

LEAVING LUST IN THE DUST

DETOX: Part 4

September 3, 2017

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What is lust?

An overpowering and compulsive desire or passion, especially of a sexual nature.

What lust does to me?

LURES ME IN

*"Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death."
(James 1:14–15, NLT)*

UNDERMINES GOD'S DESIGN

"[Moses] chose that instead of enjoying sin's pleasures for a short time." (Hebrews 11:25, NIV)

"For lust is a shameful sin...." (Job 31:11, NLT)

"The husband should give his wife all that he owes her as his wife. And the wife should give her husband all that she owes him as her husband." (1 Corinthians 7:3, NCV)

SPREADS TO OTHER AREAS OF MY LIFE

"One late afternoon, David got up from taking his nap and was strolling on the roof of the palace. From his vantage point on the roof he saw a woman bathing. The woman was stunningly beautiful. David sent to ask about her, and was told, 'Isn't this Bathsheba, daughter of Eliam and wife of Uriah the Hittite?' David sent his agents to get her. After she arrived, he went to bed with her. Then she returned home. Before long she realized she was pregnant. Later she sent word to David: 'I'm pregnant.'" (2 Samuel 11:2–5, The Message)

TAKES EVERYTHING AWAY

"For lust is a shameful sin, a crime that should be punished. It is a fire that burns all the way to hell. It would wipe out everything I own." (Job 31:11–12, NLT)

HOW DO I TRAIN FOR GODLY LIVING?

TRAIN MY BODY

"I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified." (1 Corinthians 9:27, NLT)

"I made a covenant with my eyes not to look with lust at a young woman." (Job 31:1, NLT)

REEFOCUS MY MIND

"But in every part of me I discover something fighting against my mind, and it makes me a prisoner of sin that controls everything I do." (Romans 7:23, CEV)

"Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him." (Romans 12:2, CEV)

*"How can a young man keep his way pure? By living according to your word."
(Psalm 119:9, NIV)*

ADJUST MY HABITS

*"You have heard the commandment that says, 'You must not commit adultery.' But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. So if your eye—even your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your hand—even your stronger hand—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell."
(Matthew 5:27–30, NLT)*

INVEST IN MY HOME

"And look out for one another's interests, not just for your own." (Philippians 2:4, GNB)

"So be happy with your wife and find your joy with the woman you married- Let her charms keep you happy; Always be intoxicated with her love." (Proverbs 5:18–19, GNB, GW)

"Do not refuse to give your bodies to each other, unless you both agree to stay away from sexual relations for a time so you can give your time to prayer. Then come together again so Satan cannot tempt you because of a lack of self-control." (1 Corinthians 7:5, NCV)

NEVER LET MY GUARD DOWN

"I'm encouraging you to keep away from the desires of your corrupt nature. These desires constantly attack you." (1 Peter 2:11, GW)

*"...You are not your own; you were bought at a price. Therefore honor God with your bodies."
(1 Corinthians 6:19–20, NIV)*

Action Step:

Celebrate Recovery meets at Oak Ridge every Fridays at 7:00pm

Resources:

Every Man's Battle by Stephen Arterburn and Fred Stoeker
<http://www.covenanteyes.com/>