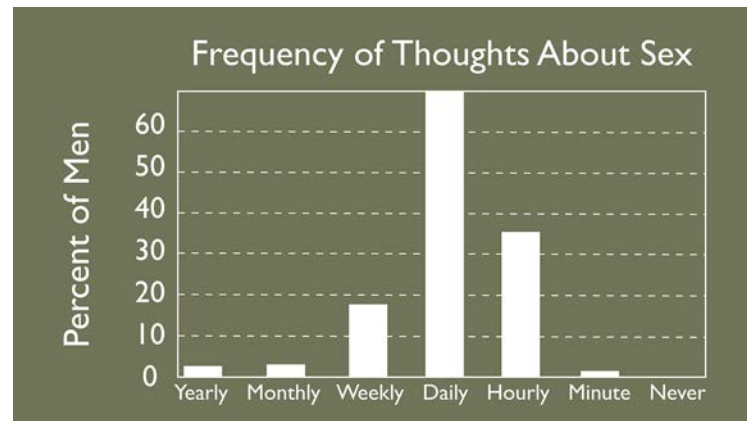




-.001.tiff



-.002.tiff

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

—Hebrews 13:4 ESV

-.003.tiff

²But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. ³The husband should give to his wife her conjugal rights, and likewise the wife to her husband. ⁴For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does.

-.004.tiff

⁵Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control. —1 Corinthians 7:2-5 ESV

-.005.tiff

“God is not trying to keep sex from you. He is trying to keep sex for you. It is His gift.”

—Adrian Rogers

-.006.tiff

“Just as your personal habits affect the condition of your heart, so your habits of your heart affect the condition of your life.”

-.007.tiff

We live in a “lusty world:

- > Sexuality in Marketing
- > Availability in Media and Technology
- > Fantasy in the Mind

-.008.tiff

¹My son, be attentive to my wisdom; incline your ear to my understanding, ²that you may keep discretion, and your lips may guard knowledge. ³For the lips of a forbidden woman drip honey, and her speech is smoother than oil, ⁴but in the end she is bitter as wormwood, sharp as a two-edged sword. ⁵Her feet go down to death; her steps follow the path to Sheol; ⁶she does not ponder the path of life; her ways wander, and she does not know it.

-.009.tiff

⁸Keep your way far from her, and do not go near the door of her house, ⁹lest you give your honor to others and your years to the merciless, ¹⁰lest strangers take their fill of your strength, and your labors go to the house of a foreigner, ¹¹and at the end of your life you groan, when your flesh and body are consumed, ¹²and you say, “How I hated discipline, and my heart despised reproof!”
—Proverbs 5:1-6, 8-12 ESV

-.010.tiff

²⁰Why should you be intoxicated, my son, with a forbidden woman and embrace the bosom of an adulteress? ²¹For a man's ways are before the eyes of the Lord, and He ponders all his paths. ²²The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin. ²³He dies for lack of discipline, and because of his great folly he is led astray. —Proverbs 5:20-23 ESV

-.011.tiff

Lust is a Personal Sin;
You Have to Own It!

-.012.tiff

¹⁴But each one is tempted when he is carried away and enticed by his own lust. ¹⁵Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death. ¹⁶Do not be deceived, my beloved brethren. ¹⁷Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow. —James 1:14-17 NASB

-.013.tiff

epithumia

-.014.tiff

“Lust is not noticing that a woman is sexually attractive. Lust is born when we turn a simple awareness into a preoccupied fantasy. When we invite sexual thoughts into our minds and nurture them, we have passed from simple awareness to lust. Luther put it this way: ‘We cannot help it if birds fly over our heads. It’s another thing if we invite them to build nests in our hair.’” —R.C. Sproul, *Pleasing God*

-.015.tiff

⁴Love is patient and kind; love does not envy or boast; it is not arrogant ⁵or rude. It does not insist on its own way; it is not irritable or resentful; ⁶it does not rejoice at wrongdoing, but rejoices with the truth. ⁷Love bears all things, believes all things, hopes all things, endures all things.
—1 Corinthians 13:4-7 ESV

-.016.tiff

“Lust is the private, willful, sinful indulgence of visual stimulation and emotional passions without regard to cost, commitment or consequence in your life or the lives of others.”

-.017.tiff

Lust is a Deceitful Habit;
You have to Expose It!

-.018.tiff

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

—2 Corinthians 10:5 ESV

-.019.tiff

When thoughts escape captivity:

- Character
- Conscience
- Commitment

Thought patterns are replaced by:

- Condemnation
- Contempt
- Confinement

-.020.tiff

> Porn is branding for the brain with no regard for the issues of the heart.

-.021.tiff

Keep your heart with all vigilance, for from it flow the springs of life.

—Proverbs 4:23 ESV

-.022.tiff

“Men seem to be wired in such a way that pornography hijacks the proper functioning of their brains and has long lasting effect on their thoughts and lives.”

—Dr. William Strutters

-.023.tiff

> Porn is visual fantasy without any relational responsibility.

-.024.tiff

> Porn is a habitual practice with diminishing return.

-.025.tiff

“Viewing pornography is not an emotionally or physiologically neutral experience. It is fundamentally different from looking at a black and white photo of the Lincoln Memorial or taking in a color map of provinces of Canada. Men are reflexively drawn to the content of pornographic material. As such, pornography has wide reaching effects to energize a man toward intimacy.

-.026.tiff

It is not a neutral stimulus. It draws us in. Porn is vicarious and voyeuristic at its core, but it is also something more. Porn is a whispered promise. It promises more sex, better sex, endless sex, sex on demand, more intense orgasms, experiences of transcendence... Porn acts as a ‘polydrug’—(combining chemicals and responses).” —Dr. William Struthers

-.027.tiff

> Porn is addictive indulgence with progressive need for greater exposure and intensity.

-.028.tiff

> Porn is a sin that works in man to rob God of His glory and exploit the gift of sex and sexuality.

-.029.tiff

Lust is Behavioral Bondage;
You Have to Break It

-.030.tiff

¹¹Besides this you know the time, that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed. ¹²The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light. ¹³Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy.

-.031.tiff

¹⁴But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

—Romans 13:11-14 ESV

-.032.tiff

> Repent of your habit to lust.

¹²Restore to me the joy of Your salvation, and uphold me with a willing spirit. ¹³Then I will teach transgressors Your ways, and sinners will return to You.

—Psalm 51:12-13 ESV

-.033.tiff

-.034.tiff

> Repent of your habit to lust.
> Reclaim your standard.

¹Finally, then, brothers, we ask and urge you in the Lord Jesus, that as you received from us how you ought to walk and to please God, just as you are doing, that you do so more and more. ²For you know what instructions we gave you through the Lord Jesus. ³For this is the will of God, your sanctification: that you abstain from sexual immorality; ⁴that each one of you know how to control his own body in holiness and honor;

-.035.tiff

-.036.tiff

⁵not in the passion of lust like the Gentiles who do not know God; ⁶that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. ⁷For God has not called us for impurity, but in holiness. ⁸Therefore whoever disregards this, disregards not man but God, who gives His Holy Spirit to you. —1 Thessalonians 4:1-8 ESV

-.037.tiff

- > Repent of your habit to lust.
- > Reclaim your standard.
- > Retrain your eyes.

“It’s not what you see,
it’s where you look.”

-.038.tiff

But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

—Matthew 5:28 ESV

-.039.tiff

- > Repent of your habit to lust.
- > Reclaim your standard.
- > Retrain your eyes.
- > Rehearse your injury.

-.040.tiff

Samson
Judges 16

David
2 Samuel 11-18

-.041.tiff

Questions for the dashboard of your mind:

1. Are the rewards of this act or behavior worth what the consequences might cost me?
2. Have I honestly researched the risk of this pattern of behavior?
3. What has happened to other people who have taken this risk?
4. What is my motivation for risking this?
5. What are the benefits of not taking the risk?

-.042.tiff

“Sin will take you farther than you want to go. Sin will keep you longer than you want to stay. Sin will cost you more than you want to pay.”

-.043.tiff

- > Repent of your habit to lust.
- > Reclaim your standard.
- > Retrain your eyes.
- > Rehearse your injury.
- > Run Forrest, Run!

-.044.tiff

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. —1 Corinthians 6:18 ^{ESV}

-.045.tiff

- > Repent of your habit to lust.
- > Reclaim your standard.
- > Retrain your eyes.
- > Rehearse your injury.
- > Run Forrest, Run!
- > Reprogram your mind.

-.046.tiff

- > Repent of your habit to lust.
- > Reclaim your standard.
- > Retrain your eyes.
- > Rehearse your injury.
- > Run Forrest, Run!
- > Reprogram your mind.

Romans 12:1-2

-.047.tiff

- > Repent of your habit to lust.
- > Reclaim your standard.
- > Retrain your eyes.
- > Rehearse your injury.
- > Run Forrest, Run!
- > Reprogram your mind.

Philippians 4:8-9

-.048.tiff

The issue for all of us is
sexual redemption,
not sexual restraint.

-.049.tiff