

Purity Part 4  
The Battle Is In You Mind  
Matt 15:10-28

Tomorrow's character is made out of today's thoughts

Sexual sin never comes out of the blue

It is a predictable result of natural progress

Relationships are neglected and a mind gets exposed to impurity

Temptation may come suddenly, but sin doesn't

Neither does moral and spiritual strength

Both are the results from a process over which we do have control

We become what we think

Our sexual morality is forged through an ongoing series of choices and actions – small indulgences and little compromises

The eye lingers here.... The mind loiters there

Our mind accumulates what we expose it to – godly or ungodly

### Where Lust Comes From

Most of the time when a person falls they are taken by surprise

They ask "Where did that come from"

The Bible gives us a very clear answer (Matt 15:19-20) (Matt 5:27-28)

The Pharisees emphasized the external - Religion likes to do that – the problem is that never deals with my heart.....

Jesus raised the moral bar – lust is not only the source of sexual sin, but sin itself

Jesus closed the door that we could be impure in our thoughts and be pure on the outside

Lust is fed by whatever we have put in our minds

The kind of person we are becoming is determined by what we are taking in our brains

"Sow a thought reap an action; sow an action reap a habit; sow a habit reap a character; sow a character reap a destiny"

Actions, habits, character, and destiny all start with a thought, and thoughts are fostered by what we choose to take into our minds

That is why your most important sex organ is your mind

Are you feeding lust....or starving it?

Are you feeding your passion for Christ....or starving it?

### Setting Boundaries

What I learned through my deliverance was the importance of where things begin – let me explain

If I were to ask you "which was worse adultery or pornography" – you would put them both high on a scale

They would be on the top rung of the ladder

But here is what I learned – the bottom rungs are maybe more important

Why? Because if I can identify the first steps that lead to destruction I can learn not to take them and therefore never make it to the top rungs

Many times we say we want purity, but then we make choices that sabotage purity

Choices have consequences – if we want different consequences we have got to make different Choices

For years I didn't go to the beach with my family – or walk down the magazine isle at the store

Later as my mental discipline became strong enough I could keep my eyes away

But until then I honored my boundaries

Was it inconvenient? Yes. But it was a small price to pay to guard my purity

Boundaries keep temptation from getting a certain foothold

My boundaries are not legalistic – I understand that my sexual purity cannot be strengthened if I keep doing what I have always done

We must change our habits

God has challenged me to protect something immensely strategic (Pr 4:23)

"Above all else" means it should be at the top of our list

It is so critical that we protect our inner most being from temptation

If you don't you will be providing ammunition for the enemy to use against you

Sure your flesh is gonna fight against that

But you have to refuse to feed it

You need to pray (Ps 119:37) – you become part of the answer to your prayer by turning

your eyes away

Romans tells us to not be conformed to this world be transformed by renewing our minds (Rom 12:2)

We are to deny lust – put it to death when it tries to get a grip on us (Col 3:5)

We are a new creature in Christ, covered in His righteousness (2 Cor 5:17, 21)

It was feeding my mind the word of God that nourished my spirit and that policed my thought life  
I was able to say yes to what pleases Christ and no to what didn't

### Filling Your Mind With Pure Thoughts

Do this for me, close your eyes and whatever you do don't think about snakes.....

Don't think about big, slimy snakes, don't think about snakes coming up from your bathtub drain or slithering into your bed.....

You heard me.... DON'T THINK ABOUT SNAKES!!!!!!

Have I kept you from thinking about snakes?

No, I have actually encouraged you to think about them

Now, do this for me, close your eyes and think about Norma Schwartz's German chocolate cake.....

What happened in the last few moments?

You forgot all about snakes.....until I mentioned them again

Our minds are not vacuums – they will be filled with something

Impure thoughts are pushed out by pure thoughts (Phil 4:8)

The more we fill our minds with purity and the less with impurity, the greater our purity and resistance to temptation (2 Cor 10:5)

When wrong thoughts come, and they will, we correct them, replacing them with God's truth

Martin Luther said "You can't keep birds from flying over your head, but you can keep them from nesting in your hair"

We can't keep the world from throwing images at us

But we can keep it from homesteading in our minds

Listen good intention don't abolish lust – I just won't look – I just won't do that anymore....

Unless we guard our hearts and minds we will fall back into old habits

Victory is possible – but it can't happen if we allow our minds to consume what fuels the lust that prompts action

While there are physical urges that exist for our survival, such as hunger pains or thirst..., Sex is not one of them (1 Cor 6:12-13)

We will die without food and water

We will not die without sex

No matter how strong the desire is, sex is never an emergency, never a necessity

No one has ever exploded from a lack of sex!!!!

As we learn to stop feeding lust – we will begin to master it

### What Lust Does To Us

Lust is mental promiscuity – that's why getting married doesn't solve the lust problem

A man that looks at other women will still do it

Why? It's a sickness of the soul – and it only gets worse unless there is repentance and change

The person who struggles with lust walks around with a noose around his neck

Some rationalize their lust because they think their spouse doesn't meet their sexual needs

Where do they get their idea of what their need is?

From media where superstud men and surgically enhanced women on starvation diets throw themselves at each other

God gives us a different quality to look for (1 Peter 3:3-4)

Job made a covenant with God to guard his heart by guarding his eyes (Job 31:1)

Look at what would follow if he didn't live by this (Job 31:2-12)

Have you made a covenant with your eyes not to look where they shouldn't?

To immediately turn from whatever draws you to lust

Have you announced this covenant? Have you asked others to pray for you and hold you accountable?

### Clearing Out Lust's Poison

Arsenic has a cumulative effect. It kills you, but not all at once

Large quantities aren't necessary – a little here, a little there, and finally..... your dead

Sexual immorality is a killer of Christian lives and marriages

We poison ourselves daily a little at a time – it does it at such a small rate we don't feel any

different today than we did yesterday

But we are very different today than we were five years ago

In time by eating and drinking the right thing you can flush arsenic from your body

You cant recover if you don't keep new arsenic out

If you really believe something is poison and abstain from it long enough, something wonderful happens

Your desire for it decreases – you become healthy again

Romans 7 is painfully clear about the hold wrong desires can have on us

But many have fond victory after long years of lust problems

God's spirit can empower us to form new habits

By God's enabling grace I choose the path of life and the blessings that come with it

When I say no to temptation I am saying yes to God

He is pleased and glorified

And no one benefits more than I do