

Fighting for Sexual Purity

Intro.

We live in a hyper sexualized culture. It is not ok to be angry but for whatever reason it seems ok to do whatever you want sexually. Therefore, we have to deal with this issue if we are going to be equipped and prepared to live a pure life in our culture.

I. Sex and sexual desires are not a curse but a gift from God.

A. In Genesis 1:27-28, God created Adam and Eve and told them to enjoy sex. It was his idea.

B. But God also created a time and place for sex where He blesses it.

1. Hebrews 13:5

“Marriage should be honored by all and the marriage bed kept pure, for God will judge the adulterer (someone who has sex outside of their marriage) and all the sexually immoral (sexual sin before marriage).”

2. Sex is blessed within the confines of marriage.

II. God wants us to learn to control our sexual desires and bodies in a way that is pleasing to Him.

A. 1 Thess. 4:1-7

1. verse 1 “...instructed to live in order to please God.”

Our goal as Christians is to live to please God- bring Him glory. The way that we do that is obey Him.

2. verse 1b “...urge you in the Lord Jesus Christ to do this more and more.”

Paul’s admonition is that we would learn, be instructed in how to live to please the Lord

3. verse 3-5

“It is God’s will that you should be sanctified (be different from the world- set apart for God) that you should avoid sexual immorality; that each of you should **learn to control his own body** in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God.”

What are the lies that the world believes that we should not believe?

a. “A little porn won’t hurt anyone. It’s not that big a deal.”

b. “No one will ever know.”

c. “It’s been a hard day, I deserve it.”

d. “You can always repent later.”

e. “Everyone struggles with this stuff.”

f. “Once I get married I won’t desire it anymore.”

4. verse 6

“...in this matter, no one should wrong his brother or take advantage of him.”

a. He is talking about sexual immorality, so how can you wrong your sister?

If sex outside of marriage is wrong, then anything you do to arouse sexual desire in someone else is equally wrong. This could include kissing, hugging, and definitely making out.

b. How can you take advantage of them?

If you go out with a girl and you try to get your sinful desires met with her, you are taking advantage of her for your own selfish pleasures.

If you go on a date and you don't marry the girl you're going out with and she marries, she is someone else's wife. How do you want someone to treat your future wife on a date?

5. verse 7 "God calls us to live a holy life"

B. Titus 2:11-14

1. verse 12 "God's grace teaches us to say "no" to ungodliness and worldly passions, and to live **self-controlled**, upright, and godly lives."

2. Sex is presented in Scripture as a principal way a person expresses his submission to or rebellion against God.

Human beings live out of one of two identities:

a. I am ultimate and autonomous- the world is here to serve me and my pleasures.

b. I am created and dependent on God. I am saved to serve God and others.

3. God's call to sexual purity is as impossible for me to achieve without His help as it would have been for me to save myself.

Look at Titus 2:11, It talks about the grace of God that brings salvation. We cannot save ourselves. In Titus 2:12, Paul talks about this same grace teaching us and empowering us to be able to say no to worldly passions.

4. Sex reveals my need for God's grace. If we are going to have victory in this area of our lives we need to seek God and use the resources He has given us.

III. Steps to Victory

A. Admit you have a problem and repent Psm 32:3-5

1. In this Psalm David is miserable while he kept silent about his sin. It wasn't until he acknowledged his sin that he experienced God's forgiveness and the guilt of his sin was lifted. In verse 7 he says that then he experienced deliverance.

2. Tell of my struggle when I was a teen.

3. One of the things that I was afraid to do was to admit I had a problem to someone else. You weren't created to fight sin alone, that is why God gave you Christian brothers to help you fight sin. (James 5:16)

4. Have you told someone else or sought their help?

5. This is the first step to gaining victory.

B. Realize the battle begins in the heart.

1. Read Matt. 15:19-20, Matt. 5:27 and note the role of the heart.
2. Defn of lust
 - a. craving sexually what God has forbidden. This is a sinful desire.
 - b. wanting something you don't have (it doesn't necessarily mean that it is a sinful thing) and aren't meant to have right now. (sexual desire outside of marriage)
 - c. wanting something other than God and believing that it will satisfy you instead of God.
3. We need to refocus our hearts off of our sin and back onto God.
4. We begin to experience victory when we repent of our sinful desires and ultimate desires and begin to take steps of obedience to please God.

What are some of those steps to please God?

C. Become radical in your fight against sin Matt. 5:27-30

1. Radical measures to cut off access
 - a. put filters and accountability software on your computer and smart phone to cut off access.
 - b. stop using your computer, ipad, etc. If you have to use them use them in a public place in your home where your parents can see what you are doing.
 - c. Do whatever it takes to make it hard to sin.
2. Radical measures in your use of time.
 - a. Have you ever heard the saying, "Idle hands are the devils workshop."
 - b. When you are bored and you are curious and you go to your computer or smart phone without a specific purpose, you are setting yourself up to be tempted.
 - c. Exercise discipline and self-control in how you use your time.
 - d. Tell the story about making furniture in college to fill my time.
3. Radical measures in your thought life.
 - a. Exercise self-control over your mind. If Satan can deceive you and get you to believe his lies he can defeat you. Read 2 Cor. 11:3
 - b. Be careful what you feed your mind.
 - c. Get rid of music, computer/video games, TV, movies, magazines, books that feed the flesh.
 - d. Eph. 4:17-19 says we need to put an end to futile thinking. It says that it leads to giving in to sensuality and impurity and ultimately to addiction.
 - e. Instead we need to replace wrong thoughts with God's truth
Read Prov. 7:1-5 "God's Word will keep you from the adulteress."

D. Run to God for help Heb. 4:14-16

1. Sometimes we believe that when we fail we can't immediately come to God.

2. Heb. 4:14 doesn't tell us to approach God when we have got our act all together but to come to Him in our time of need. We need to run to God when we are tempted before we have fallen.

3. But even when you have fallen you need to run to God and remember that you are deeply loved by God. You need to let that truth sink in, so that His love for you will motivate you to want to please Him. He loved you so much that He gave His all for you to set you free from sin.

4. Often in our failures we focus on how wicked we are, how guilty we are, and how awful we feel. But who is the focus on?

We need to get our focus off ourselves and onto Christ.

a. He promises to forgive us and cleanse us. 1 John 1:9

b. He promises to give us the power to walk in obedience Rom. 1:5

Conclusion

Rom. 6:6-7 We need to **know** the truth

"For we **know** that our old self was crucified with him so that the body of sin was crucified with him so that the body of sin might be done away with that we should no longer be slaves to sin because anyone who has died has been freed from sin."

Rom. 6:11 We need to **believe** the truth (count)

"**Count** yourselves dead to sin but alive to God in Christ Jesus."

Rom. 6:13 We need to **live** the truth. (offer) Begin to walk in obedience.

"Do not **offer** the parts of your body to sin, as instruments of wickedness, but rather **offer** yourselves to God, as those who have been brought from death to life; and **offer** the parts of your body to him as instruments of righteousness."

If you are struggling with sexual sin, there is hope. (think about how Jesus dealt with the woman caught in adultery)

Take advantage of God's resources

1. admit you have a problem and tell someone who can help
2. recognize that the battle begins within and run to God for help.
3. take radical steps to make it hard to sin.
4. be careful what you allow to enter into your mind
5. Believe that you can have victory and begin to walk to in obedience today.

Small groups

1. How many of you would say that you struggle with purity in your life? What is your struggle? (Don't feel pressured to share but remember step #1 is to admit you have a problem)
2. What steps have you taken to try to overcome it?
3. How successful have you been? Why/why not?
4. Do you believe that victory is possible? Why/why not?
4. From what we talked about tonight what steps do you need to take? (remember to address the external but also to address the heart and mind)

