

Warring Against Lust

“War is a terrible thing, but if you’re going to get into it, you’ve got to get into it all the way.”

-Dwight Eisenhower

[Revelation must lead to action.]

The Battle Plan:

- ❖ Bounce your eyes.
- ❖ Take every one of your thoughts captive.
- ❖ Call for help (prayer).
- ❖ Don’t condemn yourself (Romans 8:1).
- ❖ Think on things excellent.
- ❖ Occupy yourself with uplifting images.
- ❖ Put away rationalizations.
- ❖ Remember, the flesh is never satisfied.
- ❖ Be radical with yourself; resist lustful thoughts.
- ❖ Ruthlessly deny your out of control passions.
- ❖ Don’t set your mind on lust, but on the Lord.
- ❖ Don’t just pray, but flee.
- ❖ Walk in the Spirit.
- ❖ Let go and let God? No, run!
- ❖ Avoid the “near occasion to sin.”
- ❖ Remember, thoughts lead to actions.
- ❖ Sexuality is not just for your enjoyment.
- ❖ If you are married, keep your marriage commitment.
- ❖ Tear down any false sexual expectations.
- ❖ Repeat the Name of Jesus. *

Prayer: Depart from me, unclean spirit, and give place to the Holy Spirit, the Paraclete.

*“The name of the Lord is a strong tower; the righteous man runs into it and is safe.” -Proverbs 18:10

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I. Calling It What It Is!

- A. The first part of the battle is to call it what it is: SIN; it's not a problem it is sin.
- B. Put away all rationalizations. For example, don't excuse your sin by saying, "I'm just a normal, red-blooded, American man."
- C. In fact, it is disobedience to the Lord when we entertain lustful thoughts.
- D. It is fool hearty to think we can feed our lust a little bit.
- E. No, we must make a huge commitment to **SEXUAL PURITY**.

II. The Arena of the Mind

- A. The convenience of this sin is that, if you are careful, nobody knows that you do it.
- B. "Watch your thoughts, they become words; watch your words; they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, for it becomes your destiny."
- C. That's why lust must be conquered at the thought level.
- D. In Matthew 5:29 the Lord says, "If your right eye causes you to sin, gouge it out and throw it away." This means we must be radical in dealing with sin.

III. Extreme Measures

- A. We should forsake lustful thoughts the moment they occur. Memorize scriptures like 2 Corinthians 10:3-5.
- B. It teaches us to direct our thoughts from the lust to the Lord.
- C. This may appear to some to be a bit extreme, but we have to deal radically with our thoughts to win the war against lust.

IV. Our Responsibility

- A. Some folks blame God for their own sin: "I prayed for deliverance, but God didn't answer. So it's his fault."
- B. The Bible never says that the way to deal with lust is simply to pray about it. In addition to prayer, we must flee (1 Cor. 6:18), be cleansed (2 Cor. 7:1), walk in the Spirit (Gal. 5:16), and obey God.
- C. Some of us have gotten the mixed-up idea that to actively deny lust is to strive in the flesh rather than rely on the Spirit.

- D. Paul never says, "Let go and let God!" He says, "Run!" We are to deny ungodliness and worldly desires (Titus 2: 11-12).
- E. Part of fleeing is guarding ourselves in advance. We need to avoid people, places, and things which are "near occasions of sin for us.
- F. The man in Proverbs 7:8 would not have wound up in bed with the loose woman if he hadn't first gone near the corner where she lived.

V. Always Vulnerable

- A. We need to learn that we will never become invulnerable against lust.
- B. When we yield repeatedly to lust, we recognize we will never become so strong that lust will just glaze off us.
- C. Being vulnerable to lust and yielding to it are two different things.

VI. Sacrificial Love

- A. My responsibility as a Christian husband is not to satisfy myself, but to satisfy my wife.
- B. I think Jesus' words about seeking your own life and losing it apply here.
- C. Let us tear down our false sexual expectations built up by *Playboy* and Hollywood, and rebuild from scripture.
- D. We are to love our wives sacrificially, as Christ loved the church.
- E. CONCLUSION: Dwight Eisenhower said, "War is a terrible thing, but if you're going to get into it, you've got to get into it all the way."