

UNDERSTAND

Sin comes from our heart. Our basic problem is a worship problem. Our long-term solutions need to address this.

Doorway Sins

But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person. But to eat with unwashed hands does not defile anyone.

(Matthew 15:18-20 ESV)

Who Am I? The question of identity and why it matters.

Know the layout of the battlefield.

ENGAGE

Engage with God through the Word & Prayer

There is power in the Word to fight temptation.

Get Specific by Memorizing it.

Wield it.

*How can a young man keep his way pure?
By guarding it according to your word.
With my whole heart I seek you;
let me not wander from your
commandments!
I have stored up your word in my heart,
that I might not sin against you.
Blessed are you, O LORD;
teach me your statutes!
With my lips I declare
all the rules of your mouth.
In the way of your testimonies I delight
as much as in all riches.
I will meditate on your precepts
and fix my eyes on your ways.
I will delight in your statutes;
I will not forget your word.*

(Psalm 119:9-16 ESV)

Having listened to God, speak his Word back to him.

Fighting for Sexuality Under the Lordship of Christ is a God-sized task and requires the power of the Holy Spirit.

Do you believe it's God will? If so then pray with confidence!

I'm forgiven, why confess to God?

*Blessed is the one whose transgression is forgiven...
For when I kept silent, my bones wasted away
through my groaning all day long.
For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer.
I acknowledged my sin to you,
and I did not cover my iniquity;
I said, "I will confess my transgressions to the LORD,"
and you forgave the iniquity of my sin.
(Psalm 32:1, 3-5 ESV)*

How soon should I confess?

Luke 15:17-24

Practice immediate, faith-filled confession to God and plead the blood of Christ!

Engage with the saints through Confession & Accountability

What's required? Humility & Courage.

The Cross provides courage for our confession & accountability.

Does it work?

We will give an account...let's keep the record short.

An accountability relationship is one in which a Christian gives permission to another believer to look into his life for purposes of questioning, challenging, admonishing, advising, encouraging and otherwise providing input in ways that will help the individual live according to the Christian principles that they both hold.

Alan Medinger

Details (adapted from *Sex is not the Problem, Lust is* by Josh Harris)

1. Be specific in confession
2. Confession is not repentance
3. Don't just offer sympathy...exhort
4. There should be follow-up
5. The Gospel needs to be proclaimed and recalled

ACT

Do I work or does God work in transformation?
See also Philippians 2:12-13; 2 Peter 1:5-11

*For if you live according to the flesh
you will die,
but if by the Spirit
you put to death the deeds of the body,
you will live.*

(Romans 8:13 ESV)

Make Spirit-empowered choices to....

*But be doers of the word, and not hearers
only, deceiving yourselves. For if anyone is a
hearer of the word and not a doer, he is like a
man who looks intently at his natural face in
a mirror. For he looks at himself and goes
away and at once forgets what he was like.
But the one who looks into the perfect law,
the law of liberty, and perseveres, being no
hearer who forgets but a doer who acts, he
will be blessed in his doing.*

(James 1:22-25 ESV)

Pursue the things that make for marriage.

Imitate God by loving others.

*Therefore be imitators of God, as beloved
children. And walk in love, as Christ loved us
and gave himself up for us, a fragrant offering
and sacrifice to God.*

*But sexual immorality and all impurity or
covetousness must not even be named
among you, as is proper among saints.*

(Ephesians 5:1-3 ESV)

There are things to do. There are people to love and treat differently. Building real relationships of love with real people is crucial to the transformation of your imagination. You have spent way too much time in your private fantasy world.

It's time to build same-sex friendships with people who will hold you accountable and care about you. It's time to build healthy brother-sister relationships with the opposite sex as well. Leave your fictional world of pretend relationships and, if you are a man, start viewing women as your sisters, as people to protect instead of prey upon. If you are a woman, start treating men as your brothers.

David Powlison