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The topic I'm going to be discussing is a big controversial, but I believe it's necessary for all of us to hear and to learn and to grow from. So, it was through much prayer and meditation that I went through this, and I don't know why. It seems like I get the most difficult topics, but I feel privileged to present this to the, to the congregation So, thank you, son for praying.

But Today's topic is, how can I overcome lust? But I actually change the title to how can we overcome lust? If anybody has the book, I recommend you, if you don't have it or recommend you get the book. It's a lot of the information as I was going through this reading and and doing a little research and so, on a lot of it, I understood a lot of it.

I understood. However, the perspective was a little different looking at sin and less through biblical lens. Was something that I never really engaged with. So this was a an opportunity for me to grow and to learn. So I hope and I pray that you all take this read it meditate on it and learn from it.

How can we overcome lust? That's a, that's a very interesting question and I think a lot of people with pondered that question for many years, however, the book starts out with a passage from CS Lewis is a great divorce. Lewis uses some imagery that paints a very Poignant picture of lust and shows us that lust is a perversion of sexual desire and that it must less must be killed in order to feel God's design for human sexuality.

The main character in the story meets a condemned man with a red lizard on his shoulder. Interesting. The man's complexion is dark and oily which is a reflection of the pollution that's in his soul. The lizard whispers continually in the man's ear, which irritates the man and he continues to tell them to be quiet.

The condemned man meets an angel, who offers to quiet the lizard by killing it. He replied that he wants to silence a lizard only because of the present company but he doesn't want to do anything. A severe is killing it So you kind of see where this is going.

You see the picture that's painting? Here The angel explains that killing the lizard is the only way for the man to live, he replies that it would be painful to kill the lizard. And it would and it might and he the man may die in the process and the lizard whispers killing me won't be natural to the man, The angel succeeds and convincing the man, that it would be better to die than to live with the creature.

While the angel kills, when the angel kills the lizard? The man and the lizard are both. Transformed The man shines brightly and the lizard changes into a stallion so that the main character gives us an explanation for this situation. Nothing, not even what is lowest and most foul will not be raised again.

If it's submits to death, It is sown a natural body. It is raised a spiritual body flesh, and blood cannot come to the mountains. Not because they are too weak. What is a lizard compared to a stallion? Lust is poor weak. Whimpering whispering thing compared with the riches and energy and desire, which will arise when lust has been killed.

So temptation to sexual lust are increasingly abundant today. When we see that in our culture and in our society, right? The proliferation of Internet. Pornography For example, has become. So prevalent has begun to dull people's senses to the seriousness of lust in the heart. So, I actually went out, did a little research and I heard that watching internet pornography can rewire the human brain.

So neuroscience news wrote a little piece about that very fact pornography satisfies. Every one of the prerequisites of neuroplastic change neuroplastic. Change is a brain's ability to change and adapt as a result of an experience. So, when pornographers boast, they are pushing the envelope by introducing new harder themes.

Well, they don't say is that they must because their customers are building up a tolerance to the content. Think about that.

Pornographic scenes. Like addictive. Substances are hyper stimulating. Triggers that lead to unnatural high levels of dopamine. Secretion This can damage the dopamine reward system and leave it unresponsive to natural sources of pleasure. So in a sense, what does that telling us? It is rewiring our brain. That's a physical aspect of it.

So, the failure to recognize lust

For what it is and to mortify, it in the heart has left a host of wrecked marriages ministries. And we've seen that and churches in its wake. You know, what comes to my mind is? I don't know if you all have known about or heard of Robbie Zacharias, he was well known apologist.

And for many years, I think did do a lot of good for the body of Christ. However, he fell into sexual saint and destroyed his ministry and him as well. Many people today confuse lust with sexual desire and result is that they believe mortifying lust in the heart is neither possible nor desirable Likewise many fail to understand that.

Sexual desire is a God-given God glorifying gift through creation. While lust is essentially self-centered as all sin is and it's interesting. Jim. And I were just talking about that a moment ago, It is a converse of self-denial and love for the Triune God and our neighbor. This teaching, I hope will highlight the seriousness of sexual lust and provide hope to overcome it.

A good way to do this, is to consider the foundational principles of overcoming lust. In general, identifying the nature of sexual lust in particular and applying biblical principles to find a path forward through it. We can overcome sexual lusts through union with Christ. As the Spirit makes us like him through God-given means sexual lusts, is a form of meditation, directed towards the wrong objects for the wrong reasons.

Some primary biblical means of overcoming. Lust are meditation, faith and prayer. Our victory must be grounded. In meditating on the appropriate truths of Scripture, which we will see as we continue our teaching. So let's start with the foundation. I probably won't get through all of this because it's a lot of material.

And I wanted here can ask you a question. I think you meant something where the word you use, You said, this is a controversial subject. What do you mean about that? Well I think when I say controversial less and sexual lust is always deemed very controversial in our society, Okay?

Especially in present company. Okay, so I just want to be mindful of that. Okay, I thought you were referring to that people disagreed with this church. Oh, no, no, no. Well, really capture that street too? Well we'll dive a little deeper into that as I continue my my discussion because I

think without going too far into what I'm going to be discussing here, but I think some of the churches have abdicated in terms of their stance on sexuality and have

acquiesced sexual perversion. So, but I remember that foundation overcoming lust, and the less and lust in Christ, One of the most important things that we can learn and fighting against sin is that your sin as well as your situation in life is not unique. Start, let me state that again, One of the most important things that we can learn in fighting against sin.

Is that your sin as well as your situation in life is not unique. Satan would convince you that no one understands and that no one can help us. Yet, God tells us that no temptation has overcome us other than what is common to man. That's first Corinthians. 10:13. While there may be unique aspects to our personal struggles.

The Lord. Stresses common remedies for diverse afflictions. Second Corinthians 1:3, I'm sorry. Separate things. 1 3 through 7 reads, as praise be the God of and Father of our Lord. Jesus Christ, The father of compassion, and the God of all comfort, who comforts us in all our troubles. So that we can comfort those in any trouble with the comforter who ourselves or sees from God for just as we share abundantly in the suffering of Christ.

So also we comfort a brother our comfort abounds through Christ. If we are distressed, it is for your comfort and salvation. If we are comforted, it is for your comfort, which produces in you patience endurance of the same suffering we suffer and our hope is our hope. I'm sorry for you is firm because we know that just as you share in our sufferings we also you share in our comfort.

So also, you share my comfort. So sin is so focused and obedience is God focused. Satan would isolate us from other believers in our problems in order to rob us of hope.

The Lord points repeatedly to what you have in common with fellow believers in order to foster our hope First Peter 4:12 reads. Dear friends Do not be surprised at the fiery ordeal that has. Come on you to test you as though something strange were happening to you. The best way to address.

The problem of sexual lust is to learn how to battle against lust in general while less can refer to sexual lust. You can also refer to an inordinate and misdirected, desire or affliction. The difference helps us understand how the Spirit works in the Christian life. We need to learn how to understand and apply the common principles of godly living in order to make progress in particular cases knowing how to overcome lust as many inward as any inordinate desire, or affliction puts the question of sexual lust and proper perspective.

So what plus is and how it works. All sin begins with lust and all us begins in the heart and works outward. This is why James writes and James 1:13 through 15 When tempted. No one should say. God is tempting me for God. Cannot be tempted by evil nor does tempt anyone.

But each person is tempted, when they are dragged away by their own evil desire, and enticed, Then after desire has conceived, it gives birth to sin and sin. One is full, grown gives birth to death, This passage, teaches us some very clear truths about the nature rise and progress of lust.

First and foremost, lust is our fault. We cannot blame God for it. This reflects the truth of God, neither is nor can be the author approver of sin. We cannot say that we must keep sinning because God made me like this way or made me this way. We cannot say that we must keep sending because God, I'm sorry.

Men often make this claim when regard to sexual lust by acting as though lusting after women in their hearts is unavoidable. And that the only thing they can do about it is to remove external temptations. We must ask the question. Is this really God's design? We should not confuse powerful desires for sin with a necessity of nature, Thomas Manton, 1652 in English, Puritan clergyman, and was a clerk to the Westminster assembly and chaplain to Oliver Cromwell.

Noted actions cannot be accomplished without our own concurrence and we must bear the guilt. Let's think about this while people practicing. Sins like homosexuality often say things. Like God made me this way. Do many think the same way in relation to other temptations. This is the same case, when a man excuses, sexual lust by saying that God made him to be attracted to women.

It is not a subtle way of blaming God for the problem by redefining sin until we conceive. Can. I'm sorry till we convince ourselves that is natural. It is not common for Christian men to look with repulsion on homosexuality.

I'm sorry. My notes are out of water.

I'm sorry when the root of their sin. I'm sorry for my notes for a bit out of order. Here It is not common for Christian men. To look at look with repulsion on homosexuality when the root of their sin is the same, we must own up to our sin by recognizing that we alone are the blame for it.

Lust grows from the inside out As a child is conceived in its mother's womb and grows to maturity until the mother is ready to give birth. So sin is conceived in the heart. A matures from thoughts into words looks gestures and actions. Lust is innately and inward sin, whether we lust after people as sexual objects or after money, fame power popularity, security or anything else.

It always grows from inside out rather than from outside in.

This is why we cannot kill lust merely by removing the environment in which it expresses itself, as long as there is lust in the heart, there will be no clean cleanliness in the conversation as worms and wood will at length cause rottenness to appear. It's very clear picture. If we attempt to restrain lust in the heart by changing our circumstances.

Only when we have failed to he Jesus is warning to beware of the leaven of the Pharisees which is hypocrisy. Luke 12 1 through 3. In the meantime, when there were gathered together and innumerable multitude of people in so much that they trod one upon another, he began to say unto his disciples.

First of all, beware ye of the leaven of the Pharisees which is hypocrisy for. There is nothing covered. That shall not be revealed. Neither hid that shall not be known. Therefore whatsoever ye have spoken in darkness, shall be heard in the light and that which he which ye have spoken in the ear and closets shall be proclaimed upon the Housetops.

Lust is powerful. Jesus says, whoever committed sin. Is a slave to sin. John 8:34 According to James sin temps us, draws us away and entices. Us Sin is also dangerous. Then conception pregnancy and birth of sin, always results in death of the mother Romans 6:23 states, or reads The wages of sin is death.

The other side of this is that the free gift God is eternal life through Jesus Christ. Our Lord Christ gives eternal life to those for whom. He breaks the power of sin, The Westminster

Confession reads us reads, reminds us. I'm sorry. As there is no sin, so small, but it deserves damnation.

So there's no sin. So great that it can bring damnation on those who truly repent. People who are addicted to food those living, and sexual perversion compulsive, spenders lazy people, and those in the grasp of other deeply rooted sins,

On to some something. When they say this is just who I am, Sin is not an abstract concept, sin is a personal action of sinners, and it permeates every fiber of their being. Even though the power of sin is broken and a Christian, he or she continues to feel its power, The good news.

Is that Christ came to destroy the works of the devil. In us. First, John 3:8 and he who was in us is greater than he who is in the world 1st, John 4:4.

I probably won't get through the rest of this, but I'll continue on until we stop another five minutes. So uprooting sin. How do we do that uprooting and replacing sin Uprooting? Last is like gardening.

I must dig up the weeds by the roots and plant good plants in their place.

First, we seek The primary step in overcoming less is seeking Christ in heavenly realms. Paul writes. If you then be risen with Christ, seek those things which are above where Christ saideth on the right hand of God. Set your affections on the things above, not on the things of the earth for ye are dead.

And your life is hid with Christ and God, When Christ, who is our life shall appear, then show. Ye also appear with him and glory. Paul directs us. How to think This is always how progress in the Christian life operates in Scripture. The command here tells us to seek those things that are above where Christ is seated and to fix our affections on them, We seek and fix our affections on them.

Because crisis there, The remaining texts is a statement of fact, rather than an appeal. If we are believers, We have died to sin to self. And to the things of this life, our lives are hidden with Christ. And God Christ is our life Christ will appear and we will appear with him in glory.

The uprooting of the lust must begin with the meditation of Bible truths and exercising, faith in God's promises. We must have a clear understanding of Christ and confidence in what he has done and will do both for us and in us.

Kill. We see Paul also urges us to kill our sins. All rights mortify. Therefore your members which are upon the earth, fornication, inorgan, and affection, evil consumption, consumptions Coverless covetousness, which is idolatry, which things sake and wrath. I'm sorry. For which things say, the wrath of God cometh on the children of disobedient in the which ye also walketh sometime When you lived in them.

But now ye also put off all their anger wrath. Malice blasphemy filthy communication out of your mouth. Why not one to another seeing that? Ye have put off the old man with his deeds and have put on the new man, which is renewed and knowledge. After the image of him, that created him where there is, neither Greek, nor Jew circumcision, nor uncircumcision, barbarian, bond or free.

But Christ is all and in all Colossians 3, 5 11, As before their commands. In what Paul writes, two, very specific commands. Kill our members on the earth and put off our evil deeds, Robert Carr administer, and the Church of England. In the 17th century pins in his writing an antidote,

against lust or discourse of unclean uncleanliness in 1690 noted that one church farther called this the hardest text in the whole Bible and the hardest duty in Christianity that we can go about Paul points.

Here Paul's point here is that the principal related to uprooting, all kinds of sin are common rather than unique. He also sees that these sins use the characterize believers but the Christian no longer identified themselves with them. We now have put on the new man are being renewed in the image of God in Christ together.

We all with all people from every background, While sin is remains in us, it no longer rains in us. And it is inexcusable for Christians to identify themselves as those bondage as those bound to sin. We are saints and holy to God. Relations 5:21, says those who practice such things will not inherit the kingdom of God.

This is not mean that we should doubt whether we are in Christ, simply because we struggle with sin. Nor does it mean that we should excuse sin telling others and ourselves that we have victory over it when we continue to fall into it? No, The shows us that the process of uprooting sin must flow from faith and who Christ is for us and what he is doing.

In us, Christ is all and in all and we must expect him to be so be so by faith. If we would put on, put to death or sinful deeds, and desires car ads, that are baptism includes a vowel to live this way. This is antidote against lust. So I'm going to stop there.

I still have a few more points to continue on. Replace and repeat.

So we will continue this next Lord today. So let's pray. Father God, we thank you for this time to here. How we can overcome lust in our lives. Lord through your word through your scripture. We thank you, Lord. That you've given us a path forward to adhere to so that we can battle against this in our lives.

And that Lord, you give us the victory through Christ Jesus. Our Lord and our Savior and our King. Father God. We thank you. We go away from this with our minds focused and stayed upon you. And we go glorifying you and all that we do today This day and every day in Jesus precious name.

Amen.