

STRONG THOUGHTS

Matthew 5:27-30

(Not entirely original with me)

Introduction: How many couples have stood together at the marriage altar, told each other how much they loved each other and wanted to spend the rest of their lives together and then it happened, perhaps many years later, even after children came, it happened. One of the two so deeply in love had an affair with someone else. It happens in our society every day. Adultery shatters marriages, destroys homes, separates children and it happens to Christians as well as to those who are not Christians. What would cause someone to risk so much for so little?

- Sex is expensive in the long run.
- Sex is a very powerful force causing people to do things they normally wouldn't consider doing.
- Sex starts off innocently, very small, looks harmless, but it starts with a desire and it grows so fast.

Jesus gives warnings about having strong sexual thoughts.

I. ANY DESIRE THAT IS NOT CONTROLLED TURNS INTO SIN (Matthew 5:27-30)

1. Jesus explains that the act of adultery is the external act of internal thoughts and reasons.
 - To "lust" means to desire something or to long for something.
 - To desire something is not wrong but it depends upon what one is desiring that can make it wrong.
 - Jesus "eagerly desired" to have the Last Supper with His disciples which was quite proper.
 - To desire a woman who is not one's wife is wrong and committing adultery is wrong.
2. To desire is NOT adultery nor is it as bad as adultery.
 - Having the thought is not the same thing as the ACT.
 - It is wrong to want, to desire something that is "off-limits" and it is wrong to actually "do it."
3. To have sexual desire IS NOT wrong for when God created man and woman He instilled that desire and for it to be fulfilled within the marriage relationship.
 - To use God's gift outside marriage is violating God's intention of sex.
 - Sex was never intended to be some temporary pleasure.
 - **Proverbs 6:25-29, 32**
4. To have a strong desire for a wrong relationship is not wrong.
 - It's not wrong to be angry but it's when it causes hurt.
 - It is not sin to be attracted to others than your spouse but to hang on to that desire to feed it or to try to actually fulfill that desire is wrong - a sin.
5. When desire becomes unrestrained it becomes sinful.
 - To hang on to and feed a secret internal desire for adultery is wrong. So is actual adultery.

II. ONE MUST KEEP HIM/HERSELF PURE IN MIND AS WELL AS BODY (Matthew 5:29-30)

1. Keeping oneself pure is worth sacrificing some things in order to avoid sinning.
 - Whatever causes one to think about adulterous things should be avoided, put away.

2. *Colossians 3:4-5; 1 Thessalonians 4:3-7*

III. THINGS THAT MIGHT HELP ONE AVOID SEXUAL IMPURITY

1. Strong desire is an alarm and action needs to be taken.
2. Recognize that YOU are capable of it and you are vulnerable.
3. Pay attention to what you read, watch, and listen to.
4. Don't dress in such a way that it might cause others to think sexual thoughts.
5. Be cautious about your circumstances - where you are, what you are doing, who you are with.
6. Think about possible consequences of pursuing your sexual thoughts.
7. If married, see to your partner's sexual satisfaction as well as your own.
- *Proverbs 5:15-20*
8. Talk to someone else for a while other than the one who interests you.
9. Leave, get away, don't look back.
10. Go to God with it and rely on God's Holy Spirit to help you.

CONCLUSION:

1. Sexual thoughts are normal and everyone has them.
2. Jesus warns that to dwell upon sexual thoughts about someone other than your own mate, spouse is wrong and can lead to an even great wrong called adultery.
3. When wrong sexual thoughts occur, we are to leave whatever caused those thoughts - television, books, magazines, certain localities, certain people, etc.
4. Marriage is God's answer/gift for such feelings and it is within the bond of marriage that God intends for sex to remain.
- Of all people who should obey and practice that command, law, it should be the Christian.