

Spiritual Resources for Your War Against Personal Sin

1. Guard Your Heart – Proverbs 4:23. The gates to our hearts are primarily our eyes and ears. **Job 31:1** – Job made a covenant with his eyes not to violate the seventh commandment. **Matthew 5:28, 29** – Jesus says to remove any part of the body that causes you to sin against the seventh commandment. **Resolve:** Covenant with your eyes and ears not to watch or listen to anything that would desensitize you to the ugliness of sin. Examples: MTV, R-rated movies and videos, certain kinds of music.

2. Prayer – Matthew 26:41. In order not to fall into temptation, Jesus says that prayer is essential. 1 Cor. 10:13 – Paul says that God promises to answer such prayers with a way of escape from temptation. **Resolve:** To daily pray and ask God to give you grace and His Spirit to resist temptation.

3. Bible Reading, Meditation and Memorization – Psalm 119:9, 11. David tells you how you can stay pure in an impure world. You must hide God's Word in your heart. This is how Jesus successfully resisted the tempting of Satan in the wilderness. **Matt. 4:1-11** Jesus responded by saying, "It is written...." You cannot do that unless you have read, know, meditated upon and memorized the Word so that God the Holy Spirit can bring it to your mind to help you in time of need. **Resolve:** Memorize those passages that deal with God's will on the seventh commandment such as **2 Tim. 2:22, Matt. 5:28, 29; 1 Thess. 4:3-5, etc.**

4. Fasting – Matt. 6:16-18. Jesus instructs us that fasting is a spiritual exercise that is used for strengthening your prayer life, seeking God's guidance, seeking divine deliverance or protection, overcoming temptation, dedicating yourself to God, expressing your love to or worship of God. **NOTE WELL** Jesus gives you an incentive to fast in verse 18 when He says that God will reward you. **Resolve:** To fast (if medically allowable) as needed for any of the above reasons.

5. Cultivate an Awareness of God's Presence – Gen. 39:9. Joseph, when tempted to sin with Potiphar's wife, refused because he knew God would see and be offended. Heb. 4:13 tells us that God sees all things. You will be less likely to fall into sin if you know God is right there with you. **Resolve:** To remind yourself that God is always with you wherever you are, whatever you are doing.

6. Enjoy a Personal Relationship with God – Psalm 37:4. You were created to have intimacy, enjoyment and security in your relationships. But first and foremost, there must be intimacy, enjoyment and security with God in whose image you are made.

Resolve: To “walk with God” on a daily basis by reading His Word so He can talk to you and praying so you can talk to Him. Pay particular attention to His promises, warnings, commands and encouragement.

7. View Your Body as an Instrument to Glorify God – Rom. 12:1-2. *See also 1 Cor. 6:13-20; Rom. 6:13.* Remember that Jesus bought you with His own precious blood. Your body belongs to Him and is to be used as He desires.

Resolve: To daily use the parts of your body, including your mind, to please God not your self.

8. Exercise Self-Denial and Self-Control – Matt. 16:24; Gal. 5:23. We live in a society that daily bombards you with messages of self-indulgence and self-gratification. Jesus tells us a better, more satisfying way to live. **1 Thess. 5:6, 8; Titus 2:6, 12; 1 Peter 1:13, 4:7, 5:8; 2 Peter 1:6.**

Resolve: To daily and prayerfully exercise and cultivate this fruit of the Spirit.

9. Develop Positive Peer Pressure – Gal. 1:10. Paul says that as Christians, we are called to please God and not please men. You must not give in to the pressure of your peers if they lead you into sinful behavior. Instead develop pressure on them by living a life that is first of all set on pleasing God. Then let them follow your example.

Resolve: To be a leader in righteousness and not a follower of sinfulness. Commit yourself to living upright, godly, righteous lives.

10. Repentance and Forgiveness – Psalm 51. If you have sinned sexually, you cannot retain your physical purity but you can be pure in God’s eyes and that is what counts (#9). 2 Cor. 5:17 says that “... if anyone is in Christ, he is a new creation; the old has gone, the new has come!” You are now seen by God as being dressed in the robes of the righteousness of His Son Jesus. His purity, cleanliness and perfect obedience are yours! You are His bride dressed in pure white.

Resolve: To quickly, daily repent of sexual sins whether they be in thought, word or actions. Receive the forgiveness of Christ. Commit to serve and obey God’s commands out of a heart filled with love and thanks to God for His grace and mercy.