

## Consuming Desire: Adultery, Idolatry, and Delighting in God

### Part 5: Practical Strategies & Living Our Identity in Christ

#### Practical Strategies for Pursuing God over Sexual Immorality. Luke 3:7-14

1. Believe... and then act in accordance with the truth. James 1:21-25
  - The fight against porn begins in the heart. Mt 5:27-28; 15:19
2. Repentance (turning from idols to God) bears fruit. Luke 3:8; 19:1-10
  - Conviction prompts the question: What shall I do? **v.10,12,14a**
  - Repentance prompts tangible action. **v.11,13,14b**
3. Tangible steps to overcome porn.
  - PRAY. Ask the LORD to mortify & sanctify your memories, desires, and imagination.
    - mortify = put to death what is not of God; sanctify = bring to life what is of God, grow in holiness.
    - LORD, let me forget the things You want me to forget and remember the things You want me to remember in the way You want me to remember them. LORD, grow me to love what You love and to hate what You hate.*
  - PREPARE A BATTLE MINDSET.
    - Arm yourself with Scripture every day.
    - ‘Take every thought captive. It is dangerous to ‘browse’ ‘surf’ or ‘graze’—whether the internet, TV, Wal-Mart, or fridge.
  - REMOVE and REPLACE.
    - Take away opportunities for temptation and sin. → What are your triggers?
    - You can create new triggers. Begin to form a whole new secret life. Add something else to replace your temptation.
  - PURSUE RELATIONSHIPS OF SUBSTANCE & DEPTH.
    - With your friends: Confess regularly and specifically.
    - Small group book study. E.g., *False Intimacy* by Harry Schaumburg; *Sex & the Supremacy of Christ* by John Piper
  - GO TO COUNSELING; GET HELP.
 

-Journey Counseling Ministries: 540-908-3464	<a href="http://www.journeycounselingministries.org">www.journeycounselingministries.org</a>
-Greater Hope: 540-574-4189	<a href="http://www.greaterhope.org">www.greaterhope.org</a>
-Open Hearts Ministry: 269-383-3597	<a href="http://www.ohmin.org">www.ohmin.org</a>
  - CHALLENGE FOR MARRIED COUPLES:
    - The ultimate destination is not merely to ask ‘How are you involved in sexual sin (porn, masturbation, etc.)?’ but to delve into the deepest places of each other’s hearts.
    - The goal is to begin (or take deeper) a conversation—the end goal being:
      - to care for the other person’s heart by asking for forgiveness
      - to be a safe place for one another to be real with sins and hurts
      - to allow each other to be a mess and still love one another in the midst of it.

#### Sexual Immorality and Living in the Truth. Ephesians 5:6-14

→ Sexual immorality is a matter of truth and identity.

##### 1. Living in the truth of our identity. Eph 5:8b

- Predominant identification of believers in the New Testament is that of “saints.” saints = ‘holy ones’
  - Rom 1:7: to all who are beloved of God in Rome, called as saints
  - 1 Cor 1:2: to the church of God which is at Corinth...saints by calling
  - Eph 1:1: to the saints who are at Ephesus
  - Phil 1:1: to all the saints in Christ Jesus who are in Philippi
  - Col 1:2: to the saints and faithful brethren in Christ who are at Colossae
- Who am I? Sinner or saint? We LIVE and ACT and THINK out of our identity.

##### 2. Living in the truth of our story. Eph 5:8a

- Everyone has a story. → most significant people, events, circumstances that have shaped who you are
- Survey the NT and see: How many times does Paul refer to his story?
  - 1 Cor 15:10: By the grace of God I am what I am, and His grace to me was not without effect.
  - 1 Tim 1:13: even though I was formerly a blasphemer and a persecutor and a violent aggressor

→ How has sexual immorality affected your life? (Both as a culprit of sexual immorality and as a victim of sexual immorality)

##### 3. Living in the truth of God’s goodness. Ps. 16:11

- Ps 84:10b: I would rather stand at the threshold of the house of my God than dwell in the tents of wickedness.