

# Clean

## The Journal

### Contents:

Chapter 1: A Dirty War Declared	5
Chapter 2: Your Destiny is Waiting	13
Chapter 3: Authority at Stake	19
Chapter 4: Carry Your Weapons	29
Chapter 5: $U+P=D$	39
Chapter 6: Clean Brain	47
Chapter 7: Holy Hologram	53
Chapter 8: Really Under Authority	61
Chapter 9: A Promised Land	67
Chapter 10: James and John	73
Chapter 11: Road to Trouble	81
Chapter 12: Two-Sided Problem	91
Chapter 13: Staying on Offense	97
Resources	105



## A Dirty War Declared

As men, all of us are sexual creatures. We are all created sexual in the image of our God. Remember, Adam was created as a sexual man way before Eve was conceived or created by God.

There's no scene in Genesis chapter 2 where God endows Adam with sex organs now that he was going to create Eve. Rather, God created man like all mammals to "go forth and multiply." We, like Adam, all had a season of being sexual, but not being aware of it.

Take a moment and remember when you were a child, or even a teenager, and try to remember when you were not aware of sexuality. Some of you remember when girls were icky and not anyone you might want to share time with. Now, take a moment and write down a memory of a time when you were oblivious to being in a sexual world.

---

---

---

Then it happened; each one of us had our own unique experience of becoming sexually aware. For some it was a girl kissing you; for others it was a peer telling you stories or unfortunately an older boy showing you his dad's magazines. Some were violated in their first sexual awareness by a male or female predator.

All of us have a story to tell about when we first became aware of sexual attractiveness or sexuality. Take a second and think about yourself when sexual awareness or sexuality came into your life story? What did you think or feel when sexuality occurred. For some, this was a positive awakening; for others the enemy tainted even your sexual awakening with guilt or shame.

In the below space, write out your awakening. Then how you felt or what you thought about this.

My awakening was: \_\_\_\_\_

---

---

---

My thoughts and feelings were: \_\_\_\_\_

---

---

---

For most, but not all men, the enemy who fears you attempted to declare the dirty war in your life. The devil doesn't wait until you're a fully equipped man of God. He attacks you as a child or adolescent because he is, above all things, a coward preying on the weak.

The dirty war starts in so many different ways as future men of God. I have listened to men for more than twenty years tell their tales of when the war was declared on them sexually. For some it was sexually inappropriate thoughts about people around them. Other men were moved by sexual fantasies of real or unreal people such as individuals on television, in movies, magazines or even comic books.

A significant group of men are thrown the grenade of pornography or nudity even in National Geographic, photo magazines, nude decks of cards or Playboy, and now we have a real venomous weapon from the enemy called the Internet.

Think back again. When did the enemy declare war on you sexually? How did he organize it so that you would be exposed to sexuality in an ungodly way? How has this impacted you? Write down the answer to these questions and be specific.

1. How did the enemy declare war on you sexually?

---

---

---

2. How did he organize it so that you would be exposed to sexuality in an ungodly way?

---

---

---

3. How has this impacted you?

---

---

---

When one nation or kingdom declares war on another, there is almost always more than just the first conflict. The first conflict is just the beginning of the war. There are often many other battles that occur until the war is finally over. In Christ, we can ultimately win. However, it can be helpful to look back over a few of the significant battles you have won and others that you may have lost. You and I can learn from our own battles as well as the others.

In the below spaces write out three examples of sexual battles you know you were the victor in. Give examples of real temptations that you escaped or overcame.

1. \_\_\_\_\_

---

---

2. \_\_\_\_\_

---

---

3. \_\_\_\_\_

---

---

Here, I want you to acknowledge sexual battles or rounds that if a referee was looking, he would have given that round to the enemy. He tempted you, or maybe you tempted you, and you lost by any standard.

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This part of this journal is to get you to see sexuality in God's image. Most of us have had a season of sexual innocence. All of us have had some sexual awakening between innocence and violations. Almost all of us have had war declared on us by the enemy who is afraid of us. Lastly, most of us have won and lost some battles.

Share your findings in this journey you have taken together with some brothers. If you are doing this in a group, which I hope you are, break up into smaller groups and walk through this together. You will be amazed at what you learn from each other.