

BAND OF BROTHERS

Overcoming Sexual Temptation



A Saving Faith (John 1:12). A saving faith in Jesus Christ is not merely intellectual agreement with the facts about Jesus (James 2:19). It is:

1. The belief that you are in need of a Savior to save you from the just consequences of your sin (Romans 3:23, 6:23) and that Jesus is that Savior;
2. The desire to turn away from your sin (Acts 20:21); and
3. The faith to trust Jesus as both Savior and Lord of your life, being willing to give up everything to follow Him (Luke 9:23).

Confess & Repent (1 John 1:9). Yield to the power of the Holy Spirit to transform a person into the likeness of Christ (Galatians 5:16-25).

- Confession assumes the knowledge of sin.
- There is power in the confession sin to one another (James 5:16-18)
- Repentance is not feeling bad about a sin, nor is it a resolution to stop...it is stopping (2 Corinthians 7:8-11) and going the other way.
- But, keep in mind your two natures (Romans 7:14-20).

Read God's Word (Psalm 19:7-11)

- Read Scripture daily and dwell on it (Hebrews 5:13-14). Not sure where to start? Try the 5x5x5 Bible Reading Plan, Praying the Names of God, the books of John and Philippians, or read a chapter of Proverbs every day. Also, see (www.runinsuchaway.com/2009/02/11/the-quiet-time-lets-get-specific-part-1/)
- Put Scripture references on bathroom mirror and computer monitor.
- Recall memorized scripture (Proverbs 6:20-22).

Pray

- Pray for protection (Psalm 19:12)
- Don't dwell on sinful thoughts, but take them captive (2 Corinthians 10:3-5).
- Short prayers in the moment to interrupt Satan's plans and your own desires.
- Pray with your spouse.

Understand yourself and your weak spots (Psalm 139).

Avoid areas, situations or people that will lead you down a sinful path. Remember...real men run away (Proverbs 6:27-28)!

- Private situations with women (Proverbs 7:22-23).
- Staying up late after your family is in bed.
- Foolish friends (Proverbs 13:20)
- Browser homepages with ads (Proverbs 4:25).
- Grocery store magazine racks, etc.
- Idle time. Fill up your schedule with appropriate activities (Proverbs 6:10).
- Following along with others' social activities. Try directing social activities rather than following along.
- Isolation while away from home.
- Being disconnected from your family while away from home.
- Having your computer monitor or TV in a position not easily viewed by others.

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Utilize available software filters and/or accountability options.

- xxxchurch (www.xxxchurch.com)
- bsafeonline (www.bsafehome.com/offers/focusonthefamily.aspx)
- covenanteyes (www.covenanteyes.com/focus/)

Cultivate a healthy relationship with your wife.

- Seek to understand and then to be understood (Ephesians 5:25-29). Consider doing the "Fireproof" study together.
- Learn to love your wife. Consider taking the "Love Dare". Consider reading "The Five Love Languages" together.
- Talk to your wife about the reality of how you are wired (Song of Songs 7:1-9)

Stay healthy with via diet, rest and exercise (1 Corinthians 6:19-20). Consider reading "Choosing to Cheat".

Get involved with other men for accountability (Galatians 6:1-2). Select a trusted friend to share the good, bad, and ugly (Proverbs 27:6).