

Purity Part 5
The Parable of the Doughnut – Wise Strategies
Gen 39:10-12

Imagine someone who's weakness in eating doughnuts

His Doc says no more doughnuts

He vows to God "no more doughnuts"

He promises his family "no more doughnuts"

He calls the church and gets on the prayer chain

He goes to doughnut deliverance ministry to have the demon of doughnut desire cast out of him

Here is a guy who means business, right?

But then what does he do?

Like most of us he goes right on reading about doughnuts, listening to doughnut music, watching TV programs about making doughnuts

He spends time with other doughnut lovers talking about doughnuts – jokes about doughnuts at work where he often looks at the doughnut calendar on the wall

He subscribes to Doughnut Desire with its glossy photos

Pretty soon he is driving to work the way that just happens to go by the doughnut shop

He rolls the window down and smells the doughnuts

Pretty soon he is buying the morning paper from the rack outside the doughnut shop

Then he is checking out the doughnuts in the window

Then he has to make a phone call from the phone inside the shop and since he is in there he may as well buy a cup of coffee

Now remember he has no intention of breaking his vow and eating a doughnut

But the predictable result is what? He will give in and eat a doughnut

And you can just hear him – "What went wrong? I prayed? I asked others to pray. I asked God for deliverance. Why try? You do your best and look what happens!"

The First and Most Basic Strategy

Sincere intentions are not enough

***To have victory over temptation there must be clear goals and strategies and we must diligently carry them out**

What is our first line of defense against impurity? (1 Cor 6:18) – Flee from sexual immorality

When it comes to sexual immorality it pay to be a coward (Pr 4:14-15)

Joseph's life demonstrates this (Gen 39:10-12)

He not only refused to go to bed with her, he refused to even be around her

Why stay and try to resist temptation when you can run?

If your own a diet stay away from doughnuts!

Keep Your Distance

If you told your kids to not play on the road what would you expect from them

To go down to the edge of the road and play

And when you ask them about it they say "But we didn't go in the road"

But here is the truth – if you see how close you can get to the road its only a matter of time before you get run over

Scripture says something different (2 Tim 2:22)

When your fleeing you aren't turning around asking if its far enough away

The spirit of obedience simply says "if my father says its wrong I'll stay away

***Its always easier to avoid temptation than to resist it**

Cultivate Your Inner Life

Simple guidelines and "just try harder" attitudes aren't enough to break the grip of lust – there is no "easy little formula"

We must have the indwelling power of the risen Christ

Self-reformation isn't enough – it will only bring limited benefits that lead to self-righteousness

The Christian life is more than just sin management – its divine transformation that enables me to live righteously

But the Bible does teach us to "do" and "not do" things that are within our power

And often in "doing" the things we are suppose to our hearts change

So when we take wise steps that we know are enough but we take them because they are necessary

The battle with purity is won or lost on our knees with God and accountability with each other

Busyness wears on our ability to hear the Holy Spirit, God's Word, and His people
Fatigue makes us unaware to what's really happening
Honesty looking at yourself reveals your triggers – then take these to God

Time with God is the fountain from which holiness flows

It reminds us who we are and who's we are

(Phil 3:20) (Heb 11:13-16)

When we set our minds on Christ He empowers us to put to death the works of the old nature (Col 3:1-5)

Pray and Don't Give Up (Lk 18:1) – *"always pray and not give up"*

We are often brought to our knees after losing a battle

But we need to fall on our knees before the battle begins

Too often we just declare a truce with sin

We tolerate unrighteousness and let it claim more territory in our lives

Jesus says "Don't give up! Pray for God's help"

Some will say "I tried that and it didn't work"

True, it won't solve everything, but nothing will be solved without it!

Would God tell you to abstain from impurity if it was impossible?

Many have been defeated for so long they believe victory is impossible

They have given up

Do you know what giving up will do? – It will guarantee you will keep on losing

God's word calls us and empowers us to be overcomers (Rev 3:5)

*People never change until the pain of staying the same is worse than the pain of change

what we need is to hear the stories of victory from people who have overcome

Why? Not to embarrass people but to bring glory to God and send the message of hope

Listen if someone put a gun to your head and said they would pull the trigger if you participated in impurity would you still participate in it? NO!

Then that means you don't have to – you just keep putting yourself and eyes in the wrong place

We have to correct our wrong thinking with God's truth

Got to say no to impulses and cultivate new ones

You can turn it off, you can walk out, you can shut your eyes, you don't have to click that link

You don't have to fondle that person or let them fondle you

There is an alternative – draw on your supernatural resource (2 Peter 1:3-4)

(Titus 2:11-12)

This is all about the great theme of Scripture – redemption and grace

Our sexual struggles should remind us of our need for grace and empowerment

It should make us long for our ultimate redemption (Rom 7:7-25)

My journey was on day at a time

I committed to 24 hour increments

And when the first 24 hours was over I had tasted a seen that God was good and I committed to the next 24 hours

I learned to depend on Him one day at a time

Never underestimate Christ

Sin is not more powerful than God

Don't believe that you can't have victory until you get to heaven

God says otherwise – we are not to wait for victory

We are to live in it!!!!!! (1 Jn 5:4)