

## *The Message Notes*

**Series:** Seven Deadly Sins

**Message:** *Overcoming Lust (Sexual Sins)* - PG-13

**Sunday:** October 11th 2020

**Scripture:** I Thessalonians 4:3-5



**I Thessalonians 4:3.** God's will is for you to be holy, so stay away from all sexual sin. **4.** Then each of you will control his own body and live in holiness and honor- **5.** not in lustful passion like the pagans who do not know God and his ways.

**Introduction:** We're in our series, the "Seven Deadly Sins". We've discussed overcoming pride, envy, anger, gluttony, greed, and last week we discussed overcoming slothfulness. Today, we will discuss *Overcoming Lust - Sexual Sins*.

**Review:** Seven Deadly Sins

1. Overcome pride by humility
2. Overcome envy by contentment (inward fulfillment)
3. Overcome anger by self-control (restraint of the will)
4. Overcome gluttony by diet (kosher) and portions
5. Overcome greed by generosity
6. Overcome slothfulness by work

**What is Sex?** The fundamental meaning: Sex is the **intercourse** of the **genitalia** of a **male** and **female**. – Genesis 2:24

**What sex is not:**

**Sex is not love** - Sex can be used as an expression of love, but sex is not the proof love exists in a relationship.

**Sex is not spiritual** - You don't grow spiritually after having sex. There is no marriage in heaven; then, there is no sex in heaven either (see Matthew 22:30).

**Sex is not oral, anal, same gender or masturbation** – these acts are not fundamentally definition of biblical sex. You have to have the two genitalia of a male and female uniting as one.

**What sex is:**

**Sex is sensual (appetite of our flesh)** - Our spirit does not get horny, our flesh does.

**Sex is sacred** - God made sex good and put boundaries around it for marriage only. (Hebrews 13:4)

### **Purpose of sex:**

1. Consummation of the marriage covenant (unites our flesh as one)
2. Conceive children
3. Confirm the marriage covenant - Sex releases the bonding chemicals of oxytocin and vasopressin

**Casual sex** - God does not endorse *casual sex* (sex outside of marriage) because it unites your soul and body with multiple lives, not just one, which binds your soul to other souls before marriage.

### **How we overcome lust and sexual sins:**

1. Walk in the \_\_\_\_\_

**Galatians 5:16.** So I say, let the Holy Spirit guide your lives. Then you won't be doing what your **sinful nature** craves. Galatians 5:19-21

“We're called to walk in the spirituality, not sensuality.”

2. Remove yourself from \_\_\_\_\_

**I Thessalonians 4:3.** God's will is for you to be **holy**, so stay **away from all sexual sin**. **4.** Then each of you will **control** his own body and live in **holiness and honor**. Reference: 1 Corinthians 6:18-20, 15-17

3. Get \_\_\_\_\_

**I Corinthians 7:1.** Now concerning the things of which you wrote to me: It is good for a man not to **touch** a woman. **2.** Nevertheless, because of **sexual immorality**, let each man have his **own wife** and let each woman have her **own husband**. **3.** Let the husband **render** to his wife the affections due her, and likewise also the wife to her husband. **8.** But I say to the unmarried and to the widows: It is good for them if they remain even as I am; **9.** but if they cannot exercise **self-control**, let them marry. For it is better to marry than to **burn with passion**. (NKJV)

**Our Testimony** – I Corinthians 6:9-11