**Helping Counselees Resist Sexual Temptation or**

**Rebuild in the Aftermath of Failure**

**Genesis 39:1-20**

*Grace Fellowship Church / Brad Bigney*

**Proverbs 28:13** “He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.”

1. **Help Your Counselee to Form a Habit of Slamming the Door on the First Hint of Sexual Temptation**

When **Augustine** was still wrestling with the idol of sexual sin in his life, he said, “Lord, deliver me from lust… but not yet."

**Martin Luther** "The problem with so many people who flee temptation is that they want to leave a forwarding address."

**Genesis 39:7-8** “Now it came to pass after these things that his master’s wife cast longing eyes on Joseph, and she said, ‘Lie with me.’ But he refused…” 3 great words right there!

Push your counselees to fully make up their minds. Ask them pointed QUESTIONS to see if there’s any scenario or exception in which they could see themselves stepping across the line.

* Are you fully committed to pleasing God and staying sexually pure no matter what?
* Can you think of a situation where you still might consider just checking it out?
* Do you have any reservations because you think you might be missing out on ‘real love’ or something ‘better’ than what you have in Christ or in your spouse?
* Do you wrestle at all with thinking you never should have gotten married to your spouse to begin with?
* Do you wrestle with thinking there’s still someone or something out there that is who you were supposed to be with – so you’re still ‘looking’?

1. **Help Your Counselee to Keep God Squarely in the Picture**

Two reasons why this is so important:

1. Without unhurried time with God they won’t have healthy fear of God or any sense of His holiness
2. Without unhurried time with God they won’t be tasting or being satisfied in anything sweeter than what the world has to offer in sexual sin

**Genesis 39:8-9** “But he refused and said to his master’s wife, “Look, my master does not know what is with me in the house, and he has committed all that he has to my hand. There is no one greater in this house than I, nor has he (Potiphar) kept back anything from me but you, because you are his wife. How then can I do this great wickedness, and sin against God?”

The first step towards sin is not when your counselee opens wide and bites down on that glittering temptation. No! One of most subtle steps towards sexual sin is when their thoughts of God grow dim and get pushed to the margins of their heart and life.

"In our members there is a slumbering inclination towards desire which is both sudden and fierce. With irresistible power, desire seizes mastery over the flesh. All at once a secret, smoldering fire is kindled. The flesh burns and is in flames… Joy in God is in course of being extinguished in us and we seek all our joy in the creature. At this moment God is quite unreal to us, He loses all reality, and only desire for the creature is real… Satan does not here fill us with hatred of God, but with forgetfulness of God... The lust thus aroused envelops the mind and will of man in deepest darkness. The powers of clear discrimination and of decision are taken from us..." Dietrich Bonhoeffer, Creation and Fall and Temptation (New York, N.Y.: Macmillan Pub. Co., Collier Books, 1959) pp. 116-117

**Get them to think about how…**

* My sexual sin would discredit the name of my Lord Jesus - dragging His name into the mud.
* My sexual sin would force me to one day stand face to face with Jesus, and to give an account of why I did it.
* My sexual sin would bring great pleasure to Satan, as well as the enemies of God and everything that is good.
* My sexual sin would give a world, who hates God, another reason to mock Christianity, and to belittle my Savior, and to say ‘All Christians are hypocrites.’
* My sexual sin would bring the heavy hand of God’s discipline upon me because that’s what Heb. 12 talks about when it says, ‘whom the Lord loves He disciplines and chastens.’
* Because of my sexual sin I could lose my spouse if they refuse to forgive me.
* Because of my sexual sin I could lose the trust and respect of my children – who will struggle massively with what I’ve done and why… and would carry with them into their marriage a big fat QUESTION MARK as to what it means to be faithful to a spouse.
* My sexual sin would bring great shame to my church family and cause the community to pull away.
* My sexual sin would shake the faith of anyone I’ve ministered to and anyone that looks up to me spiritually.
* My sexual sin would cause the irretrievable loss of years of witnessing to my unsaved friends and family members.
* And finally… my sexual sin would rain down pain on the people I love the most, that are closest to me, because they’re the ones that’ll take the biggest hit from the shrapnel of my selfish, sinful choices.

1. **Help Your Counselee to Plan Ahead for Times When They Are Most Vulnerable**

For Joseph, this was an on-the-job temptation because it’s his boss’ wife who’s trying to seduce him. And she’s relentless.

**Genesis 39:10** “And so it was, as she spoke to Joseph day by day, that he did not heed her to lie with her or to be with her.” (NIV ‘day after day’)

**Romans 13:14** “But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.”

**Proverbs 27:12** “The prudent see danger and take refuge, but the simple keep going and suffer for it.”

It is amazing how often we walk into known areas of temptation without any plan or resolution as to how we will react. The business trip today is one of the biggest areas of sexual temptation!

I’ll put it to you bluntly: Frequent flyers face frequent temptations because the flesh goes crazy in the context of anonymity. When you’re removed from your normal, familiar circumstances, the flesh is much more likely to whisper to you, ‘Hey! Nobody knows you here’ or ‘Nobody back home has to ever know about this.’

If your counselee travels, you need to press them to put a written plan in place.

**Business Travel Plan for Avoiding Sexual Temptation**

* Begin praying for purity days before the trip.
* If possible, do not ride in a car alone with someone of the opposite sex.
* Do not confide in someone of the opposite sex about any struggles in your marriage, nor listen to someone else tell you about their own struggles in their marriage.
* When traveling, avoid the newsstand; bring your own magazine or newspaper.
* Avoid staying in hotels with in room porn / adult movies.
* Make reservations in hotels with a workout room.
* As soon as you enter the room pray Psalm 101 and commit your stay to God; repeat every morning v.2-3 “I will be careful to lead a blameless life… I will set before my eyes no vile thing…”
* Bring and set out a picture of your spouse and children.
* Exercise every day.
* Call your spouse every morning.
* Ask your spouse to pray for you before you leave and during your stay.
* Maintain a routine. Discipline yourself to get up early each morning. Don’t just lie in bed.
* Have a time with the Lord (Bible reading and prayer) every day for at least 20 minutes.
* Go to bed by 11:30 p.m. at the latest.
* Bring at least one interesting book to read, both business related and personal related.
* If back at hotel prior to dinner, get a meal at a restaurant or take out. May watch TV only while eating, then work, read, or exercise til bedtime.
* If back at hotel after dinner, work until finished.
* Ask spouse to specifically ask you as to whether you followed your plan and avoided sin. Have them specifically ask you if you failed in any area, and have them ask if you lied.
* Meet only in public places if absolutely necessary to meet with someone of the opposite sex.

1. **Help Your Counselee to Get Radical in Their Fight to Stay Pure**

**Genesis 39:12** “that she caught him by his garment, saying, “Lie with me.” But he left his garment in her hand, and fled and ran outside.”

1. **Teach Them to Pay attention to the little stuff**

“The actual descent into sin begins without much fanfare. When looking into the Grand Canyon, the first step down seems insignificant. Rather than a huge, noticeable leap of rebellion, [sin] is marked by small steps of spiritual casualness or indifference, and a lack of sensitivity to right and wrong. It doesn’t capture our attention; spiritual indifference and apathy don’t attract notice. After all, everyone coasts now and then, we think.” *Addictions*, Ed Welch, p. 67

**Ephesians 5:3** “But among you there must not be even a hint of sexual immorality, or of any kind of impurity…”

Not even a hint of sexual immorality! That has to be what your counselee is shooting for: ‘not even a HINT.’ Why? In most cases, long before you step into gross sexual sin, you’re already guilty of dozens of little compromises that you thought were no big deal.

# A Chain of Events that Leads to Adultery

## Wayne Mack

1. Presence of certain internal and / or external circumstantial factors.
2. Growing awareness of a particular person
3. Time spent thinking about the person’s attractiveness
4. Unplanned, innocent meetings, contacts.
5. Spend time comparing with present mate.
6. Spend time thinking about personal unhappiness.
7. Planned, intentional contacts.
8. After occasion – seek other person out for conversation.
9. Continue fellowship with this person after others depart.
10. Increasing awareness of good feelings when you are with the other person.
11. Compare the way you feel about this person with the way you feel about your mate.
12. Compare the way you are treated by this person with the way you are treated by your mate.
13. Look for ways you can be with the other person for apparently legitimate reasons.
14. Exchange of apparently innocent forms of physical contact.
15. Escalates to more passionate embracing and kissing.
16. Practice denial, and start rationalizing.
17. Experience struggles with your conscience.
18. Desire for contact with each other continues.
19. Actual sexual involvement.
20. Frequent covert meetings.
21. Double life.
22. Others are suspicious and confront you.
23. Defensiveness, denial.
24. Truth revealed or exposed.
25. Decision time (1 of 3 choices)
    1. Decide to continue the adultery and remain married
    2. Make plans to separate or get divorce
    3. Repent and seek to rebuild your marriage
26. **Teach Them to Prayerfully Think about the Sin Beneath the Sin**

**Matthew 22:37-39** “You shall love the LORD your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbor as yourself.”

“The wars of sex and money are never just a battle with the temptations of the surrounding culture; they're never just about behavior or about what we do with our bodies. Christ is saying that our behavior is more directed by what's inside us than the people and situations outside us. He's saying that sexual struggles are inescapably struggles of the heart. Physical adultery is simply the body going where the heart has long ago gone.” ***Sex & Money*,** Paul David Tripp, p 45

**Matthew 15:19** “For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.”

1. **Ask Them to Humble Themselves and Allow Other People into Their life**

**Proverbs 18:1** “A man who isolates himself seeks his own desire; He rages against all wise judgment.”

Satan is halfway to victory when he can isolate us your counselee and convince them to just try deal with it on their own.

**James 5:16** “Confess your sins to one another, and pray for one another, that you may be healed.”

“Some people have spectacular failures where in an instant they abruptly burst into flames, crash, and burn. But the more common way that people get into trouble evolves from hundreds of tiny decisions – decisions which go undetected – that slowly, like water tapping on a rock, wear down a person’s character. Not blatantly or precipitously, but subtly over time, we get caught in a web of cutting corners and compromise, self-deceit and wrong thinking, which goes unchallenged by anyone in our lives.”

For those of you who’ve already fallen, there’s hope, there’s help, there’s grace to start again! Jesus died on the cross to rescue people just like you and me from sins – including sexual sins.

**1 Corinthians 6:9-11** “Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.”

**Sexual Purity Covenant**

I will never open any program for sexual stimulation.

**1 Corinthians 6:13b** “Yet the body is not for immorality, but for the Lord; and the Lord is for the body”

**2 Timothy 2:22** "Flee youthful lusts;but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."

I will never purchase or download anything pornographic. I will not sit and watch television programs that are sexually stimulating.

**Eph. 5:5** “For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God.”

**Ps. 101:3** “I will set no worthless thing before my eyes.”

I will guard my eyes and abstain and avoid always any stimulating material of any type. I will not watch sexually stimulating videos of any kind – regardless of the rating. (PG, PG-13, R or X)

**Ps. 39:1a** “I will guard my ways”

**Matt. 6:22-23** “The lamp of the body is the eye; if therefore your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore, the light that is in you is darkness, how great is the darkness!”

**Job 31:1** "I have made a covenant with my eyes; why then should I look upon a young woman?"

I will not participate in computer chat rooms or Facebook developing relationships with other women or men through the internet.

**Matt. 12:36-37a** “And I say to you, that every careless word that men shall speak, they shall render account for it in the day of judgment. For by your words you shall be justified”

I will not cultivate any emotionally intimate one-on-one relationship other than with my spouse.

**Ex. 20:14** “You shall not commit adultery”

**Ex. 20:17b** “You shall not covet your neighbor’s wife.”

**Prov. 5:15-20** "Drink water from your own cistern, and running water from your own well... rejoice with the wife of your youth. As a loving deer and a graceful doe, let her breasts satisfy you at all times; and always be enraptured with her love."

I will not replace the risk of personal relationships with the impersonal safety of my computer. I will not retreat to it and out of life. I will limit my time to use the computer for recreational activities.

**Matt. 22:37-39** "You shall love the Lord your God with all your heart, with all your soul, and with all your mind... and the you shall love your neighbor as yourself."

Our first priorities are relationships! Not things. Working on our relationship with God and other people should take precedence over time on the computer.

I will spend my constructive creative energy not with the television or in the unreality of virtual reality on the computer, but in the reality of the real world. I will never use the internet to satisfy my own selfish, self-centered desires wanting to stimulate my fleshly passions.

**Romans 13:14** "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

When doing research on the internet, I will work only to find the information needed and get off, no idle surfing. I will strictly limit my experimental time on the computer and devote myself more to truth than to technique.

**John 8:32** "You shall know the truth and the truth shall set you free."

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on this day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , **2018**

pledge by God’s grace at work in me to fight to honor

this vow before God and men.