

11-21-21

Ten Keys to the Life You Always Wanted
Diffuse Sexual Temptation
Cal Rychener

Heart #1: Understanding the Heart of the 7th Commandment

Exodus 20:14 (NIV): "You shall not commit adultery."

Hebrews 13:4 (NIV): Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

Heart #2: Understanding God's Heart and the 7th Commandment

God wants to provide a safe place to experience deep intimacy.

God wants to provide loving and loyal companionship.

God wants to provide solid, nurturing home fronts.

God wants to provide a mate who is sexually whole and pure.

God wants to protect us from personal and societal destruction.

God wants to protect our own self-respect and dignity.

God wants to protect our homes, marriages and our children.

Heart #3: Understanding Our Hearts and the 7th Commandment

Step 1: Embrace God's design!

Step 2: Renounce the lie that you are merely at the mercy of your sexual impulses!

Step 3: Pursue God's healing of your sexual brokenness!

Step 4: Develop healthy guardrails for your heart and mind!

Matthew 5:28 (NIV): "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."

Step 5: Keep the passion alive in your marriage!

Step 6: Know what you stand to lose!