

WORKBOOK

CREATE IN ME A PURE HEART

ANSWERS FOR STRUGGLING WOMEN



STEVE & KATHY
GALLAGHER



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INTRODUCTION



The purpose of this workbook is to help the reader of *Create in Me a Pure Heart* to focus on the major themes presented in each chapter. In doing so, the reader can expect to gain a better understanding of the issues and truths discussed throughout the book. While reading alone is helpful, having to search for the answers to questions and then write them down will enhance one's retention of the important steps provided for overcoming sexual sin.

With that in mind, several questions have been generated from each of the seventeen chapters. You will find that we often quoted sentences which contain the answer to a particular question. The questions are also arranged in accordance with the order in which the chapters were written. For instance, the answer to question number 7 will always be located in the chapter somewhere between the answers to questions 6 and 8.

Finding the answers will not always be easy. You may have to go back and forth over portions of the text. That's the way it is supposed to be! The more you have to search for answers, the more likely the material of the book is going to "get into you." If you should come across a question that you just cannot find the answer to, skip it until you have completed the entire

workbook. Then, *only as a last resort*, you can look up the answer in the back of the book. If you look it up while you are still in the chapter, you will not be able to find that answer without seeing the other answers for that chapter. This would only serve to defeat the whole purpose of this exercise.

The answers to the scriptural questions are not provided. There are two reasons for this. First, people use different translations of the Bible, which will affect the way the answer reads. Secondly, most of the answers will be based upon the reader's own perspective. Please keep in mind that we use the New American Standard version of the Bible and some of the questions reflect the wording of that translation.

You will experience a wide range of feelings as you read *Create in Me a Pure Heart*. Sometimes it will be painful, while other times will be filled with hope as you sense God's loving presence there to help you. Make notes as you go through this. One day it will be a real blessing to look back at the different spiritual and emotional experiences you have during this special time in your life.

I hope this workbook is a blessing to you as you seek the biblical answers for your needs.

STEVE AND KATHY GALLAGHER





CHAPTER FIVE:
THE PROCESS OF SIN



Study Questions

1. Describe the “complex chain of actions” which those who are bound up in habitual sexual sin are actually addicted to.
2. What does “honey” represent?
3. What does “smooth oil” represent?

13. How can you prepare now to face future temptations in your specific area of struggle?

What the Scriptures Say

1. Read James 1:13-16 and answer the following questions.

Why do you think some people might say, “I am being tempted by God?”

In light of your own experience, what do you think that James meant when he said that a person who is tempted “is carried away and enticed by his [or her] own lust?”

2. Read Proverbs 5:3-13 and answer the following questions.

What is Solomon’s main piece of advice in this section of scripture?



What are the five things that will happen if you do not heed this advice?

a.

b.

c.

d.

e.

Personal Examination

1. What did you learn about the process of sin from this chapter?

2. What did you learn about your own sin from this chapter?

Group Discussion Questions

1. How have you responded to temptation in the past?
2. How have “the three circumstances” affected your ability to withstand temptation? (see p. 77-78)
3. Have you ever insisted on keeping a job which “made provision for the flesh?”
4. What is the difference between a resolution and repentance?
5. Discuss the truth of I Corinthians 10:13.

