

Holy Sex

Sexual Purity in a World Gone Mad

8 - Why Should I Stay Faithful to My Spouse?

The Real Joy of Doing Things God's Way
Grace Fellowship Church / Pastor Brad Bigney

The time to put hedges in your life is BEFORE the enemy attacks. Not during the attack.

- What are you doing right now to avoid the temptation and trap of adultery?
- What hedges do you have in place in your life?

Hedge #1 – Make Up Your Mind that You’re Going to Think Like God Thinks about Adultery

Hebrews 13:4 "Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.

Numbers 32:33 "... be sure your sins will find you out."

God sees everything! Don't be short-sighted.

Hedge #2 – You’ve Got to Manage Your Mind ~ Not Just Let it Run Free!

2 Corinthians 10:3-5 "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

The Message v. 5 "We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ."

Every sin starts with a thought.

a. Self-Pity is a Dangerous Thought

If you've been soaked in self-pity long enough you'll go down because the table's already been set. Self-pity sets the table for sexual sin. So repent of self-pity quickly!

b. "I married the wrong person"

The Bible doesn't teach like that. The sooner you get over this way of thinking, the sooner you can start working on the marriage you DO have.

"Adultery is often an attempt to find a little bit of paradise on the side, pursuing the belief that if one just finds the right sexual partner there will be instant happiness and everything will fall into place. Adultery is often able to fulfill this myth until the adultery itself becomes a relationship that has to be worked at... Seen in this way 'paradise' soon becomes a prison." (Hilde Houlding, coordinator of the Calgary Family Service Bureau's counseling division)

Hedge #3 You Better Minimize Your Media Intake and Magnify the Consequences of Sexual Sin

Psalm 101:3 "I will set no wicked thing before my eyes."

Television spends millions of dollars magnifying the benefits of adultery; so you better spend regular time in God's Word magnifying the consequences!

Proverbs 22:14 "Adultery is a trap."

Proverbs 6:32-33 "Whoever commits adultery with a woman lacks understanding; he who does so destroys his own soul. Wounds and dishonor he will get, and his reproach will not be wiped away."

Hedge #4 – Stop Holding Back ~ Throw Yourself into Your Own Marriage!

Your marriage is either growing or it's dying. Think of your marriage as a work in progress that takes place every day on a steep hill. There's no place to stop. You can never PARK your marriage because of job constraints, or school, or young children and then think you'll go back and pick it up where you left it.

A healthy marriage requires constant effort and attention.

- What are you doing today – despite the demanding job, the time constraints, and the children – to maintain and develop your marriage?

Ways to develop your marriage:

- a. Talk on a regular basis**
- b. Date one another / court one another**
Mark 'em on the calendar and stick to it!
- c. Look for ways to serve your spouse –**
Do loving deeds – do the little stuff again!
- d. Don't go day after day with unresolved conflict.**

When there's unresolved conflict you start avoiding your spouse, and typically Satan puts somebody in your life – of the opposite sex - that you think understands the conflict. Watch out! You should never talk to somebody of the opposite sex about your marriage problems. PERIOD!!!

Hedge #5 Do Everything you can to Minimize Your Opportunities to Be Tempted

Matthew 26:41 "Keep watch and pray that you fall not into temptation."

Don't allow yourself to become too familiar or intimate with anyone of the opposite sex other than your spouse.

- Having coffee together
- Going to the gym
- Going to a movie
- Praying together

Be aware of the potential snares and avoid those things, no matter how small.

- a. Have a plan for avoiding temptation on Business Trips**

One of the biggest threats to marriage is the business trip. *Anonymity is one of the greatest pitfalls* for temptation.

- b. Don't Get Sucked into Potentially Sexual Office Games with the Opposite Sex**

Ephesians 5:3 "But among you there must not be even a hint of sexual immorality."

If you're married and claim to be a Christian you should be WEARING YOUR RING and not flirting with the opposite sex!

Conclusion –

There'd be no way out of sin if it were not for the death and resurrection of our Lord Jesus Christ! But because He died and rose again – conquering sin and Satan – you don't have to GET trapped or STAY trapped in sexual sin.

A Chain of Events that Leads to Adultery

Wayne Mack

1. Presence of certain internal and / or external circumstantial factors.
2. Growing awareness of a particular person
3. Time spent thinking about the person's attractiveness
4. Unplanned, innocent meetings, contacts.
5. Spend time comparing with present mate.
6. Spend time thinking about personal unhappiness.
7. Planned, intentional contacts.
8. After occasion – seek other person out for conversation.
9. Continue fellowship with this person after others depart.
10. Increasing awareness of good feelings when you are with the other person.
11. Compare the way you feel about this person with the way you feel about your mate.
12. Compare the way you are treated by this person with the way you are treated by your mate.
13. Look for ways you can be with the other person for apparently legitimate reasons.
14. Exchange of apparently innocent forms of physical contact.
15. Escalates to more passionate embracing and kissing.
16. Practice denial, and start rationalizing.
17. Experience struggles with your conscience.
18. Desire for contact with each other continues.
19. Actual sexual involvement.
20. Frequent covert meetings.
21. Double life.
22. Others are suspicious and confront you.
23. Defensiveness, denial.
24. Truth revealed or exposed.
25. Decision time (1 of 3 choices)
 - a. Decide to continue the adultery and remain married
 - b. Make plans to separate or get divorce
 - c. Repent and seek to rebuild your marriage

Strategies for Staying Sexually Pure

Sexual Purity Covenant

I will never open any program for sexual stimulation.

1 Corinthians 6:13b "Yet the body is not for immorality, but for the Lord; and the Lord is for the body"

2 Timothy 2:22 "Flee youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."

I will never purchase or download anything pornographic. I will not sit and watch television programs that are sexually stimulating

Eph. 5:5 "For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God."

Ps. 101:3 "I will set no worthless thing before my eyes."

I will guard my eyes and abstain and avoid always any stimulating material of any type. I will not watch sexually stimulating videos of any kind – regardless of the rating. (PG, PG-13, R or X)

Ps. 39:1a "I will guard my ways"

Matt. 6:22-23 "The lamp of the body is the eye; if therefore your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore, the light that is in you is darkness, how great is the darkness!"

Job 31:1 "I have made a covenant with my eyes; why then should I look upon a young woman?"

I will not participate in computer chat rooms or Facebook developing relationships with other women or men through the internet.

Matt. 12:36-37a "And I say to you, that every careless word that men shall speak, they shall render account for it in the day of judgment. For by your words you shall be justified"

I will not cultivate any emotionally intimate one-on-one relationship other than with my spouse.

Ex. 20:14 "You shall not commit adultery"; **Ex. 20:17b** "You shall not covet your neighbor's wife."

Prov. 5:15-20 "Drink water from your own cistern, and running water from your own well... rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love."

I will not replace the risk of personal relationships with the impersonal safety of my computer. I will not retreat to it and out of life. I will limit my time to use the computer for recreational activities.

Matt. 22:37-39 "You shall love the Lord your God with all your heart, with all your soul, and with all your mind... and the you shall love your neighbor as yourself."

Our first priorities are relationships! Not things. Working on our relationship with God and other people should take precedence over time on the computer.

I will spend my constructive creative energy not with the television or in the unreality of virtual reality on the computer, but in the reality of the real world. I will never use the internet to satisfy my own selfish, self-centered desires wanting to stimulate my fleshly passions.

Romans 13:14 "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

When doing research on the internet, I will work only to find the information needed and get off, no idle surfing. I will strictly limit my experimental time on the computer and devote myself more to truth than to technique.

John 8:32 "You shall know the truth and the truth shall set you free."

I _____ on this day _____, 2013
pledge by God's grace at work in me to fight to honor
this vow before God and men.

Business Travel Plan for Avoiding Sexual Temptation

- Begin praying for purity days before the trip.
- If possible do not ride in a car alone with someone of the opposite sex.
- Do not confide in someone of the opposite sex about any struggles in your marriage, nor listen to someone else tell you about their own struggles in their marriage.
- When traveling, avoid the newsstand; bring your own magazine or newspaper.
- Avoid staying in hotels with in room porn / adult movies.
- Make reservations in hotels with a workout room.
- As soon as you enter the room pray Psalm 101:3 ('I will set no wicked thing before my eyes') and commit your stay to God; repeat every morning.
- Bring and set out a picture of your spouse and children.
- Exercise every day.
- Call your spouse every evening.
- Ask your spouse to pray for you before you leave and during your stay.
- Maintain a routine. Discipline yourself to get up early each morning. Don't just lie in bed.
- Have a time with the Lord (Bible reading and prayer) every day for at least 20 minutes.
- Go to bed by 11:30 p.m. at the latest.
- Bring some interesting books to read, both business related and personal related.
- If back at hotel prior to dinner, get a meal at a restaurant or take out. Watch TV **only** while eating, then work, read, or exercise till bedtime.
- If back at hotel after dinner do work till finished.
- Ask spouse to specifically ask you as to whether you followed your plan and avoided sin. Have them specifically ask you if you failed in any area, and have them ask if you lied.
- Meet only in public places if absolutely necessary to meet with someone of the opposite sex.