

Overcoming

Sexual Sins



Engaging in many types of sexual activity is common in our society today and may have also been common in our past. I think of the days of the Old Testament when sexual activity was a part of pagan worship services.

Today in America, fornication is common, even among Christians. Adultery is in the news displayed by Hollywood, political, and sports stars. For us common people, there are adultery websites for married people who do not want to separate from their spouse but want a better sexual experience. Homosexuals are fighting for acceptance. We teach our children to masturbate. Pornography is increasing in popularity and is practiced by Christians.

If we were to ask Hollywood and the music industry what sexual sinning is, what do you think would be their response? *There is no such thing, anything goes...if it feels good, do it.*

But what does God say? I am a Christian and because of that fact, I uphold and teach the standards given to us in the Bible, the Word of God. This article is based on biblical standards. If you do not believe in the Bible than you may want to go along with Hollywood's view on sexuality, but as for me and my house, we will serve the Lord. And serving the Lord means knowing what His commands are.

So according to the Bible...what is sexual sin?

The following verses mention five different sexual activities....fornication, adultery, bestiality, homosexuality, and incest.

I Corinthians 6:9
Leviticus 18:23
Exodus 20:14
Leviticus 18:22
Romans 1:26, 27
Leviticus 18:6
Romans 1: 24-32
Jude 7

Pornography and masturbating are not mentioned in the Bible. Those terms did not exist back then. But my imagination can picture a sculpture of a nude pagan goddess being used as pornography.

The following verses can be used to make an intelligent decision regarding pornography and masturbating.

Matthew 5:28

Matthew 18:9

I Corinthians 6:19

I Corinthians 7:2

I Corinthians 7:8, 9

Galatians 5:22-24

Philippians 4:8

I John 2:16

Why did God invent sex? Why did God invent marriage?

Genesis 1:28, Genesis 2:24 and I Corinthians 7:2, 3 state that God made people to fill up the earth and run it. The marriage relationship was intended to follow the parent relationship. We were designed to leave our parents home to join with a spouse and create a new home, bringing babies into it to fill the earth. Our parents took care of us, loved us and nurtured us (unless we are from a dysfunctional home). When we leave that home we are to go into our spouse's home where we again are taken care of, loved, and nurtured.

In our society today, we do not follow this. We put off marriage until our late 20's and some of us are in our 50's and have never yet married. We believe we must get our college degrees before marriage in order to survive financially. Few of us go from our parent's home into the marriage home.

The divorce rate in America 2010 is about 48%. There are many middle-aged single people today from broken marriages, a lifestyle God never intended. Dating services have been invented to help these middle-aged people find mates because once we leave our 20's it is much harder to find a mate even with the increasing divorce rate.

Because of the acceptance of sexual practices outside of marriage, people are putting off marriage and even eliminating it as unnecessary. Many people have lost a desire to marry and are content to just "room" with someone.

Our dating practices in the USA have evolved into courtships that seem to never end. It's not uncommon to meet couples who have been dating for years. How do they handle their sexual urges with such long courtships?

The problem we Christian singles have is, WE ARE SINGLE AND WE HAVE A SEX DRIVE! When we practice the common behaviors of long courtships, waiting till late in life to marry, and divorcing, it's no wonder we find ourselves engaging in sexual sins. Who can handle all that temptation?

Let's stop torturing ourselves with our sexual urges and do something about it! Let's get back to biblical teachings and practice marrying at a younger age. Let's stop the long courtships and get to know each other as friends first. It should not take 2 years to figure out if someone is right for you or not. Do your research on whom you are interested in, spend time with them in group settings, ask others about their personality traits, and make a decision to love them. Once we're

married, let's stop the epidemic of divorce by putting away our selfishness and working at meeting the needs of this person we married. Loving someone is a choice.

If you have a sexual urge that you cannot control there are two things you can do.

1. Get married
2. Ask God to remove the drive

Sometimes I wonder if anyone thought of number 2 as a possibility.

SINGLE PEOPLE DO NOT NEED SEX DRIVES

I Corinthians 7:9 states that it is better to marry than to burn with lust. But is that what marriage is for? Do we get married just because we are burning with lust? Maybe that is why there are so many divorces. Let's not get married for the wrong reasons.

MARRIAGE IS FOR MINISTERING TO THE NEEDS OF YOUR SPOUSE

I always thought marriage was so I could get a help-mate. Someone who could help ME with all my needs. I need a secretary and someone to cook and clean for me. I never thought of marriage as a relationship where I have to help my spouse meet their needs! It's easy to let selfishness run our marriage. Maybe that's why there are so many divorces.

Does it sound like God expects us to control our sexual desires?

I Corinthians 10:13 "There hath no temptation taken (insert your name) but such as is common to man; but God is faithful, who will not suffer you to be tempted above that ye are able, but will with the temptation also make a way of escape, that ye **MAY BE ABLE TO BEAR IT**".

There must be effort made on MY part to overcome this!

Kenneth Cox, a TV preacher on 3ABN, talks about four steps to sinning.

1. Unthankfulness

If you hear yourself screaming "I'm sick of being single, I want to get married!" Or "I want to have sex but I can't find anyone to marry!" The apostle Paul says "I have learned to be content in whatever state I am in." Singles, learn to enjoy being single, stop wasting your life.

2. Appropriate your own merits

Do you hear yourself saying things like..."Since God won't bring me a spouse, then I'm going to have a little sex 'on the side'. It's God's fault I'm not married."

3. Turn against people

Are you angry at the opposite sex at your singles group because they don't seem to notice you, much less date you? So you snub them because you think they are snubbing you?

4. Turn against God

Once you turn against people the next step is turning from God.

Here are some techniques that may help you overcome sexual sins. Don't attempt any of these without prayer. Ask for the Holy Spirit. You cannot overcome sin without God in your life!

Techniques to overcome sexual sin

- *Have a regular sleep schedule of bed before 11 p.m. & up by 7 a.m.
Your mother is not going to call you at 2 a.m., your pastor will not be knocking on your door at 1 a.m., and that is a really good time to do pornography.
- *Keep busy
(But not by watching secular movies) God made us for work. If you are disabled you can volunteer. Get out of the house and work.
- *Have a same sex friend you can call to get your mind off the temptation
Don't focus on the temptation. If no one is available to talk to, sing and quote Bible verses. If the urge is still there after one minute keep singing and quoting. The sex urge is strong and it may take 10 to 30 minutes before the temptation leaves.
- *Go for a walk as soon as you are tempted or at least get out in public
It's hard to masturbate walking through the mall.
- *Get very close to God...He is the only way to truly conquer this
Sex habits are difficult to overcome because they make you feel good.
- *Pray that God removes your sex drive (He'll bring it back when you marry)
Remember, single people don't need a sex drive. God will remove it if you want it removed. It may take time, hang in there and keep asking for it to be removed daily.
- *Sex starts in the mind....do not think about it or read about it (except for ideas to conquer it)
Sex does not just happen. It's possible to train yourself so well that you seem to respond without any thought. Start retraining your mind today to NOT think about it.
- * If you're a woman...dress modestly (for your sake and his)
Women can turn themselves on by looking at their own bodies.
- *If you're a man...stop looking at female bodies
If you go for a walk, train yourself to look at the buildings or trees, not at every sexy babe that walks by. Girl watching is a bad habit that ruins men.
- *Don't hang out with people who talk about sex or try to tempt you
If your coworker keeps telling dirty jokes find some way of getting away from them.
- *Do not date anyone who does not support sexual abstinence
If you date someone who wants sex and you don't, your relationship will be like war. It isn't fair to the other person to force your sexual beliefs on them. If they insist on a sexual relationship, let them go. Find someone else.

*Set physical boundaries with your dates. Stay in public places.
Stop dating if you can. Get to know them as friends and do fun things with them in groups. Never be alone in your home with your date.

*Tell God that you are addicted to sex and need help
God is all powerful and He wants you to be pure like Him. He will help you.

*When the temptation hits, decide if you want to surrender to God or not
Many times you will not be able to surrender and will fall into the sexual sin. But as you continue to pray and take this sin to God, you will see victories and they will start happening more often until one day you will no longer commit the sin!

*When you get to the point that you HATE your sin, victory is coming
Ask God to help you hate your sexual sin. He loves to free us from bondage.

Do not be discouraged if you find yourself falling back into the sin!

I John 1:9 "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

God cares! He will forgive you each time you commit your sexual sin if you ask for it! Never ever believe the lie of Satan when he puts it in your head that you have sinned way too many times to be forgiven!

Admit to God that you have no ability to fight this although you've tried all the above techniques. Lay your sexual burden at His feet. He will help you. NEVER GIVE UP. He wants us to be holy and pure, just like He is.

YOU CAN CONQUER THIS SIN WITH GOD! If you do not conquer your sexual sins before marriage, you will take them right into your marriage. NOW is the time to take your sins to God!

Does God really expect us to be holy and pure here on earth? Ephesians 5:1,3, Romans 6:1,2,12, I Peter 1:15,16, II Timothy 2:19, I John 2:1

Remember that God cares about each aspect of your single life!

God understands, because He is single too!

