

So Long Self: Living For Him In A Me-First World

Joseph - Fighting Sexual Sin, Part 2

Genesis 39:1-12

Grace Fellowship Church / Pastor Brad Bigney / August 3, 2025

Step #1 – Make Up Your Mind Ahead Of Time

The time to put together a strategy is not when you're staring temptation in the face! That's too late.

One of the reasons that Joseph survived, and even thrived in a world just like ours, is that he'd already made up his mind about what he was going to do about sexual temptation.

Genesis 39:8 "But he refused..."

Step #2 – Keep God Squarely In The Picture

You better remember God! Don't ever let God get "fuzzy" in the midst of your fight. Joseph brought the whole thing back to God in a hurry!

Genesis 39:9 "...How then can I do this great wickedness, and sin against God?"

Joseph wasn't talking about sinning against Potiphar, but against God.

It's the same thing you see when David was broken and confessed his sin of adultery with Bathsheba.

Psalms 51:4 "Against You, You only have I sinned, and done what is evil in Your sight..."

Step #3 – Get Serious About The "Little Stuff"

Genesis 39:10 "And as she spoke to Joseph day after day, he would not listen to her, to lie beside her or to be with her."

He did everything he could to avoid being around her.

Sexual temptation is relentless! It won't give up easily. It's going to stay after you just like it stayed after Joseph.

You'll need to take a big step back away from it! Don't make it easy to sin in this area, and don't be like the fool in Proverbs 7.

Proverbs 7:8 "...passing along the street near her corner, and he took the path to her house."

Instead, we need to do what Romans 13 talks about.

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

Staying alive starts with paying attention to the little stuff! The little stuff matters because little stuff leads to big stuff. Every sexual calamity begins with little indiscretions.

“The actual descent into sin begins without much fanfare. When looking into the Grand Canyon, the first step down seems insignificant. Rather than a huge, noticeable leap of rebellion, [sin] is marked by small steps of spiritual casualness or indifference, and a lack of sensitivity to right and wrong. It doesn’t capture our attention; spiritual indifference and apathy don’t attract notice. After all, everyone coasts now and then, we think.”

- Ed Welch, *Addictions*

If you’re coasting, it’s just a matter of time before you crash, because coasting precedes crashing and burning. That’s because being casual now, means you’ll be a casualty soon.

You better adopt a wartime mentality, which means you pay attention to the little stuff and you plan ahead.

Proverbs 27:12 “A prudent person foresees danger and takes precautions. The simpleton goes blindly on and suffers the consequences.”

Step #4 – Be Willing To Get Radical

If you’re not willing to get radical, you probably won’t make it. In light of what we’re facing today regarding sexual temptation, anything short of radical leaves you vulnerable.

Genesis 39:12 “She caught him by his garment, saying, ‘Lie with me.’ But he left his garment in her hand, and fled and got out of the house.”

That’s radical! But you’re going to have to get out of the house!

“Getting out of the house” might mean you have to go to a different gym, work at a different place, travel in a different way, or make some different friends.

Don’t stay right where you are hugely tempted, or you’re going to go down!

Conclusion –

Because of the cross and the Gospel, sin doesn’t have to have the last or loudest word in your life!

Jesus died on the cross to rescue people just like us from the sins that beat us up and have a grip on us.

1 Corinthians 6:9-11 “Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral, nor idolaters, nor adulterers, nor male prostitutes, nor homosexual offenders, ¹⁰ nor thieves, nor the greedy, nor drunkards, nor slanderers, nor swindlers will inherit the kingdom of God. ¹¹ And that is what some of you **were**. But you were **washed**, you were **sanctified**, you were **justified** in the name of the Lord Jesus Christ and by the Spirit of our God.”

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

Ephesians 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.”

Psalms 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)

Psalms 39:1a “...I will guard my ways...”

Matthew 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. ²² 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.

Matthew 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. ³⁷ For by your words you shall be justified...”

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

Exodus 20:14, 17b “You shall not commit adultery... ¹⁷you shall not covet your neighbor’s wife.”

Proverbs 5:15, 18-19 “Drink water from your own cistern, and running water from your own well... ¹⁸ rejoice with the wife of your youth. ¹⁹ 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.

Matthew 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 second is like it: ‘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 _____, 2025 pledge by God’s grace at work in me to fight to honor this vow before God and men.
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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

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.
- Meet only in public places if absolutely necessary to meet 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.
- As soon as you enter the room, pray Psalm 101:3 “I will refuse to look at anything vile and vulgar...” and commit your stay to God; repeat every morning.
- If married, bring and set out a picture of your spouse and children.
- If married, call your spouse every evening.
- Ask your spouse, roommate, or close friends 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.
- If back at the hotel after dinner, do work or read a good book instead of just scrolling through TV shows or surfing the net on your phone.
- Go to bed by 11:30 p.m. at the latest.
- Ask your spouse, roommate, or close friends 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.