



# WEEK 3

LUST // CHASTITY

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### 1 CORINTHIANS 6:18-20

*Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.*

### **GARRETT KELL, PURE IN HEART: SEXUAL SIN AND THE PROMISE OF GOD**

*You will never regret resisting sin. You will always regret giving in. I have never looked back on obedience with regret, nor on compromise with gratitude. Seeing God is both our eternal destiny and our daily delight.*

Sexual desire is good! It was created and given by God for our pleasure and His purposes. But misdirected sexual desire – lust – leads to serious trouble. Lust is the inappropriate or excessive desire for sexual gratification for selfish “gain”. But it could extend to an inordinate desire for other things – for money or food, for power or praise. It promises fulfilment but leaves us empty. Lust objectifies people created in God’s image, leads to sexual immorality and perversion, leaves a wake of relational destruction, and puts us in grave physical and spiritual danger. When King David sinned, and then confessed and repented, he recognized that his sexual sin was, ultimately, against God. God avenges sexual sin (and so do people!). Lust, said Jesus, literally puts us on the path to hell. Scripture tells us that sexual immorality defiles His temple – your body – the temple of the Holy Spirit! Lust disregards God. There is an eternal danger.

However, it is possible to conquer lust and keep ourselves from the destructive path of sexual sin. When we keep ourselves in Christ – who purifies us from all sin – sin will have no dominion over us, since we are under grace.

Christ's holiness makes us holy. When we keep ourselves in His love, we will not seek to have the longing of our hearts inappropriately filled elsewhere. When we orient our lives toward Christ and rely on the inner working of His Spirit for our sanctification, we can be victorious!

God gives us the ability to live honourable, upright, and self-controlled lives. Lust is, ultimately, a heart issue. When we guard our heart, the wellspring of His life emerges and flows down to everything. We are able, with His help, to abstain from sexual immorality, to control our own bodies, to flee temptation, to turn from the wrong path, and put to death our sinful nature. Jesus said we need to take extreme action to battle lust and remain sexually pure. We can be victorious by keeping in step with the Spirit, by being watchful, and keeping our gaze straight ahead. We are transformed by the renewing of our minds, and we glorify God in our bodies. God promises a blessing when we are pure in heart, for we shall see God! Intimacy with God is the cure for misdirected sexual desire. Keep your gaze on God!

#### **REFLECTION QUESTIONS**

- Is there an immediate scenario or temptation that you need to flee from? Who is a trustworthy person whom you can confide in and help you?
- Where could you volunteer (community or church) to help you keep busy and focused?
- What resource(s), groups(s), or ministries could help you get free from pornography & sexual addiction and remain sexually pure? (Freedom Session, Doing Family Right recovery groups, accountability software for electronic devices)

## **WEEKLY FAST**

**Fast from all Media and/or Triggers that would lead you to Lust and sexual temptation rather than away from it.**

- Filter your digital space – set up restrictions or accountability software.

### **Practice the Kingdom Virtue of Chastity through Self-Control.**

- By controlling your lusts through the spiritual disciplines of prayer, reading the following Scripture passages throughout the week.
- Start/utilize godly accountability to confess, pray for, and encourage each other in your pursuit of purity.
- Be wise and intentional about what you expose yourself to.
- Treat others with dignity as fellow Image Bearers of God and those in the family of faith like fathers, mothers, brothers, and sisters (1 Tim. 5:1-2).

## **ADDITIONAL READING**

Genesis 39; Job 31; Psalm 42:1-2; Psalm 51; 119:9-11; Proverbs 4; 6:20-35; Matthew 5:27-30; Romans 6:14; 12:1-2; 1 Thessalonians 4:3-8; Colossians 3:1-8; 1 Thessalonians 4:1-8; 1 Peter 2:11-12

Ray Ortland, Jr., *The Death Of Porn: Men of Integrity Building A World of Nobility*

Heath Lambert, *Finally Free: Fighting for Purity with the Power of Grace*