

# OVERCOMING LUST

## 1 Corinthians 6:15-20

First of all, we are to be reminded that our bodies belong to Christ if we have given our lives to Him. It grieves Him if we allow any form of immorality into our lives. We are one spirit with Him and anything contrary to His nature should be done away.

Verse 18 states that anyone who sins sexually sins against his own body. When we have lust (or any other sexual immorality) it shows God we prefer following our own desires instead of His.

## Galatians 5:16-17

The flesh and the Spirit are opposed to each other. Choose to live according to what the Spirit desires and not what the flesh desires. The Holy Spirit will give guidance and power as how to live. When we follow His guidance we will not fulfill the desires of the flesh.

## 1 Corinthians 10:13

Temptations happen to everyone. Depend upon God's strength and help during those times. His promise is not to allow any temptation to be greater than you can bear. He will make a way to escape rather than be entrapped and defeated by it.

## Ephesians 4:22-24, 27

We should put whatever we did or were involved in with our sinful past and put it all behind us. We are no longer (as part of the new nature) to be driven by desire and impulse. Don't yield to anything that will give the devil an opportunity to gain a foothold in your life.

## Proverbs 6:25-26

A warning to men: regarding lusting after a woman because of her beauty (referring to a sexually promiscuous woman in particular) Immorality can be very costly whether you are married or unmarried. It can bring you to ruin. Run from it!

## James 1:13-15

Don't ever blame God for being the source of temptation. He doesn't tempt anyone. It may be easy to shift the blame to someone or something else, but we need to take responsibility for our actions. The source of temptation comes from within (our own sinful desires). The right response can lead to spiritual growth but the wrong desire can result in spiritual decline or death.