

## Integrity is Something You Practice

Sex is more than a biological act to meet a biological need. It's a lot more than a few body parts touching. It involves your spirit and your soul. But today, our culture has decided that we can take out the relational end—the spirit and the soul end—and make sex just about a physical act. And the damage from this has been tremendous to our bodies, to our spirits, and to our souls. Ultimately, to our relationships. Because now we believe that we can have our sexual fun, and someday when we marry, we'll be able to control everything that we never controlled before. It doesn't work that way.

**You will be practicing sexual integrity, or the lack of it, for the rest of your life!**

**Question:** *If you don't have the ability to control your sexual behavior before you get married, what makes you think you're going to be able to control it after?*

How you have behaved in the past points to how you will likely behave in the future. The only way anyone can know whether or not you have integrity and whether or not you have the ability to keep a boundary or a commitment is if you have done it prior.

**So, what we're talking about is: INTEGRITY IS BUILT.**

**Question:** So, it's time to say, "what do I want for my future? How do I want to protect my health and future relationships?"

Opposites might attract when it comes to personality, but they NEVER attract when it comes to character.

*You are going to get exactly what you are.*

**Question:** Can you describe your dream spouse? How would you like him/her to act, to treat you, and what kind of character would you like them to have? Why would someone who is kind, respectful, compassionate, has integrity, a strong work ethic—who has all of these character qualities that you have likely just described, want you?

**Because those are the character qualities that you possess. We attract what we are.**

**An unhealthy person will never attract a healthy mate. But, as you build those things into your life, you're going to attract those things to you.**

**How?** While you're building your character, it's important to find someone, an advocate or a mentor, or a close female friend—someone you speak to on a regular basis—who can speak truth to you, because we're not always honest with ourselves.

*Find a close friend or someone you highly respect who you will allow to examine your actions and behavior.*

We need those people in our lives who can be honest and speak truth to us about where we are and how we're growing, and if our character is being built. If you don't have them, find them.