

Walking in Victory. Are you growing in obedience to Christ? The Christian life is marked by growth. In this workshop we will discuss how to become more intimate with the Lord, how to overcome sin, and how to develop personal applications from the Bible.

PART I - TELL HIM WHY

John 10:10 The thief comes only to steal and kill and destroy. I came that they may have life and have it **abundantly**.

John 15:10-11 If you keep my commandments, you will **abide in my love**, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that **my joy may be in you**, and that your joy may be full.

Romans 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, **that by testing you may discern** what is the will of God, what is good and acceptable and perfect.

Hebrews 5:14 But solid food is for the mature, for those who have their **powers of discernment trained by constant practice** to distinguish good from evil.

John 14:21 Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and **I will love him and manifest myself to him**.

23 Jesus answered him, "If anyone loves me, he will keep my word, and my Father will love him, and **we will come to him and make our home with him.**"

Matthew 12:50 For whoever does the will of my Father in heaven **is my brother and sister and mother**.

Romans 4:20-21 No unbelief made him waver concerning the promise of God, but **he grew strong in his faith as he gave glory to God**, fully convinced that God was able to do what he had promised.

Psalms 18:30 This God—his way is perfect; the word of the Lord **proves true**; he is a shield **for all those who take refuge in him**.

PART II - SHOW HIM HOW

Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, **so that** you may be careful to do according to all that is written in it. **For then** you will make your way prosperous, and then you will have good success.

John 15:5 I am the vine; you are the branches. **Whoever abides** in me and I in him, **he it is** that bears much fruit, **for apart from me** you can do nothing.

John 8:31-36 So Jesus said to the Jews who had believed him, **If you abide in my word**, you are truly my disciples, **and** you will know the truth, **and** the truth will set you free. They answered him, We are offspring of Abraham and have never been enslaved to anyone. How is it that you say, 'You will become free'?

Jesus answered them, Truly, truly, I say to you, everyone who practices sin is a slave to sin. The slave does not remain in the house forever; the son remains forever. So if the Son sets you free, you will be free indeed.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.

Romans 6:14 For sin will have no dominion over you, since you are not under law but under grace.

2 Corinthians 11:3 But I am afraid that as the serpent deceived Eve by his cunning, your thoughts will be led astray from a sincere and pure devotion to Christ.

Genesis 3:1-6 Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of **any** tree in the garden?'" And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" But the serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.

James 1:15 Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

Judges 2:1-3 Now the angel of the Lord went up from Gilgal to Bochim. And he said, "I brought you up from Egypt and brought you into the land that I swore to give to your fathers. I said, 'I will never break my covenant with you, and you shall make no covenant with the inhabitants of this land; you shall break down their altars.' But you have not obeyed my voice. What is this you have done? So now I say, I will not drive them out before you, but they shall become thorns in your sides, and their gods shall be a snare to you."

Romans 6:16 Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?

Romans 1:24-25 Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen.

Proverbs 5:22 The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin.

Proverbs 3:7 Be not wise in your own eyes; fear the Lord, and turn away from evil.

A N T H E M

Strategies for Fighting Lust

By John Piper November 5, 2001

I have in mind men and women. For men it's obvious. The need for warfare against the bombardment of visual temptation to fixate on sexual images is urgent. For women it is less obvious, but just as great if we broaden the scope of temptation to food or figure or relational fantasies. When I say "lust" I mean the realm of thought, imagination, and desire that leads to sexual misconduct. So here is one set of strategies in the war against wrong desires. I put it in the form of an acronym, A N T H E M.

A – AVOID as much as is possible and reasonable the sights and situations that arouse unfitting desire. I say "possible and reasonable" because some exposure to temptation is inevitable. And I say "unfitting desire" because not all desires for sex, food, and family are bad. We know when they are unfitting and unhelpful and on their way to becoming enslaving. We know our weaknesses and what triggers them. "Avoiding" is a Biblical strategy. "Flee youthful passions and pursue righteousness" (2 Timothy 2:22). "Make no provision for the flesh, to gratify its desires" (Romans 13:14).

N – Say NO to every lustful thought within five seconds. And say it with the authority of Jesus Christ. "In the name of Jesus, NO!" You don't have much more than five seconds. Give it more unopposed time than that, and it will lodge itself with such force as to be almost immovable. Say it out loud if you dare. Be tough and warlike. As John Owen said, "Be killing sin or it will be killing you." Strike fast and strike hard. "Resist the devil, and he will flee from you" (James 4:7).

T – TURN the mind forcefully toward Christ as a superior satisfaction. Saying "no" will not suffice. You must move from defense to offense. Fight fire with fire. Attack the promises of sin with the promises of Christ. The Bible calls lusts "deceitful desires" (Ephesians 4:22). They lie. They promise more than they can deliver. The Bible calls them "passions of your former ignorance" (1 Peter 1:14). Only fools yield. "All at once he follows her, as an ox goes to the slaughter" (Proverbs 7:22). Deceit is defeated by truth. Ignorance is defeated by knowledge. It must be glorious truth and beautiful knowledge. This is why I wrote Seeing and Savoring Jesus Christ. We must stock our minds with the superior promises and pleasures of Jesus. Then we must turn to them immediately after saying, "NO!"

H – HOLD the promise and the pleasure of Christ firmly in your mind until it pushes the other images out. "Fix your eyes on Jesus" (Hebrews 3:1). Here is where many fail. They give in too soon. They say, "I tried to push it out, and it didn't work." I ask, "How long did you try?" How hard did you exert your mind? The mind is a muscle. You can flex it with vehemence. Take the kingdom violently (Matthew 11:12). Be brutal. Hold the promise of Christ before your eyes. Hold it. Hold it! Don't let it go! Keep holding it! How long? As long as it takes. Fight! For Christ's sake, fight till you win! If an electric garage door were about to crush your child you would hold it up with all our might and holler for help, and hold it and hold it and hold it and hold it.

E – ENJOY a superior satisfaction. Cultivate the capacities for pleasure in Christ. One reason lust reigns in so many is that Christ has so little appeal. We default to deceit because we have little delight in Christ. Don't say, "That's just not me." What steps have you taken to waken affection for Jesus? Have you fought for joy? Don't be fatalistic. You were created to treasure Christ with all your heart – more than you treasure sex or sugar. If you have little taste for Jesus, competing pleasures will triumph. Plead with God for the satisfaction you don't have: "Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days" (Psalm 90:14). Then look, look, look at the most magnificent Person in the universe until you see him the way he is.

M – MOVE into a useful activity away from idleness and other vulnerable behaviors. Lust grows fast in the garden of leisure. Find a good work to do, and do it with all your might. "Do not be slothful in zeal, be fervent in spirit, serve the Lord" (Romans 12:11). "Be steadfast, immovable, always abounding in the work of the Lord" (1 Corinthians 15:58). Abound in work. Get up and do something. Sweep a room. Hammer a nail. Write a letter. Fix a faucet. And do it for Jesus' sake. You were made to manage and create. Christ died to make you "zealous for good deeds" (Titus 2:14). Displace deceitful lusts with a passion for good deeds.

Fighting at your side,

Pastor John

PART III**GET HIM STARTED*****How to Use a Five-point Application***

The most valuable personal result of consistent Bible study is not acquiring more biblical knowledge, but seeing our lives enriched and changed through personal application of what we learn. The format described here is a practical approach for writing a specific and concrete application.

1. Verse

Record the reference of the verse or passage from the study on which you will base your application.

2. Truth

Briefly state the truth of the verse or passage.

3. Need

State how you feel you have fallen short in relation to the truth in the verse or passage. Since you may be reading this in your group, state the need frankly but discreetly. You don't want to dredge up all kinds of past failures and difficulties. Keep some of those details between you and God.

4. Intent

State specifically what you intend to do toward having your life changed in this area of need. Keep the action simple. It should be a simple step toward improving your life in the area of need.

5. Checkup

State how you will make sure you accomplish the simple goal you have set. You may want to jot a note and put it in a prominent place in your office or home until you have completed your application. You may want to tell a friend, your husband or wife, or a relative what you intend to do and have this person check up on you.

Initial Five-Point Application

1. Verse: Psalm 119:9-11, "How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you." Guarding and storing are done in advance of temptation.
2. Truth: I need to meditate on God's word to guard my heart against sin.
3. Need: I am in constant need of renewing my mind. I have ingrained bad habits that oppose the mind of God. I need to meditate on God's word throughout the day.
4. Intent: I want to learn 1 new scripture/week and review them (current review) every day for 30 days. I want to divide my back review into 7 sections and review one section per day each week.
5. Checkup: I will carry a verse pack with me at all times. I will put markings in my journal to record the days that I have gone over my current and back review scriptures for the day.

Current Five-Point Application

1. Verse: Psalm 119:9-16, "*How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you. Blessed are you, O Lord; teach me your statutes! With my lips I declare all the rules of your mouth. In the way of your testimonies I delight as much as in all riches. I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word.*"
2. Truth: I need to meditate on God's word day and night (Joshua 1:8). If I abide in Jesus' word, I will be His disciple, know the truth, and be set free from sin (John 8:31-36).
3. Need: I have ingrained lust that is hostile to God (Romans 8:7). I need to stand against the schemes of the devil (Ephesians 6:11). I need to take every thought captive to obey Christ (2 Corinthians 10:5). I need to not be ignorant of Satan's designs (2 Corinthians 2:11).
4. Intent:
 - a. **Avoid sights and situations** (*guarding, meditating, storing up the Word*). Go to bed early and get out of bed early. Do not be with a date alone in private. Seek to walk with God throughout the day. Do not kiss if it starts my engine running.
 - b. Say "**No**" within 5 seconds (*let me not wander*). To turn toward sin is to turn away from God. I cannot do both. I am turning my back on God. Turn my eyes away from women when they wander. Stop thinking those thoughts now! Don't dabble.
 - c. **Turn to Christ** (*with my whole heart, teach me*). Pray and quote scripture.
 - d. **Hold the promise and pleasure of Christ** (*meditate, fix my eyes, will not forget*). Meditate on God's warnings and promises.
 - e. **Enjoy the superior satisfaction** (*Blessed are you, with my lips I declare, delight as much as in all riches*). Meditate on how good that God is, has done, and will do for me.
 - f. **Move into a useful activity** (*with my whole heart I seek you*). Submit yourselves therefore to God. Resist the devil, and he will flee from you (James 4:7). So, whether you eat or drink, or whatever you do, do all to the glory of God (1 Corinthians 10:31).
5. Checkup: I will confess to my accountability partner all sins of lust. I will refine my application of God's Word as He leads.

Five-Point Application

Verse Reference: _____ Date: _____

Verse: _____

Truth: _____

Need: _____

Intent: _____

Checkup: _____

PART IV KEEP HIM GOING

Encouragement

- Have a few people in the class share from their applications.
- Share your application with others when you get back home.

Accountability

- Has God put someone in your life that you may begin confessing your struggles? Establish trust first.
- If you think about it, a journal has a secondary function as an accountability tool for quiet time. You review it frequently, and it reminds you of how well you are doing.
- I try to review one of my Five-Point Applications every day.

Abiding

- Have you noticed that you struggle with sin less (though not entirely) at KMI? Enjoy this concentrated time with the Lord. Let God talk to you with every breakout, message, and conversation. Talk back with Him as often as He talks to you.
- Meditate on The Wheel Illustration as different methods of abiding in Christ.
- Look at The Hand Illustration and come up with creative ways to hear, read, study, memorize, and meditate on God's Word throughout the day.
- When you get back home strive to abide more in the middle of your hectic schedules. Put into practice at least one idea or habit you developed during this workshop to abide with God.

Pure Desire

- *In the way of your testimonies I delight as much as in all riches. Psalm 119:14*
- *The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field. Mathew 13:44*
- *Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it. Mathew 13:45-6*

Shortly after I became a Christian, someone wrote in the flyleaf of my Bible these words: "This book will keep you from sin, or sin will keep you from this book." That was true then, and it is still true today. Dusty Bibles always lead to dirty lives. In fact, you are either in the Word and the Word is conforming you to the image of Jesus Christ, or you are in the world and the world is squeezing you into its mold.

from Living by the Book by Howard G. Hendricks

PART V PASS IT ON

I want to leave you with some wise sayings (which, in my opinion, are grounded in Biblical truth).

- I only have to be one step ahead of someone else to lead them.
- I cannot put it on the counter unless I have it on the shelf.
- I do not believe that we can grow in overcoming sin unless we are also growing in obeying God in other areas of our lives such as fellowship and witnessing.
- The previous rule is good because God wants us to enjoy the truly abundant life doing His will.
- Trust Jesus. If you are doing His will, He will make it happen.
- *Let all that you do be done in love. 1 Corinthians 16:14*

