

HABITS **OF THE HEART**

WEEK 6

Week 6

Helpful Thoughts to repeat in your mind!

- Habits grow, Where attention goes
- If you want to end something, starve it
- You can't expect Jesus to be your source of peace if the world is your source of satisfaction and delight!

I've been talking about replacing some of the habits of our hearts. Many times our outward appearance looks to be in order but our hearts are far from Him.

Mark 7:21-23 (NLT)

For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you.

Notice: Jesus lists 3 different types of sexual sin!

- 1: Sexual Immorality** (porneia) - Fornication, a general reference to sexual sin
- 2: Adultery** (moicheia) - sexual sin that violates the marriage covenant
- 3: Lustful Desires** (aselgeia) sensuality, a reference to the unbridled lust of a dirty mind

- Barna Group study, 64% of Christian men and 15% of Christian women admit to watching pornography at least once a month. 36% of MEN (18-30) view it on a daily basis.
- The same study found that among young adult Christians (ages 18-24), 76% of Christian men and 36% of Christian women actively seek out pornographic content.



80% of unmarried evangelical young adults (ages 18-29) admitted to having had premarital sex.

20% of married Christians admitted to infidelity at some point in their marriage.

29% of Christian men between the ages of 31-49 view pornography at least monthly.

The Barna Group found that 21% of Christian men and 2% of Christian women consider themselves to be *addicted to pornography!

Barna Group 2019 Study: Found that 44% of practicing Christian singles ages 25-34 believe that sex outside of marriage is morally acceptable, which indicates a shift in attitudes toward sexual purity within the Christian community.

Today I want to focus on the

Habit of Giving into Temptation

(if you have a different temptation substitute that in)

Point 1: Recognize the Source of Temptation

James 1:13-15 (NLT)

And remember, when you are being tempted, do not say, "God is tempting me." God is never tempted to do wrong, and he never tempts anyone else. 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.

Temptation is anything that promises satisfaction at the cost of obedience to God.

✱ It doesn't sneak up on us; it grows from desires we've nurtured in our hearts.

1st The first step in breaking the habit of sexual sin is recognizing that it starts from within.

It's not an accident; it's the result of dwelling on sinful desires.

When you have an addictive Habit it paves ruts in your mind. Those ruts are like gutters and water flows to the path of least resistance.... So when you have that common place, emotion, opportunity.. your mind goes back to the same behavior easier.

MEMORY VERSE

Ephesians 5:3 (NLT)

Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people.

Think of your heart like a country... a kingdom... Jesus sits at the throne..... the enemy wants to invade that kingdom of your heart

Giving a **foothold** would be to allow Satan, the enemy, to set up his base of operations within the Kingdom!! You would be inviting the enemy to have a place to attack, kill, destroy your heart and life.... No way! You are a soldier! You would never invite the enemy to fight on your territory!! That gives him the advantage.

Point 2: Flee, Don't Fight



The natural response to a battle is fight or flight... Fighting this battle is one that the scriptures teach us to flee!

2 Timothy 2:22 (NKJV)

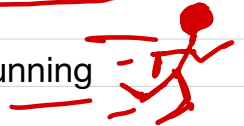
Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

Remember that you are not running aimlessly! You are fleeing towards Jesus! STAY CLOSE TO HIM

If you don't want temptation to follow you, stop acting so interested.

It's a lot easier to avoid temptation than it is to resist

ILLUSTRATION - Camp Escape Story - Me running



Decide ahead of time to flee from temptation. Don't wait until you're in the middle of it. Like Joseph fled from Potiphar's wife, make a plan to escape. Whether it's avoiding certain websites, setting boundaries in relationships, or removing yourself from compromising situations, flee!

If it's predictable, it's preventable!

Decide ahead of time! Where are you when you are tempted? Don't go there! FLEE!

Point 3: There's Always a Way Out

1 Corinthians 10:12-13 (NLT)

If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Imagine a burning building with exits clearly marked. When we're in the midst of temptation, God has marked the exits for us—we just need to take them. Don't stay in the flames hoping you can withstand the heat. Take the exit and run to safety.

Matthew 18:7-9 (NLT)

“What sorrow awaits the world, because it tempts people to sin. Temptations are inevitable, but what sorrow awaits the person who does the tempting. So if your hand or foot causes you to sin, cut it off and throw it away. It's better to enter eternal life with only one hand or one foot than to be thrown into eternal fire with both of your hands and feet. And if your eye causes you to sin, gouge it out and throw it away. It's better to enter eternal life with only one eye than to have two eyes and be thrown into the fire of hell.

Pluck it out ---> cell phones are the eyes..... break it!
This is about getting extreme in our response!

- Point 1: Recognize the Source of Temptation
- Point 2: Flee, Don't Fight
- Point 3: There's Always a Way Out

Several times

Couple who were living together came to me.... The Next day they were in the Town hall getting a marriage license and Wednesday we had a ceremony!

REMORSE AND REPENTANCE ARE DIFFERENT.
REMORSE IS Feeling sorry that you did something or that you were caught....

1 John 1:5-9 (NLT)

This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Repentance is turning your back on those things that once you indulged in.

If you are struggling today with temptaion, please run!
Don't mess with this