

# “How Do I Handle Sexual Temptations?”

## The Scripture

*“You have heard that it was said, ‘Do not commit adultery.’ <sup>28</sup>But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. <sup>29</sup>If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. <sup>30</sup>And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”* - Matthew 5:27-30

## Some Points to Ponder

1. Some have more struggle with this issue than others. But a large percentage of men and women in North America say that this issue is their most difficult temptation.
2. Sexual impurity is a problem for both men and women.
  - For men it usually involves looking and/or fantasy.  
*“I made a covenant with my eyes not to look lustfully at a girl.”* - Job 31:1
  - For women it usually involves relationships or enticement.
3. The driving force behind sexual temptation is not as much hormones as it is the mind.
4. There has never been a time in all of history where sexually stimulating material has been so prominent and so available.
5. Many in our culture have given up on the issue of abstinence, seeing it as impossible, or only for the ultra-religious.
6. Where sexual relationships outside of marriage are cautioned, it is usually because of pregnancy or disease.
7. BUT, any sexual activity outside of marriage is still sin.

## Some False Notions in Dealing with Sexual Temptations

1. Some say, “I can’t defeat this temptation; so I might as well give in to it.”  
*“For out of the heart come evil thoughts, murder, **adultery**, **sexual immorality**, theft, false testimony, slander. <sup>20</sup>These are what make a person ‘unclean’...”* - Matt. 15:19
2. Some think, “Once I’ve seen enough, I won’t desire it anymore.”  
- Proverbs 27:20  
*“Death and Destruction are never satisfied, and neither are the eyes of people.”*
3. Some think that if they remove themselves from temptation, the problem with sexual temptation will be solved.
4. Some think that if they “sow their wild oats” or have “one fling”, it will somehow be to their benefit.
5. Some believe that if they get out of their current relationship and find someone else, it will somehow be better.

## So, What Should I Do?

1. I should make sure that my heart & mind are in communion with the Father.
2. I should control my thought life.  
*“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”* - Philippians 4:8  
*How?* Share my temptations with my spouse. (*Be cautious!*)  
Share my temptations with my ministry partner.  
Practice holy thinking (see Philippians 4:8 above).
3. I should stay away from situations where temptations are most powerful.  
*“Jesus said to him, ‘Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve Him only.’”* - Matthew 4:10
4. I should take drastic measures to remove myself from anything that causes me to stumble.  
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