

Developing a Battle Plan for Purity

Purity: You are sexually pure when sexual gratification only comes from your wife.
(Same def. married or not...) 1Cor 6:18-20

Starving the Sumo (your sex drive)

We've got to block the shipping lanes of the war ...

for us that is

the eyes
the mind
the body

1. You need to build a line of defense with your eyes. (Bounce)
2. You need to build a line of defense in your mind. (Evaluate and Capture)
3. You need to build a line of defense in your heart.
 - I. Job said "I made a covenant with my eyes not to look lustfully at a girl."
Job 31:1
 - II. "We take captive every thought and make it obedient to Christ." 2 Cor
10:5
 - III. Have the heart for the girls around you that Christ does.

Impurity is a habit that can fight like an addiction.

Cutting the source of the addiction (starving the Sumo) will quickly make the habit weaker and weaker. Hang in there. Pray and give yourself a chance.

Bouncing the eyes...

- 1.study yourself. How and when are you attacked the most?
- 2.set up defenses for these areas.

Shielding your mind...

1. Select a good (quick) verse...Perhaps 1 Cor 6:18-20 (Flee from sexual immorality... You are not your own; you were bought at a price. Therefore honor God with your body.
2. Feel free to distill this verse down to its essence: I have no right to look at that or think about it. I haven't the authority. (don't give yourself wiggle room by taking your "own authority" in the issue, don't open it up for debate. Let God make the decision for you.

Having God's heart for the people around you...including girls. Begin to seek God's viewpoint of the people you come across every day. Begin treating people in a manner consistent with the way God sees them rather than as objects to be viewed or used.

This whole issue can be boiled down to a heart issue. The more you seek to be close to God the less these temptations will pull at you.

Hebrews 4:15 tells us that Jesus was tempted in every way we are...He gets it!

