

### **Introduction: Five bedrock facts concerning sexual purity**

1. You are not alone in your struggle!
2. There is hope for you today!
3. The battle is in your mind!
4. Ignorance will kill you!
5. You will never make it alone!

### **Understanding temptation:**

*<sup>12</sup>Therefore let him who thinks he stands take heed that he does not fall.*

*<sup>13</sup>No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*

1 Corinthians 10:12-13 (NASB)

### **Seven statements of truth about temptation:**

1. Temptations are the primary reason you desire to sin.
2. Temptations are particularly dangerous when you think you can't fall.
3. Temptations seek to overtake you.
4. Temptations you experience are never unique but always common.
5. Temptations aren't allowed to go beyond your ability because of God's faithfulness.
6. Temptations are always accompanied by the Lord's way of escape.
7. Temptations cannot extend beyond what you can bear.

### **Overcoming temptations:**

*<sup>13</sup>Let no one say when he is tempted, "I am being tempted by God"; for God cannot be tempted by evil, and He Himself does not tempt anyone.*

*<sup>14</sup>But each one is tempted when he is carried away and enticed by his own lust.*

*<sup>15</sup>Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.*

*<sup>16</sup>Do not be deceived, my beloved brethren.*

*<sup>17</sup>Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.*

James 1:13-17 (NASB)

### The seven stages of every temptation:

The Number	The Scripture	The Stage
Stage 1	“...when he is drawn away	The Look
Stage 2	by his own desires	The Lust
Stage 3	and enticed. Then,	The Lure
Stage 4	when desire has conceived,	The Conception
Stage 5	it gives birth to sin;	The Birth
Stage 6	and sin, when it is full-grown	The Growth
Stage 7	brings forth death.”	The Death

(Adapted from *Personal Holiness in Times of Temptation* by Bruce H. Wilkinson)

#### Stage 1: The Look – “When he is drawn away...”

- **Action Step:** Draw back instantly when you sense you’ve been drawn away!

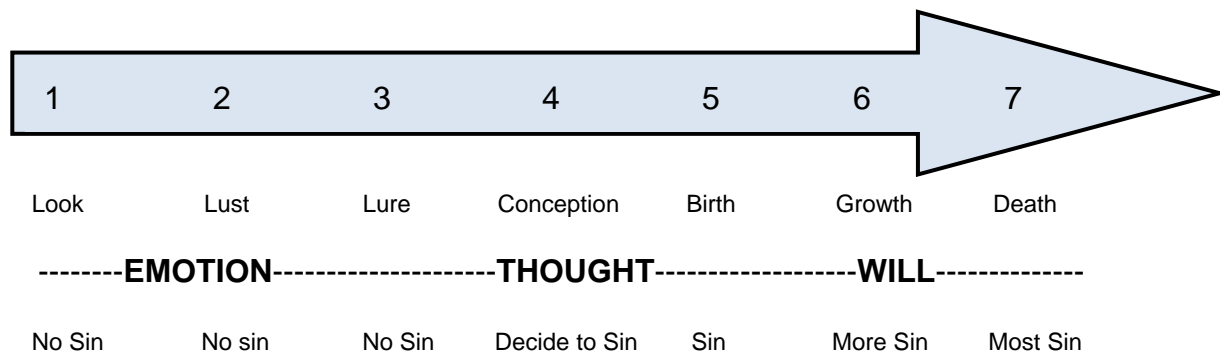
#### Stage 2: The Lust – “...by his own desire...”

- **Action Step:** Consciously recognize that every temptation can only tempt because of my personal desire.

### Stage 3: The Lure – “...and enticed...”

- **Action Step:** Quench improper desire by stopping all internal enticements and fleeing external enticements.

### Stage 4: The Conception – “...when desire has conceived...”



- **Action Step:** Pre-decision – Decide ahead of time not to sin, never permit yourself to think of one good reason to commit the sin, and you’ll never make the choice to sin.

### Stage 5: The Birth – “...it gives birth to sin...”

- **Action Step:** “Slam on the brakes” - If you’re en route to commit the sin, force yourself to submit to the conviction of the Holy Spirit and abort the sin before it’s too late.

### Stage 6: The Growth – “...and sin, when full-grown...”

- **Action Step:** “Wake up” - Every sin you commit digs your grave: never believe for a moment the lie “just let me sin this one more time,” as every sin strengthens itself against you for the next time.

### Stage 7: The Death – “...brings forth death.”

- **Action Step:** Honestly cry out to Jesus- Regardless of the degree of bondage you are under, the work of Christ is sufficient to set you completely free.

### Summary: You can defeat temptation... Why?

1. You are not alone!
2. You have power!
3. You have unmasked temptation patterns in your life.
4. You can stop they cycle of death tonight.
5. You don't have to conquer it alone!

### **Review:**

1. Temptation and sin are not the same thing!
  
2. Satan wants to give you a good thing in a bad way or at the wrong time!
  
3. His attacks / temptations come at our areas of greatest vulnerability and times of greatest vulnerability. Luke 4:13
  
4. Truth is the antidote to temptation over the long-haul, not will power!
  - Jesus spoke truth to Satan. Matthew 4
  
  - Jesus promised the truth will set us free. John 8:32
  
5. God wants us to focus on and enjoy what good things He has provided, not focus on that we don't have!

### Sex, from God's perspective:

#### 1. It is a part of the original design. It is good.

*<sup>24</sup> That is why a man leaves his father and mother and is united to his wife, and they become one flesh. <sup>25</sup> Adam and his wife were both naked, and they felt no shame.*

Genesis 2:24-25 (NIV)

#### 2. The first command after creation was to be fruitful and multiply. The man and the woman became one flesh.

*<sup>28</sup> God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it."*

Genesis 1:28a (NIV)

#### 3. God wants married men to have and enjoy good sex.

*<sup>4</sup> Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. <sup>5</sup> Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."*

Hebrews 13:4-5 (NIV)

#### 4. The first word used in Scripture to describe sex is instrumental in our understanding of God's view of sex – Adam "knew" Eve. Sex is "to know." It's about intimacy, connectedness, relationship, and expression of love, not lust.

### **Myths men have about sex:**

1. Sex is about an act instead of a relationship.
2. Sex IS intimacy!
3. Sex is something I do vs. something I am.
4. When your wife doesn't want to have sex, there's something wrong with you.
5. Good sex is spontaneous and fueled by passion.
6. Sex is natural. It should come easily and just work!
7. My wife isn't interested in sex anymore (vs. my wife wants a man and warrior to love and protect her; not a little boy to take care of.)
8. Great sex will solve all my problems. If my wife were just "turned on" all the time, life would be great!



### **Men need intimacy – to know and be known!**

- We have bought the lie that all intimacy will come through our marriage and primarily through sex!
  - We need intimacy...
    - with God
    - with wife
    - with other men
- ... then sex has a role, but is not the end-all.

### **So now what?**

#### **1. Honest decision time: Do you really want to accept God's calling to be holy?**

*<sup>14</sup> As obedient children, do not conform to the evil desires you had when you lived in ignorance. <sup>15</sup> But just as He who called you is holy, so be holy in all you do; <sup>16</sup> for it is written: "Be holy, because I am holy."*

1 Peter 1:14-16 (NIV)

#### **2. Begin a lifelong process: "Renew your mind."**

*<sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.*

Romans 12:2 (NIV)

### HOW?

#### **A. Cut off the supply lies of the world.** (media, magazines, videos, etc.)

*<sup>15</sup> Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. <sup>16</sup> For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.*

1 John 2:15-16 (NIV)

*<sup>5</sup> Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup> The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. <sup>8</sup> Those who are in the realm of the flesh cannot please God.*

Romans 8:5-8 (NIV)

#### **B. Fill your mind with the truth.**

*<sup>8</sup> Finally, brothers and sisters, 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 (NIV)

*<sup>9</sup> How can a young person stay on the path of purity? By living according to Your word. <sup>11</sup> I have hidden Your Word in my heart that I might not sin against You.*

Psalms 119:9 & 11 (NIV)

*<sup>8</sup> Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

Joshua 1:8 (NIV)

#### **3. Make pre-decisions about what you will view! When you will view! Where you will go! With whom you will be alone!**

*<sup>7</sup> Now then, my sons, listen to me; do not turn aside from what I say. <sup>8</sup> Keep to a path far from her, do not go near the door of her house, <sup>9</sup> lest you lose your honor to others and your dignity to one who is cruel, <sup>10</sup> lest strangers feast on your wealth and your toil enrich the house of another. <sup>11</sup> At the end of your life you will groan, when your flesh and body are spent.*

Proverbs 5:7-11 (NIV)

### 4. When unavoidable: “Flee!,” don’t fight, don’t play

*<sup>22</sup> Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.*

2 Timothy 2:22 (NIV)

### 5. Develop a warrior’s mindset with your thought life (ads, “old tapes,” pornography, etc.)

*<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.*

Ephesians 6:18 (NIV)

*<sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup> We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

2 Corinthians 10:4-5 (NIV)

### 6. Ponder the consequences, the “price tag” of moral failure

*<sup>25</sup> Do not lust in your heart after her beauty or let her captivate you with her eyes.*

*<sup>26</sup> For a prostitute can be had for a loaf of bread, but another man’s wife preys on your very life. <sup>27</sup> Can a man scoop fire into his lap without his clothes being burned?*

*<sup>28</sup> Can a man walk on hot coals without his feet being scorched? <sup>29</sup> So is he who sleeps with another man’s wife; no one who touches her will go unpunished.*

Proverbs 6:25-29 (NIV)

### 7. Join a support group for accountability and encouragement.