

Appendix



Why Jesus?

If all you want is to stop a sexual sin you hate, then you don't need this book. If you want to stay in complete control of your life, try behavioral modification techniques. Take a secular psychology class or read self-help books that tell you how to pull yourself up by your own bootstraps and fix everything that's wrong with your life.

The premise of this book is that those techniques will fail. My book exists to humbly share with you exactly what you need. From my own experience and the experience of hundreds of other Proven Men, I can tell you: If you want to live a purposeful and Proven life, you need Jesus.

You'll remain trapped in sexual addiction unless you do two things:

1. Ask Jesus to be your Savior.
2. Give Him permission to be Lord of your *entire* life.

Jesus as Savior

Allow me to explain Jesus in a way you might not have heard.

A PROVEN Path for Sexual Integrity

Many believe that Jesus came to earth to show us how to live a good life. That's not why Jesus came to earth. Yes, Jesus surely did provide the greatest example. But He didn't come here to show you how to live, but to die on the cross and rise again as your Savior.

Jesus was and is God. He is the one who created the world. About 2,000 years ago Jesus left heaven to take the form of a man. Why?

When the Lord created man, He had a divine purpose for an eternal relationship with each one of us. However, the heavenly dwelling of God is absolutely perfect. God says that nothing impure can enter into heaven.¹⁵⁴ That's a huge problem because every one of us has sinned. A single sin makes us imperfect and ineligible to be in heaven. In fact, the Bible is crystal clear that the penalty for a single sin is eternal separation from God.¹⁵⁵

It's like we are all on death row waiting to be executed. I am sure your mother or father would gladly step in your place to pay your death sentence. But they cannot because they too have sinned and are on death row.

What we all desperately need is for someone not on death row to be willing to take the punishment for us. Of course, that means they would have to live a sinless life. Do you see where this is going? Only God could live a sinless life on earth. That's why Jesus took on flesh 2,000 years ago. Being man and God at the same time, Jesus did not commit a single sin.¹⁵⁶ The good news is that Jesus was willing to lay down His life for yours.

Jesus personally paid the penalty of your sin when He died on the cross. John 3:16 is perhaps the best known verse in the Bible: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." If

Appendix A: Why Jesus?

you were the only person to have ever lived, Jesus would still have come to earth to die for you. It had to be that way. He loves you and doesn't want you to perish or to go on living without Him as part of your life. In fact, Christ offers you His name and His righteousness to replace your sin-soiled life.

By living a perfect life, Jesus became an acceptable sacrifice and substitute for your sin. Then he conquered death by rising from the grave and returned to heaven. Now, when the death sentence is handed down for your sins, Jesus stands in your place—provided you have accepted His free gift of forgiveness occurring when you ask the Lord to permanently dwell in your heart. That way, when you die and the punishment of death must be paid, Jesus who lives in you, has already paid the penalty in full.

What do you need to do to ask Jesus to be your Savior? The Bible says, "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."¹⁵⁷ He won't reject you. Everyone who turns to Jesus and believes in Him become children of God and therefore inherit eternal life in heaven.¹⁵⁸ This includes you and me, but you must personally ask for and accept the free gift of forgiveness.

If you turn to Jesus and accept His shed blood as the perfect sacrifice and substitute for your penalty, you're no longer considered impure no matter what bad things you've done or will do. God the Father will not reject you because His Son, who now lives in you, already paid the full penalty of death for all your sins.

Right now, go to God with a surrendered heart. You'll be asking Jesus, who paid the death penalty that was due to you, to forgive you and to enter your heart. Ask Him for His grace and mercy. He wants to give it to you.

Salvation

To ask Jesus into your heart and accept God's righteousness, pray something like this:

God, I know that I am a sinner and deserve death. I know that Jesus is God and that He died on the cross to rescue me from the penalty of my sin. Please forgive me. I receive the free gift of eternal life, which comes solely from the perfect sacrifice of Jesus Christ for my sin. I pray and ask you, Jesus, to come into my heart right now and to make it your permanent home. Take total control of my life. I choose to follow you and turn away from sin, including my former lifestyle. Thank you for loving me and forgiving me. I commit to following you forever. In your precious name, Jesus, I pray these things. Amen.

If you prayed this prayer with your heart, then congratulations! You're my eternal brother in Christ. You're free from the power of death. Jesus now permanently lives in you, and you're God's child.

Jesus as Lord

It's now time to daily make Jesus Lord of your life. That's the key to sexual integrity.

You've taken a very important step. You've realized that you can't win the battle on your own. You've probably tried many times and failed, but you're finally on the right track. You see, your battle is not about using more of your own power or even about overcoming bad influences. Instead, it's a spiritual battle. In fact, the Bible teaches that "our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."¹⁵⁹

Appendix A: Why Jesus?

The only way to stop being a slave to sin, such as pornography, is to rely on Jesus Christ. These are more than just words. When you need forgiveness, power, and strength, you go to the source of forgiveness, power, and strength: Jesus. His power is available to you, so turn to and yield your entire life to Him.

Now the journey begins, but you never travel alone! A wonderful by-product of having an intimate relationship with God is victory over sins, including sexual immorality. Jesus desires to take control of your life and lead you in His holy and pure ways. The power of the Holy Spirit is ready, willing, and more than able to lead you victoriously if you let Him, but you must want to love and serve God more than your former selfish and prideful ways. You need to start hating sin because it blocks your relationship with Jesus Christ.

Making Jesus Lord over your daily life is what being a Proven Man is all about. Each day you wake up you give control to the Lord. Throughout the day, you test your thoughts and actions against the six PROVEN letters:

Passionate for God,
Repentant in spirit,
Open and honest,
Victorious in living,
Eternal in perspective, and
Networked with other *Proven Men*.

Plan to work through our 12-week companion *Study* named *The 12-Week Study to a PROVEN Path to Sexual Integrity*, to learn how to live out a Proven life. It's a journey you never have to take alone because you're part of the family of God and a fellow Proven Man.

This Article is a reprint from an Appendix to our book, *Proven Men: A Proven Path to Sexual Integrity; Help with Pornography, Masturbation or Sex Addiction from a Biblical Perspective*. If you found it helpful, plan to pass it on to someone else and refer him to our website at: www.ProvenMen.org