

Seven Deadly Sins
Week 7: Defeating Sexual Temptation / Lust
Pastor Peter Smith, 08-02-15

“Be careful how you think, your life is shaped by your thoughts.” – *Proverbs 4:23*

Lust defined: an excessive craving for the pleasures of the body; to have a strong sexual desire for someone.

When we think about lust it's a big problem in our world: marriages break up because of it; sexual addictions are at work in many lives; it can really damage a person's life. Considering pornography, listen to some of these stats:

- Facebook has about 600 million visits a day; porn sites get about 200 million+ a day
- There are over 400 million porn websites
- 25% of all searches (!), 12% of all websites
- Divorce lawyers say that internet porn is becoming a major cause leading to divorce
- Is there any help for our hearts, our minds in this? YES! With God all things are possible.

To Defeat Sexual Temptation in my life, I must...

1. **Admit that I am tempted.**

Someone has said that the two biggest liars in the world, are: (1) someone who says I have never been tempted

sexually and

(2) someone who says I am no longer tempted
sexually. They are both liars. We are all tempted!

It starts by being honest with God: confession.

David said,

“Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about.”

– Psalm 139:23

Tell God, admit you have it, and stop feeling guilty!

The devil works us over: You're so bad....Good Christian? Ha! But the Bible says we share this temptation of lust (and other things as well). Read with me:

"But remember that the temptations that come into your life are no different from what others experience." – 1 Cor. 10:13a

What tempts you to lust?

- If you're married, is there a person at work you are attracted to?
- If you're dating, are there times you are alone and you're tempted to go too far? If so, admit it and take steps to avoid that situation
- What tempts you to look at internet porn? Are you lonely, frustrated or bored? Admit it and take steps to change today

So the first step is to admit and recognize your temptation of lust. Then #2, I need to

2. Know I'm in a spiritual battle.

"Jesus said, 'The thief's purpose is to steal and kill and destroy. My purpose is to give life in all its fullness.'" – John 10:10

We are targets for sin by the devil. He wants you to lose at life, to be destroyed, and he will keep bringing temptations till the day we die. Knowing that helps us stay on guard.

There is also a war between our old selves and our new selves as we follow Jesus. Even the Apostle Paul had these struggles.

Read with me:

"But there is another law at work within me that is at war with my mind. This law wins the fight and makes me a slave to the sin that is still within me." – Romans 7:23

Never forget the battle is real! #3,

3. Avoid, instead of resisting, temptation.

"Be careful. If you're thinking, 'Oh, I'd never behave like that' – let this be a warning to you. For you too may fall into sin." – 1 Corinthians 10:12, LB

- Underline “I’d never behave like that”. Ever think you are stronger at something than you are? That you could resist one more piece of pie / candy / drink of alcohol?
- Instead of working hard to resist the things that tempt you, avoid the things to begin with!
 - King David looked **too many times** at his neighbor and then gave in to adultery
 - If being alone on your computer leads to porn, do something else when you’re alone
 - X3Watch at xxxchurch.com.....

If you are married:

- Stop flirting with a coworker! Why would you? It’s dangerous
- If you flirt at work eating lunch with a coworker of the opposite sex, then eat alone!

4. Focus on God, not my temptation

“Turn your back on lustful thoughts and give your positive attention to goodness, integrity, love, and peace.” – 2 Timothy 2:22

Temptation will always be there....let your ammo be God! He is strong, reliable, call upon Him!

Develop your relationship with God so when the battle is there, you can call upon Him

5. Choose to Stop

This might seem lame, but it is what we need to do. “God, today I want to stop giving in to lust.”

- Just like drinking, lying, you name the behavior
- Someone didn’t make you start drinking. You did!
- Take responsibility for your sin. Own it. Confess it. Let God lead you to victory.
- God doesn’t want lust in your life or mine. Read with me:

“Put to death, therefore, whatever belongs to your earthly nature:

sexual immorality, impurity, lust, evil desires and greed, which is idolatry.”

-Colossians 3:5

- Make the decision today. What will God begin to do? Show you a way out (remember, you are **here today to hear this message!**)

“God is faithful. He will keep the temptation from becoming so strong that you can’t stand up against it. When you are tempted, he will show you a way out so that you will not give in to it.”

– 1 Corinthians 10:13b

Admit your temptation to God
Know you’re in a battle
Avoid your temptations
Focus on God, and
Choose to Stop.
And God will give us the victory!

Let’s pray