

Overcoming Lust

Seven Deadly Sins

Lust is the encouraging and the cultivating of sexual fantasy about someone else other than your mate in marriage.

Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed.

1 Peter 1:13

As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy." 1 Peter 1:14-16

"Sow a thought and reap a deed.
Sow a deed and reap a habit."

Sow a habit and reap a character.
Sow a character and reap a
destiny."

*"You have heard that it was said,
'Do not commit adultery.' But I tell
you that anyone who looks at a
woman lustfully has already
committed adultery with her in his
heart. **Matthew 5:27-28***

*For as he thinketh in his heart, so is
he: **Proverbs 23:7 (KJV)***

*Let this mind be in you, which was
also in Christ Jesus:
Philippians 2:5 (KJV)*

*Now Joseph was well-built and
handsome, and after a while his
master's wife took notice of Joseph
and said, "Come to bed with me!"
Genesis 39:6-7*

**If you are a child of God who
desires to please Him,
you have but one choice.**

***We must determine to live a
moral life regardless of how
immoral the world may become.
We must begin by preparing our
minds for action.***

Overcoming Lust in Our Lives

1. How does lust work in our lives? (Understanding how the enemy attacks)
2. How can lust be overcome?

***When tempted, no one should say,
“God is tempting me.” For God
cannot be tempted by evil, nor
does he tempt anyone;***

James 1:13

but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

James 1:14-15

Four Stages of How Temptation Works in Our Lives

1. satan dangles the outward bait.

The majority of extramarital affairs don't begin with physical attraction, but rather with conversation that gets out of control.

2. Our inward desire is awakened.

3. The yielding to sin.

4. The tragic consequence is death.

*There is a way that seems right to a man, but in the end it leads to death. **Proverbs 14:12***

*Samson went down to Timnah and saw there a young Philistine woman. When he returned, he said to his father and mother, “I have seen a Philistine woman in Timnah; now get her for me as my wife.” **Judges 14:1-2***

*These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come. So, if you think you are standing firm, be careful that you don't fall! **1 Corinthians 10:11-12***

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. **1 Corinthians 10:13**

How to escape the temptation of lust.

1. We must want to escape.

"I made a covenant with my eyes not to look lustfully at a girl.

Job 31:1

2. We must counteract temptation, not tolerate it.

How to escape the temptation of lust.

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.

1 Corinthians 6:18

*No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?" And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her. **Genesis 39:9-10***

Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil.

Proverbs 4:25-27

3. We must maintain an atmosphere of warmth and affection in our marriages. *How to escape the temptation of lust.*

*But since there is so much immorality, each man should have his own wife, and each woman her own husband. The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. **1 Corinthians 7:2-3***

The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife.

1 Corinthians 7:4

Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together

again so that Satan will not tempt you because of your lack of self-control. 1 Corinthians 7:5

Courtship should continue after marriage.

Five Love Languages, the primary ways people like to express and receive love in a relationship.

1. Words of Affirmation
2. Acts of Service
3. Receiving Gifts
4. Quality Time
5. Physical Touch

4. We must submit ourselves to God.

How to escape the temptation of lust.

I have hidden your word in my heart that I might not sin against you. Psalm 119:11

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.
1 John 4:4

God's grace is greater than the power of our sin

But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble." James 4:6

We must humble ourselves and repent

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify

your hearts, you double-minded.

James 4:7-8

Freedom from sin is found in true repentance

Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up. James 4:9-10

Jesus gives complete forgiveness

Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"

"No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin." John 8:10-11