

Come As You Are (CAYA) Service
Wednesday, September 21, 2011
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Alfred Street Baptist Church

Let's Talk About Sex

Scripture Reference - **Romans 7:18-25 (ESV)**

[18] For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.
[19] For I do not do the good I want, but the evil I do not want is what I keep on doing.
[20] Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.
[21] So I find it to be a law that when I want to do right, evil lies close at hand.
[22] For I delight in the law of God, in my inner being,
[23] but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.
[24] Wretched man that I am! Who will deliver me from this body of death?
[25] Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

Lesson began with a You Tube clip - [I Will Wait For You](http://www.youtube.com/watch?v=igCj3jsbcqs)
<http://www.youtube.com/watch?v=igCj3jsbcqs>

Difficult Battle

- Our world is over-sexualized
- Sex becomes synonymous with the 2nd or 3rd date
- Sex becomes a critical part of communication
- The minute you start, it's hard to stop. It's an addictive behavior!
- The devil creates a stronghold around our sexuality.
 - We sometimes end up in the bad behavior, again
 - The devil has a way of making us get over guilt very quickly

If you are going to change your sexual behavior, how holy do you REALLY want to be?

- The world has taught us to prevent the physical dangers
- 1 Corinthians 6:12-20 - Paul's writings on the men in the church who engage themselves with prostitutes.

1 Corinthians 6:12-20 (ESV)

[Flee Sexual Immorality]

[12] "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything.
[13] "Food is meant for the stomach and the stomach for food"—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. [14] And God raised the Lord and will also raise us up by his power.
[15] Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never!
[16] Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh."
[17] But he who is joined to the Lord becomes one spirit with him.

[18] Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

[19] Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,

[20] for you were bought with a price. So glorify God in your body.

- 🕒 Spirits become ONE when sex takes place
- 🕒 Pieces of you lie in the souls of those you've been intimate with to the point you become spiritually empty ----> you must renew yourself.
- 🕒 We can't recognize the person who God sent to us because all we've looked for is a piece of tail.
- 🕒 It's never too late
- 🕒 God says "the day you hear my voice, don't harden your heart"

Three Ways God Gets Your Attention

1. Blessing you - granting us blessings we know we don't deserve to turn towards Him fully (our life).
2. Blocking you - "it could have gone down another way" - being scared straight. God protected you from something that should have been worse.
3. Breaking you - something has to go wrong

Question: How do you go about living a sexually pure life?

- 🕒 Galatians 5:16-17 - flesh and spirit are at war with one another
 - 🕒 you hear God calling, but fall weak later
- 🕒 Only way to win that war - FASTING
 - 🕒 power needed can only come through prayer and fasting

Question: Why is fasting necessary?

- 🕒 Paul says spirit and flesh are at war (Romans 7)
- 🕒 Your flesh does not want to be holy! Your battlefield is your mind. Either you will follow flesh or spirit.
- 🕒 Two Problems, but one solution ----> fasting
 - 🕒 Flesh is strong
 - 🕒 Spirit is weak

Three Practical Steps to Fasting

1. Fasting requires that you block your mind from unGodly seeds being sewn
 - a. the longer you think about it, the worse it gets

Four Gates that get access to your brain

1. Eyes - what you look at can be dangerous for the mind
 - 🕒 must discipline yourself at looking at her/him and turn and look away
2. Ears
3. Mouth - what you ingest (drugs, alcohol, etc.)
4. Senses - at a certain age, certain dancing can lead to certain things
 - 🕒 some things we don't need to feel

The mind will follow conditions to become holy

- 🕒 Block the gates that weaken the flesh
 - 🕒 self-denial is at the core of fasting

- 🎧 We can weaken our flesh by:
 - 🎧 turning off the television
 - 🎧 get off of social media
 - 🎧 spending money
 - 🎧 social interactions
 - 🎧 shopping
 - 🎧 whatever your flesh craves

2. Spirit strengthening

- 🎧 prayer
- 🎧 reading God's word

3. Accountability Partner (NOTE: should be of the same gender)

- 🎧 share what your fast is and WHY you doing it
- 🎧 someone you can call when tempted and not be judged

Sexuality and spirituality are closely connected

- 🎧 Men, be in church with your woman
- 🎧 Pastors can touch your woman where you can't, her spirit
- 🎧 The man can make her hop, but the preacher can make her shout
- 🎧 Natural response of a woman is to "connect"
- 🎧 Spiritual connection without sexual temptation

30-day sexual purity fast - weakening the flesh but strengthening the spirit

Question: Self-pleasure/masturbation

- 🎧 Dangers
 - 🎧 typically, there is an image in your mind
 - 🎧 mind is becoming fertilized
 - 🎧 doesn't give you the power to control the sexual desire

Question: Self-esteem vs. attention

- 🎧 Where are you looking for the attention?