

Notes

THE URGENCY AND SCOPE OF THE PROBLEM OF LUST

Jason Finley

The present explosion of pornography is fueled by its *Accessibility, Affordability, and Anonymity*.¹

1 Peter 2:11

“¹¹Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.

All believers know the struggle for sexual purity.

We need:

- (1) encouragement for victory
- (2) knowledge for shepherd others toward sexual purity

What’s at stake in the struggle with lust and pornography:

HEALTHY SOCIETY

Viewing Pornography (even “free”) Funds Sex Slavery

Diminishes Human Dignity

Watching just 5 hours of porn has been proven to significantly change people's sexual beliefs and attitudes.²

Church Health and Mission

HEALTHY FAMILY

Corrupts God’s Design

Betrays (Present or Future) Spouse and Children

¹ Al Cooper, cited in Vaughan Roberts, *The Porn Problem*. The Good Book Company, 2018. p.13.

² <https://www.covenanteyes.com/2014/10/31/apostle-pauls-secret-fighting-sexual-sin/#>

Notes (continued)

HEALTHY MIND & BODY

Fleeting Pleasure - The Law of Diminishing Returns

J. C. Ryle: "All is not gold that glitters. All is not good that tastes sweet. All is not real pleasure that pleases for a time."

Addiction and Brain Chemistry

Lust and pornography trigger the release of dopamine. These triggers change and reinforce brain pathways which become like deep ruts diminishing arousal and increasing addiction.

- Mobility: In the US, as much as 70% of porn is viewed on mobile phones.³
- Children: At **age 11**, the average child has already been exposed to explicit pornographic content through the internet. 93% of boys and 62% of girls are exposed to internet-based pornography during their adolescent years and 22% of the vast quantities of porn consumed by people aged under 18 is consumed by those aged less than 10.⁴
- Women: 33% of women aged 25 and under admit to searching for porn at least once per month, 56% have searched for it before.⁵

Other Physical Consequences

"So glorify God in your body." 1 Corinthians 6:20

HEALTHY SPIRITUAL LIFE

Foolishly Wastes Life

In 2017 on just 1 website - 4.6 billion hours (524,000 years – 17,000 lifetimes) worth of porn watched)⁶

Shrivels Spiritual Desires

Derails from Mission and Disqualifies from Ministry Leadership

Persistent Indulgence in Lust and Immorality Sends People to Hell

Matt 5:27-30; 1 Cor. 6:9-11; Eph. 5:3-6; Heb. 13:4; et al

³ <https://www.challies.com/articles/10-ugly-and-updated-numbers-about-pornography-use/>

⁴ Ibid.

⁵ Ibid.

⁶ <https://www.challies.com/articles/10-ugly-and-updated-numbers-about-pornography-use/>

Notes (continued)

A BIBLICAL VISION FOR PURITY Jeremy Chasteen

1 Thessalonians 4:3-8

"For this is the will of God, your sanctification: that you abstain from sexual immorality;⁴ that each one of you know how to control his own body in holiness and honor,⁵ not in the passion of lust like the Gentiles who do not know God;⁶ that 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.⁷ For God has not called us for impurity, but in holiness.⁸ Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you."

I. God desires that we pursue sexual purity.

a. Pursuing purity is God's will (1 Thess. 4:3,7)

1 Corinthians 6:13 - "The body is not meant for sexual immorality, but for the Lord"

b. Sexual immorality is sin (1 Thess. 4:3)

i. Indulging

1 Corinthians 10:8a - "We must not indulge in sexual immorality" (Gal. 5:19-24, Rom. 8:12-14)

ii. Talking

Ephesians 5:3-5 - "But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God."

iii. Thinking

Matthew 5:27-28 - "You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart."

c. Sexual immorality destroys relationships (1 Thess. 4:4-6a)

d. Sexual immorality produces grave consequences (1 Thess. 4:6b-8)

Hebrews 13:4 - "Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous."

What are the joys and blessings of purity?

Notes (continued)

II. God desires that we flee sexual immorality.

1 Corinthians 6:18 "Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body." (2 Tim. 2:22, Jam. 4:7, 1 Pet. 5:8-9, Rom. 13:14)

a. **Know God** (1 Thess. 4:4-5)

b. **Depend upon the Holy Spirit.** (1 Thess. 4:8)

Galatians 5:16 - "But I say, walk by the Spirit, and you will not gratify the desires of the flesh."

How can we flee sexual immorality?

GOSPEL IDENTITY AND THE POWER TO CHANGE

Jason Finley

Change is possible.

New Identity

2 Corinthians 5:21 For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

New Power

Romans 8:12-15 ¹²So then, brothers, we are debtors, not to the flesh, to live according to the flesh. ¹³For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴For all who are led by the Spirit of God are sons of God. ¹⁵For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!"

New Motivation: Fight Desire with Desire

Psalms 16:11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Resources

Men

Sexual Detox by Tim Challies

Sexual Sanity for Men by David White

Finally Free by Heath Lambert

The Porn Problem by Vaughn Roberts

Women

The Fantasy Fallacy by Shannon Ethridge

Pulling Back the Shades by Dannah Gresh

Sex and the Soul of a Woman by Paula Rinehart

False Intimacy by Harry Schaumburg

Sexual Sanity for Women by Ellen Dykas

Purity is Possible by Helen Thorne

Discipleship

The Porn Problem by Vaughn Roberts

Finally Free by Heath Lambert

Diehard Sins by Rush Witt

Undefined by Harry Schaumburg (for couples)

Wired For Intimacy by William Struthers

Future Grace by John Piper (Chapter on Lust)

Parenting

God Made All of Me by Justin Holcomb

God's Design for Sex Series by Focus on the Family

Good Pictures, Bad Pictures by Kristen Janson

Tools

Covenant Eyes Software

Circle by Disney

Qustodio App for Parents

John Piper's Look at the Book Series on Lust on DesiringGod.org

John Piper's ANTHEM Strategy on DesiringGod.org

Reflection

What aspects of my life related to purity and holiness can I celebrate the Lord?

How is the sin of lust manifest in my life?

What sources of temptation toward lust do I need to cut off?

What may be the future consequences in my life, faith, and family if I do not defeat this sin?

What fear do I have in confessing my sin personally and to another?

Who must I confess my sin to?