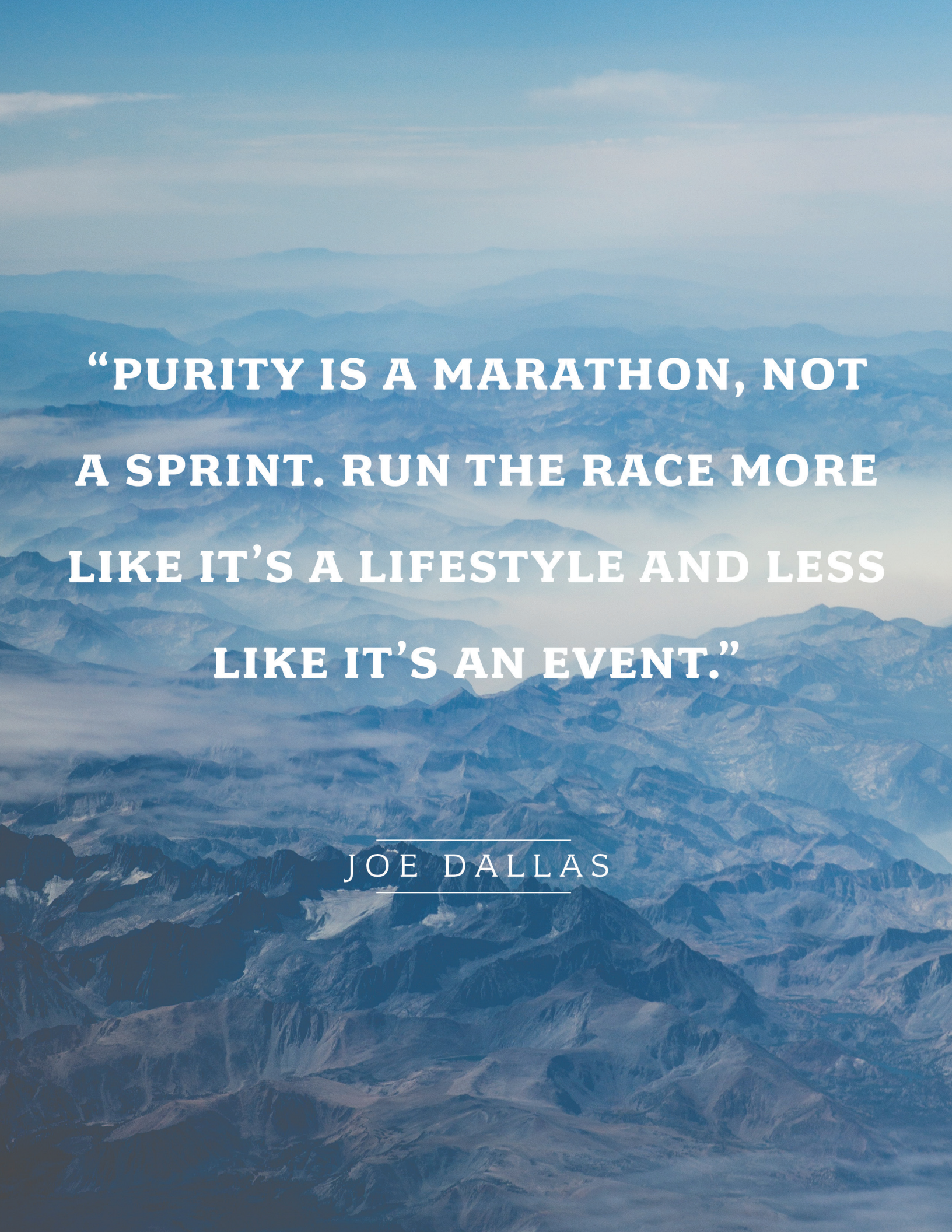
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*Now David fled, and escaped,  
and came to Samuel to Ramah,  
and told him all that Saul had  
done to him. And he and  
Samuel went and dwelt in  
Naioth. (1 Samuel 19:18)*

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**“PURITY IS A MARATHON, NOT  
A SPRINT. RUN THE RACE MORE  
LIKE IT’S A LIFESTYLE AND LESS  
LIKE IT’S AN EVENT.”**

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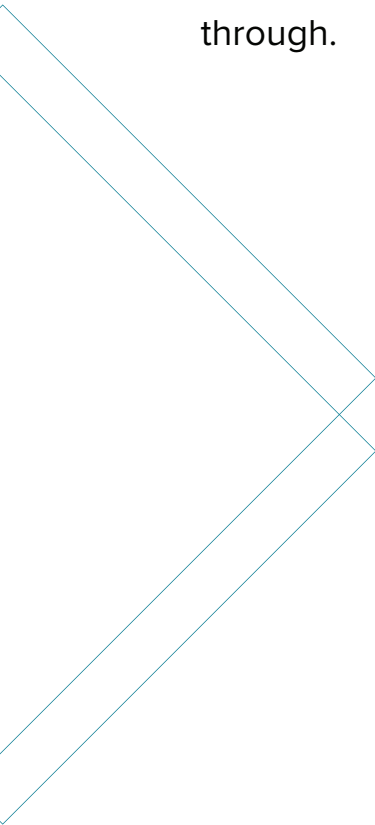


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## TIP 7: GET COMFORTABLE

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The problem of sexual temptation isn't going anywhere. It's been with us since time immemorial, and no doubt it will plague us until Christ comes. So get comfortable with the idea that you'll need to manage your sexual desires throughout life, always remembering that your sexual integrity is but a part of the general life-long sanctification process all Christians go through.



*"I count myself not to have attained perfection", Paul told the Phillipians. "I am still not all I should be." (Phillipians 3: 12-13)*

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

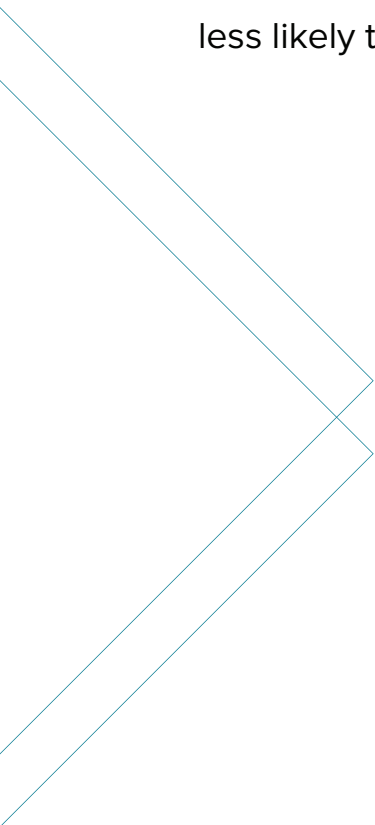


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## TIP 8: GET LOVE

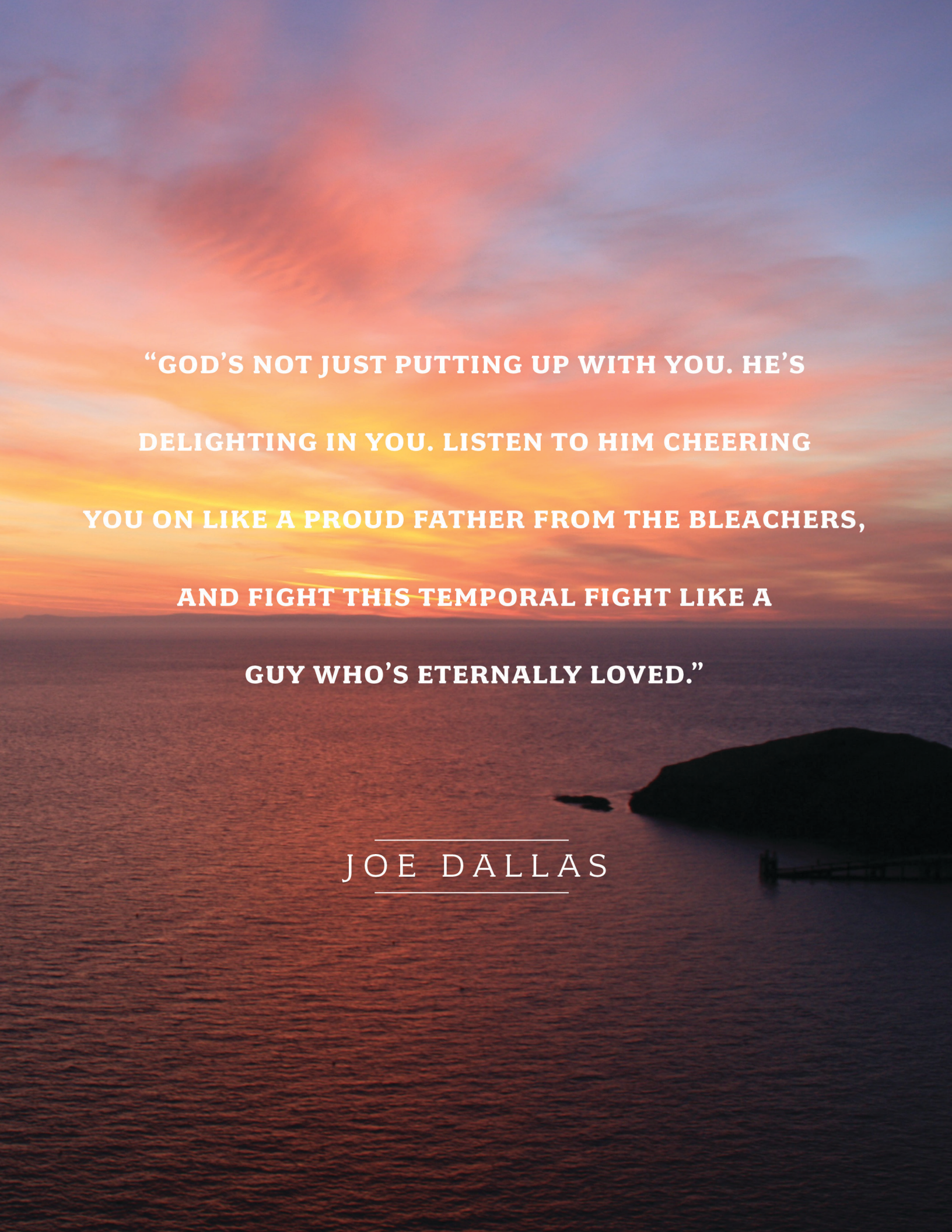
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"I've been looking for love in all the wrong places", an old song laments. The sexual sin you're drawn towards may indeed be a cheap (though intense) substitute for love. You can repent of the sin, but not of the need the sin represents. So get love in your life: friendships, family, spouse, fellow believers. A man who truly loves, and knows he's truly loved, is far less likely to search for what he already has in places he'll never find it.



*"Why do you spend your money on  
that which is not bread, or your  
labor on that which cannot  
satisfy?" (Isaiah 55:2)*

Learn to be intimate and authentic. It's one of the best ways to protect your heart and your integrity.

A full-page background image showing a sunset over a body of water. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The sun is low on the horizon, creating a bright glow. In the foreground, the dark silhouette of a rocky island or headland is visible on the right side, with a small pier or breakwater extending into the water. The water reflects the colors of the sky.

**“GOD’S NOT JUST PUTTING UP WITH YOU. HE’S  
DELIGHTING IN YOU. LISTEN TO HIM CHEERING  
YOU ON LIKE A PROUD FATHER FROM THE BLEACHERS,  
AND FIGHT THIS TEMPORAL FIGHT LIKE A  
GUY WHO’S ETERNALLY LOVED.”**

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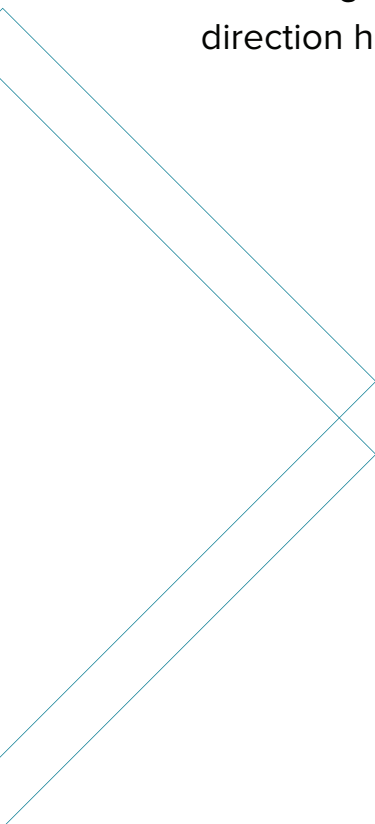
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## TIP 9: GET GRACE

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It isn't the sinless man who makes it to the end; rather, it's the man who's learned 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 - that's no justification for sin, 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. Remember Paul's approach:



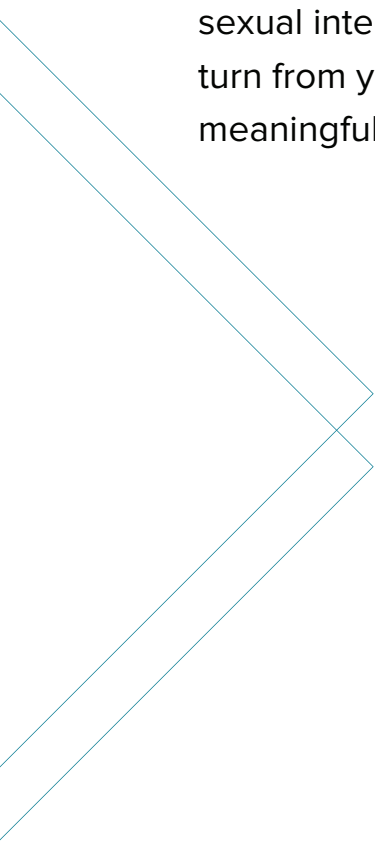
*"Forgetting those things that are behind, I press on towards the mark of the high calling."  
(Philippians 3: 14)*

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## TIP 10: GET AT LIFE

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What's your passion? What's your calling? How clear are your goals? And, by the way, do you have any fun? The man who doesn't have a life - a passion, a sense of meaning, an ability to play as hard as he works - is a man with an emptiness tailor-made for sexual sin. 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. If you don't know that much about yourself, you have some serious thinking to do. Commit yourself to developing your life as a good steward of your gifts and opportunities, and make that the context in which you seek to maintain your sexual integrity. Sexual integrity for its own sake is a good thing; sexual integrity for the sake of a higher calling is better. So by all means turn from your sin. But as you do, turn towards a goal-oriented, passionate, meaningful life. That is repentance in its truest, finest sense.



*Sexual integrity for its own sake  
is a good thing; sexual integrity  
for the sake of a higher calling is  
better.*



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# FINAL THOUGHTS

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The Olympic gold medalist Jessie Owens once said, “The battles that count aren’t the ones for gold medals. The struggles within yourself – the invisible, inevitable battles inside all of us – that’s where it’s at.”

Indeed. To live consistently with your deepest beliefs is to maintain authority over your body, thoughts, and feelings, accepting the fact that all three will at times want to rebel, and accepting the responsibility to keep all three from doing so.

Yet the rewards for sexual integrity aren’t reaped only in the next life. Here and now, this very moment, you can experience the peace of mind and robust spirit that come with consistency which is, it’s safe to say, an essential part of holiness.

Sex is sacred. Sexual sin is serious. Sexual integrity is attainable. It’s a wise man who knows that, and it’s a bold, happy man who puts that knowledge into practice.

May you always be such a man or woman.

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Joe Dallas is a Biblical counselor, author, and speaker. For booking information, consultations, or to sign up for his daily blog, contact [joedallas.com](http://joedallas.com).