

Sexual Sin

Bob Somerville

Pr 5:1-2 My son, give attention to my wisdom, Incline your ear to my understanding; 2 That you may observe discretion And your lips may reserve knowledge.

3-6 For the lips of an adulteress drip honey And smoother than oil is her speech; 4 But in the end she is bitter as wormwood, Sharp as a two-edged sword. 5 Her feet go down to death, Her steps take hold of Sheol. 6 She does not ponder the path of life; Her ways are unstable, she does not know it.

7-8 Now then, my sons, listen to me And do not depart from the words of my mouth. 8 Keep your way far from her And do not go near the door of her house,

9-14 Or you will give your vigor to others And your years to the cruel one; 10 And strangers will be filled with your strength And your hard-earned goods will go to the house of an alien; 11 And you groan at your final end, When your flesh and your body are consumed; 12 And you say, "How I have hated instruction! And my heart spurned reproof!

13 "I have not listened to the voice of my teachers, Nor inclined my ear to my instructors! 14 "I was almost in utter ruin In the midst of the assembly and congregation."

15-19 Drink water from your own cistern And fresh water from your own well. 16 Should your springs be dispersed abroad, Streams of water in the streets? 17 Let them be yours alone And not for strangers with you. 18 Let your fountain be blessed, And rejoice in the wife of your youth.

19 As a loving hind and a graceful doe, Let her breasts satisfy you at all times; Be exhilarated always with her love.

20-23 For why should you, my son, be exhilarated with an adulteress And embrace the bosom of a foreigner? 21 For the ways of a man are before the eyes of the LORD, And He watches all his paths. 22 His own iniquities will capture the wicked, And he will be held with the cords of his sin. 23 He will die for lack of instruction, And in the greatness of his folly he will go astray.

Psalm 84:11 The LORD God is a sun and shield; The LORD gives grace and glory; No good thing does He withhold from those who walk uprightly.

Luke 9:23 "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me. 24 "For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it.

Introduction:

IF YOU DESIRE TO MAINTAIN SEXUAL PURITY YOU MUST:

1. Undertake The Pursuit Of Biblical Instruction. 5:1-2

- 2 Timothy 2:22 Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.
- Matt 4:1-11
- James 4:7 Submit therefore to God. Resist the devil and he will flee from you.
- Romans 13:14 But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.

2. Understand The Deception Of Sexual Sin. 5:3-6

3. Understand The Value Of Safe Distance. 5:7-8

- 2 Timothy 2:22a see above
- Joseph Principle

4. Unmask The Regret Of The Consequence's of Sin. 5:9-14

- The Testimony of Solomon
 - o The command. Deut 17:17
 - o The disobedience. 1 Kings 11:1-4
 - o The regret. Ecc 7:27-29

5. Unlock The Satisfaction Of Marital Fidelity. 5:15-19

- Ps 84:11
- Luke 9:23-24
- 1 Cor 7:16-35 esp. 16, 20-24 & 32-35
- 1 Cor 10:13

6. Unleash The Horror Of God's Omniscience.

Outline adapted from an outline presented at the 2003 Shepherd's Conference by Dr. Rick Holland, Pastor, College and Student Ministries, Grace Community Church in Panorama City, CA.

Questions and Suggestions to Stimulate Your Application

"Let us hold fast the confession of our hope without wavering, for He who promised is faithful; and let us **consider how to stimulate one another to love and good deeds**, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more, as you see the day drawing near." Hebrews 10:24-26

- Using Proverbs 5 and the outline presented write out your own strategy for personal purity.
- Using 2 Timothy 2:22
 - o Determine your areas of respectful distance – flight strategy. Areas where you need to just deny yourself entrance.
 - o Determine how you will pursue:
 - Righteousness
 - Faith
 - Love
 - Peace
 - o Determine how you will pursue the above goals together with others who call on the Lord from a pure heart. How will you be accountable and how will you grow together with others in this area? See the next sheet for a suggested list of accountability questions.
- To work on your marriage in a positive way study with your spouse *Love Life for Every Married Couple*, Dr. Ed Wheat. Harper, 1980.
 - o Read Chapter 1 in *Love Life for Every Married Couple* per week.
 - Highlight the 10 most important statements from the chapter.
 - Come prepared to discuss why each of the statements you highlighted were important to you.
 - Choose the most important statement for you to apply in your life right now.
 - o List three specific steps you can take to start practicing that truth this week.
 - o Practice those steps daily.
 - o Record the results in your journal and bring them in to next counseling session for discussion.

KEEPING THE VESSEL CLEAN: ACCOUNTABILITY

- *“Now in a large house there are not only gold and silver vessels, but also vessels of wood and of earthenware, and some to honor, and some to dishonor. Therefore, if a man cleanses himself from these things, you will be a vessel for honor, sanctified, useful to the Master, prepared for every good work. Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.”
2 Timothy 2:20-21*

1. What can you share with me specifically, that God spoke to you about through His Word this past week?
2. Have you been faithful in your commitment to prayer this week? Did you pray for other members of the team?
3. What sin/s has plagued you this week?
4. Have you shown complete financial integrity in every area of life this past week?
5. Are you giving to the Lord’s work regularly and proportionately as God has blessed you? What goals are you striving for in the area of giving?
6. Have you been looking at questionable material, movies, T.V., or books that would bring shame to the Lord? (Would you be willing to tell the whole congregation what movies you watched this past week?)
7. How did you impact your marriage and family with the love of Christ this week? What could you do to improve?
8. Have you been alone with a woman in any situation when your feelings became inappropriate, or where others could have suspected something which could be suspicious?
9. What challenges or struggles are weighing on your mind?
10. What lives did you impact for Christ this past week?
11. Have you worked on your ministry goals and priorities this week?
12. Have you taken credit for anything where the credit and glory belong to God alone?
13. Have you in any way lied, or compromised to me? (Isn’t this question fun?)

“If we confess our sins, He is faithful and just to forgive us our sins, and cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar and His Word is not in us.” 1 John 1:9

“For God who said, ‘Light shall shine out of darkness,’ is the One who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, that the surpassing greatness of the power may be of God and not from ourselves; we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body and the dying of Jesus, that the life of Jesus also may be manifested in our body.” 2 Corinthians 4:6-19

A N T H E M - Strategies for Fighting Lust

I have in mind men and women. For men it’s obvious. The need for warfare against the bombardment of visual temptation to fixate on sexual images is urgent. For women it is less obvious, but just as great if we broaden the scope of temptation to food or figure or relational fantasies. When I say lust I mean the realm of thought, imagination, and desire that leads to sexual misconduct. So here is one set of strategies in the war against wrong desires. I put it in the form of an acronym, A N T H E M.

A AVOID as much as is possible and reasonable the sights and situations that arouse unfitting desire. I say possible and reasonable because some exposure to temptation is inevitable. And I say unfitting desire because not all desires for sex, food, and family are bad. We know when they are unfitting and unhelpful and on their way to becoming enslaving. We know our weaknesses and what triggers them. Avoiding is a Biblical strategy. Flee youthful passions and pursue righteousness (2 Timothy 2:22). Make no provision for the flesh, to gratify its desires (Romans 13:14).

N Say NO to every lustful thought within five seconds. And say it with the authority of Jesus Christ. In the name of Jesus, NO! You don’t have much more than five seconds. Give it more unopposed time than that, and it will lodge itself with such force as to be almost immovable. Say it out loud if you dare. Be tough and warlike. As John Owen said, Be killing sin or it will be killing you. Strike fast and strike hard. Resist the devil, and he will flee from you (James 4:7).

T TURN the mind forcefully toward Christ as a superior satisfaction. Saying no will not suffice. You must move from defense to offense. Fight fire with fire. Attack the promises of sin with the promises of Christ. The Bible calls lusts deceitful desires (Ephesians 4:22). They lie. They promise more than they can deliver. The Bible calls them passions of your former ignorance (1 Peter 1:14). Only fools yield. All at once he follows her, as an ox goes to the slaughter (Proverbs 7:22). Deceit is defeated by truth. Ignorance is defeated by knowledge. It must be glorious truth and beautiful knowledge. This is why I wrote Seeing and Savoring Jesus Christ. We must stock our minds with the superior promises and pleasures of Jesus. Then we must turn to them immediately after saying, NO!

H HOLD the promise and the pleasure of Christ firmly in your mind until it pushes the other images out. Fix your eyes on Jesus (Hebrews 3:1). Here is where many fail. They give in too soon. They say, I tried to push it out, and it didn’t work. I ask, How long did you try? How hard

did you exert your mind? The mind is a muscle. You can flex it with vehemence. Take the kingdom violently (Matthew 11:12). Be brutal. Hold the promise of Christ before your eyes. Hold it. Hold it! Don't let it go! Keep holding it! How long? As long as it takes. Fight! For Christ's sake, fight till you win! If an electric garage door were about to crush your child you would hold it up with all our might and holler for help, and hold it and hold it and hold it and hold it.

E ENJOY a superior satisfaction. Cultivate the capacities for pleasure in Christ. One reason lust reigns in so many is that Christ has so little appeal. We default to deceit because we have little delight in Christ. Don't say, That's just not me. What steps have you taken to waken affection for Jesus? Have you fought for joy? Don't be fatalistic. You were created to treasure Christ with all your heart more than you treasure sex or sugar. If you have little taste for Jesus, competing pleasures will triumph. Plead with God for the satisfaction you don't have: Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days (Psalm 90:14). Then look, look, look at the most magnificent Person in the universe until you see him the way he is.

M MOVE into a useful activity away from idleness and other vulnerable behaviors. Lust grows fast in the garden of leisure. Find a good work to do, and do it with all your might. Do not be slothful in zeal, be fervent in spirit, serve the Lord (Romans 12:11). Be steadfast, immovable, always abounding in the work of the Lord (1 Corinthians 15:58). Abound in work. Get up and do something. Sweep a room. Hammer a nail. Write a letter. Fix a faucet. And do it for Jesus' sake. You were made to manage and create. Christ died to make you zealous for good deeds (Titus 2:14). Displace deceitful lusts with a passion for good deeds.

By John Piper

Repercussions If I Give In To Lust

God

God hates all lust. He is a jealous God.

My prayer life will be impossible.

My ability to study God's word will be crushed.

My name would be added to the long list of Christian leaders who have failed.

My Wife

She will have a hard time rebuilding trust.

She will have a hard time letting me touch her.

She will have a harder time touching me or showing me any affection.

She will feel embarrassed among her family and friends.

She will have a hard time trusting my spiritual leadership.

She will doubt God and His goodness.

My Boys

I will have been a terrible example to them.
They will distrust me.
They will not desire to speak with me regarding their own love and lust.
They will see me as a fake.
They will feel embarrassed around others who know me.

My Daughters

They will be totally confused by my choice.
They will doubt my love for them.
They will not want to hug or kiss me.
They will have a difficult time trusting their future husbands.
They will doubt God and His goodness.
They will not look up to me as man of God.

Myself

I will immediately experience the guilt of my sin.
I will have greatly diminished my walk with God.
I will feel "dirty" near my wife and children and fellow laborers.
I will have a tremendous price to pay spiritually, physically, emotionally and mentally.

The Woman

She will be hurt spiritually and emotionally.
Her view of Christ will be diminished.
Her spouse or future spouse will be cheated.

My Father

He has watched my spiritual journey through life and it will all seem as a fake.
It will seriously hinder any witness or example to him if he is not a believer.
It will hurt our ability to communicate.

My Fellow Elders (laborers)

I have disqualified myself for leadership.
I will have to remove myself from leadership.
I will have hurt them in that they worked with me and did not question my character in this area.
Their trust in me may never be fully restored.
I will be a disgrace to Christ and the church.

My Siblings

They and their spouses will have a hard time being around me.
Those who are not saved will feel vindicated in their sin.

My Fellow Workers

I have put myself up as a believer in Christ and this brings reproach on the name of Christ.

Non believers will discount my testimony and will generalize that to other believers.

My fellow Christian workers at the office will be extremely disturbed and disappointed.

My fellow Christian workers may yield to temptation in their own life due to my example.

My neighbors, aunts, uncles, nephews, nieces, old friends, business associates, and enemies will all be affected when they hear of it. Add to that a likelihood of financial impact, mental strength, physical strength and loss of vitality

It's just not worth it!

Resources:

- Jerry Bridges, *The Pursuit of Holiness*, NavPress, 1978.
- Kris Lundgaard, *The Enemy Within: Straight Talk About the Power and Defeat of Sin*, Presbyterian and Reformed Publishing Co., 1998. To gain victory in the battle for sexual purity study the process of defeating sin in this excellent work.
- Ed Wheat, M.D. *Love Life for Every Married Couple*, Harper, 1980.
- Steve Gallagher, *At The Altar Of Sexual Idolatry*, Pure Live Ministry, 2000.
- www.settingcaptivesfree.com/
 - o A Biblically-based interactive 60-day course to find freedom from pornography and sexual addiction.