

Don't Live with a Defiled Heart

(The problem of Pornography)
Matthew 5:27-30 and Selected Scriptures

Introduction: Statistics that shock

How can I conquer lustful thoughts? See What Jesus Said: Matthew 5:27-30

I. By Realizing That a Lustful Heart is the Equivalent of Committing Adultery (v. 28)

II. By Removing From my Life Anything That Causes Me to Stumble (v. 29-30)

See What God said through the Apostle Paul ...

Ephesians 5:3
"But fornication, and all
Uncleanness, or covetousness,
let it not be once named among
you,
...

Colossians 3:5 - Mortify therefore your
members which are upon the earth;
fornication, uncleanness, inordinate
affection, evil concupiscence, and
covetousness, which is idolatry

What disciplines should be incorporated into one's life to avoid such sexual sin?

- 1) Turn off the sexual sewage drain
(Job 31:1; Ps. 119:37)
- 2) Don't be idle; be busy serving Christ
(II Tim. 2:22)
- 3) Realize that women are not sex objects but people with an eternal soul who need Christ
- 4) Read God's Word every day to purify your mind
(Ps. 119:11)
- 5) When you do have a wrong thought, confess it to God as soon as you are convicted (I Jn.1:9)
- 6) When tempted to take an indiscreet "look" counter the temptation by praying for your family and friends to be pure (if married, thank God for your spouse.)
- 7) If married, seek to satisfy your spouse's sexual desires so he/she will not be driven to "look" elsewhere (I Cor. 7:3, 5; Prov. 5:18-19)
- 8) Form an accountable friendship with someone who will challenge you toward purity. You also can encourage that person in a mutually accountable relationship. (II Tim. 2:22b; Heb.10:24-25; I Cor.15:33; Prov.27:6)
- 9) Don't put yourself in situations where you know temptation will be great. Romans 13:14
- 10) When tempted to look at pornography, realize it's destructive, enslaving, and Anti-God nature.
- 11) Don't settle for a cheap substitute for the real thing, which God will give in His way and in His timing