**Become a Christ Follower** – Embrace Forgiveness

“Come now, let us reason together,” says the Lord.

“Though your sins are like scarlet, they shall be as white as snow;
though they are red as crimson, they shall be like wool.” Isaiah 1:18

**Change Your Mind** – Repent

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:1-2

**Agree with God** – Confess

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:16

**Break the Grip of the Past**

What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:21-23

- **A physical act** -- Do what needs to be done
- **A mental marker** -- Quit telling yourself stories
- **A relational union** -- Create distance from old flames
- **An emotional bond** -- Speak truth to lies
- **A spiritual act of worship** -- Break old covenants

**Walk a New Path**

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. 1 Corinthians 6:18

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things. Philippians 4:8

**Next Steps**

- **Get Serious**

You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. Matthew 5:27-30

**Resources**

- **Pure Desire** -- Ted Roberts
- **Dateable** -- Justin Lookado
- **Book of Romance** -- Tommy Nelson

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