

## **GOOD SEX**

### **Week 4 –What Does The Bible Say About Temptation?**

We are on Part 4. Part 1 we talked about distinguishing truth from lies and some of the lies of the world that says sex is no big deal and sex is just a physical thing, there's no consequences to that, God is down on sex (another lie of the world) and everybody's doing it and it's impossible to be pure. We just distinguished truth from lies. The second week was a fun week where we talked about distinguishing the difference between guys and girls. Not only the differences in their genetic code, but also their sex drive and what they value and what they cherish and what do you do with those differences. Then the third week we talked about "what does the Bible have to say about sex?"

When you understand why God created sex in the context of marriage, you are freed from some of the confusion that you live under. The main verse is something we've been dealing with. It is something Jesus said to his followers "*When you know the truth the truth will set you free.*" The confusion will be lifted and you can live life the way God intended it to be lived.

Today we are going to get practical. I want to talk about sexual temptation. What happens when you're in a tempting situation?

One of the big questions people ask is "What do I do when I'm tempted?" That's a great question. Let's talk about it. Some things the Bible says about temptation:

#### **1. Everyone is TEMPTED**

You are not alone. One of the things I have not liked about the universal church is that it should be a place where people come and they're free to share some of the deep hurts and pains and sins in their life, but many times it's not. This is just a group of messed up people on a journey. Those of you who have friends or you say yourself, "They're a bunch of hypocrites at FUMC." Yes, because it's filled with people. People are messed up and we do dumb things.

I want the church to be a place where we can talk honestly about what's going on. That's why we're always trying to push you into small groups. You get with a small group of people and share some of the things that are going on in your life. You would look across the little group at someone who says, "I'm really struggling in this area," and all of a sudden your lights would go on and you'd say, "Whoa! So am I! I'm not alone." There's power when you know that you're not alone. You're not the only one going through this.

The Bible says in *1 Corinthians 10:13*, "*Remember that the temptations that come into your life are no different from what others experience.*"

Somebody said to me recently, "You can teach about this because you're already married. You have sex so you're not tempted any more." Oh, that's right. I work in the church so therefore I am pure. If you cut me I do not bleed. Actually holy water comes out! Because inside I'm totally pure and once I got married and became a youth director I lost my eyesight.

Sure I'm tempted just like anybody else. Just because you work in a church, just because you're a Christian, just because your dad is this or that, it doesn't matter. Everybody's tempted.

For me, I try and tell Tonya or someone else when I am tempted. When you share with someone else what is tempting you, it loses its power.

## **2. God doesn't TEMPT YOU**

People say this all the time. They say, "Why does God put me in situations like this?" God doesn't tempt you. That's right God doesn't tempt you, but other people do when it comes to sex. The Bible says this *"Remember that no one who wants to do wrong should ever say, 'God is tempting me.' God is never tempted to do wrong and he never tempts anyone else either. Temptation comes from the lure from our own evil desires."*

I'm not a dad now, but when I am I don't want to tempt my kids to do wrong. That would be such a foolish thing. ("Here's a knife. Go stab your sister.") That's crazy. I want them to live right. God does the same thing for us.

We have mentioned a battle between the world's way and God's way over the past few weeks. In the Bible, if you look it up, it'd say a battle between the flesh and the spirit. There's a battle going on between the wonder that is created in you – you were created in the image of God. There's a wonder part of you. But also you and I were born into a sinful world so there is a wicked nature that goes on in you. There's a battle. So when you are tempted it's your flesh saying, "That's what I want."

I used to bike a lot before I came to Melbourne. I had three friends that I met with every Friday to go ride. One of the best things about was to see the others fall off their bikes. It's a highlight for me. I don't like to see them get hurt. I just think it's very funny. It's always been really funny to me. A guy named Dave that rode with us, fell over one hill we were riding on and into the muck below. T was about a 15 foot fall down the hill. I couldn't even stop laughing to ask him if he was ok. It's just very funny. I even though of bumping the others, pushing them a little with my tire, etc, to see if they might fall.

Was I going to do that? No, but there were times I wanted to. Inside of me there's that wicked nature in each of us that wants to do stuff that's not right. But I choose not to do it.

God doesn't tempt you. God is not tempting you. It's our own evil desires. Everyone is tempted, God doesn't tempt you.

## **3. There is a way to ESCAPE your temptation**

Please know this, when you are in a tempting situation, I promise you there is a way out. How can I promise you there is a way out? Because the Bible says that there's a way out. And I've seen it in my own life.

The Bible says in *1 Corinthians 10:13*, *"God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted he will show you a way out so you will not give in."* This promise applies to those of you who are Christians. If you have made a decision where you have turned your back on the world's way, you may not have it all together but you've asked Jesus Christ to be the Lord of your life and you've stepped across that line to point your life in God's way, God is now going, "I want to provide you a way out."

I have heard so many wild stories in over 13 years talking to high school students. I guarantee you, you cannot tell me a story that would freak me out or gross me out. I've heard everything. Some of you in here think you have a wild background. I guarantee you,

I've heard it. Nothing would shock me. People tell me their situations and they'll tell me stuff like this, "I didn't want to do it." I ask them this question, "Can you think back, was there a way out? If you had to do it all over again, was there a way out?" At first, what they always say is "No." Then they get back into the story and think, "The phone rang at that time and I guess maybe I could have answered it and that would be a way out."

I had a guy share this with me, "I said to myself when I went over to her house, we weren't going to have sex. I knew she wanted to and this was on our one year anniversary, so I left the condoms in the car because I didn't want to be in that situation." Then they get in the situation and she says, "Where are the condoms?" *In the car.* "Go get them." *All right.* Then he goes out to the car. I said, "That was your way out, dude! You were out the door, you had the keys in your hand. There is a way out!"

## **PRACTICAL IDEAS FOR PLAYING IT SAFE**

### **1. Start by asking the RIGHT questions**

Putting a plan together for temptation you've got to start with the right questions. Here's the question every one of you wants to ask. "How far is too far?" That's not the right question. That's saying, "I want to play my boyfriend/girlfriend like a game. I want to know how far is too far before I can get burned." That's treating another person like an object. Can I score without getting burned?

Here's what the Bible says. The Bible's black and white. It's non-negotiable. God says He will not bless sex outside of marriage. If you want a good marriage then you wait until you're married. That's black and white. But all the other areas it doesn't say how far is too far. That's gray.

There was an episode of ER where a teenage girl goes in to ER and she's got gonorrhea. She says to the nurse, "How can I have gonorrhea? We haven't even had sex yet." The nurse says, "Have you had oral sex?" The girl says, "Yes, but I thought that was safe sex." The nurse said, "It all counts."

That's a gray area but it all counts. If you have messed up in the past, start over by asking these questions. Not how far can I go or how far is too far? Here's the question you should ask: What's the best for my future? Have you ever asked that question? What is the best for the rest of my life? Start with the right question: What's the best for my future?

### **2. Take time to EVALUATE what's important to you**

Some of you are in relationships and you have never even evaluated what's important to you. Why am I in this relationship? If you cannot answer that question you should not be in that relationship. Care about yourself enough to ask why am I in this? And what do I want from this relationship?

If you can't answer this question, my feeling is you need to break up. If you can't answer why you're in that relationship, break up. And ladies don't do the "I just want to be friends." Why don't you just take a chair and crack it over his head, because that's about the same feeling. I know guys, you do the same thing. Take the blame yourself. Just say, "I don't know what I want out of this relationship. I was asked that question this week and I couldn't come up with an answer and I don't want to put you through anything or me through anything that's going to waste our time or leave us with any negative memories. I

just don't know what I want out of this." Don't leave the door open. Get out. Take time to evaluate what's important.

### **3. Establish and VERBALIZE standards**

How far are you willing to go? You establish them, and then verbalize them. You need to be thinking about that before you get in that situation. When you are in your bedroom rolling around, that is not the time to be setting your standards. You need to set them ahead of time. Verbalize them.

If you can't verbalize your standards, you shouldn't be doing anything anyway. Remember what I said the first week. How comical it is when high school couples that have had sex feel guilty and want out. Yet when I say, talk about it. They say, "We can't talk about it." Please see how foolish that is. You can stand naked with one another, physically naked with one another but you can't talk about what you're doing? That's crazy.

Maybe some of you need to say, "As we start this relationship I have to let you know I have no interest in a physical relationship." You girls, you're just lucky I'm not your dad. I've been around high schoolers way too long. If I have a daughter she's in big trouble. When a guy shows up at my house I'm not just going to be carrying a gun, I'm going to have holsters of guns. I'm going to be the dad from hell! One that stares, one that doesn't smile, one that says, "You touch her, you're dead. Have a nice night! See you in a half hour!" Establish and verbalize your standards. This becomes real when you say it out loud.

### **4. Decide on a temptation PLAN**

I put this plan together after I messed up in some relationships. Those of you who need to start over; I want to give you a temptation plan.

Remember that the question isn't how far is too far it's, "What's best for my future."

- I communicated my standards.
- I will stick to my convictions and will avoid compromising situations.
- And I will get out when necessary. I have a plan.

Even the staff here at the church, we have a plan. I don't put myself in compromising situations. You never see me going to lunch with just another woman. I'm not even going to get close to a compromising situation. I'm not going to have anything for anybody to attack me over or accuse me of.

Put together a plan. It's wisdom. Two years ago a high school student that had gone to homecoming shared with me that after the dance, a bunch of people go over to a house party. The parents at the house though, "Hey! Our kids are going to drink, so let's buy them the booze"; which is the most insane parenting in the world! Like, "Oh, you're going to have sex someday. Here, have our bed." The logic does not flow. So now all of these couples wind up at this house afterwards and there's drinking going on.

Let's follow this temptation plan. What happened? Some people went in knowing their bottom line - "I don't want to drink." Some people had even communicated their standards. You know what happened? They didn't stick to their convictions. They gave in. There were a couple that I talked to that got out. They got there and thought, "This isn't for me. This is lame." They called her parents and got picked up. Those are people I respect.

If you have convictions, stick with them. That's what changes the world. That's what creates great relationships; convictions – people that are willing to die for their convictions. The Bible says in 2 Timothy very practical advice, *"Run from anything that stimulates youthful lust."* That's what I love about the Bible. It's very practical. It tells you how to live life. *"Follow anything that makes you want to do right. Pursue faith and love and peace. Enjoy the companionship of those who follow the Lord with pure hearts."*

Run. Get out of the situation. Have a temptation plan.

## **5. Find some ACCOUNTABILITY**

Accountability, that's why we're always pushing you to get into small groups so you'd have accountability. Some of you who have messed up in the past, you know how easy it is to mess up again. Have some accountability.

For those of you who have messed up in the past, please, please don't miss next week. I want to end this series talking about those of us who have messed up in the past. Please don't miss next week. There's incredible hope. There's unbelievable forgiveness. Those of you who are dying in a pile of guilt, if you've asked for forgiveness, can I let you know that guilt doesn't come from God. That comes from his enemy who doesn't want you to be effective.

Find some accountability. Some people say, "I've already had sex in the past. I felt guilty." Of course; that's what happens. The more you put yourself in situations like that, that guilt will just intensify. That's a consequence of making bad decisions. It's not our dream of "Let's go to church and make people feel guilty." My dream is "Let me offer you some hope." Some of us who have made bad decisions, the guilt is part of that. But find some accountability and you find some hope.

## **6. Guard your MIND**

It starts there. Last week we talked about fantasy and lust and masturbation.

It starts with your mind. A guy was saying he struggles with fantasy and masturbation and stuff. I just asked him this question. "Tell me how your room is decorated, just out of curiosity." Surf pictures and models in bathing suits. He was talking about all the posters. He said "But it's no big deal!" What I'm saying is that what is filling your mind goes into your heart and comes out in your life. He said, "It's no big deal." It's no big deal because you see it every night before you go to sleep.

It's no big deal anymore because it's become so normal and it's lodged in your mind. You say, "How do I get it out of my mind? How do I get those thoughts and images out of my mind?" The Bible is very practical. To get them out of your mind, you fix your thoughts on other things, on right things. The Bible says, *"Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise."*

Some of you know what shows you can see and what you can't see without being tempted. Some are triggered by some things and others aren't. Some people can watch a half time show and some shouldn't be. Because you know once you have seen that you will want to see more. You've got to know what triggers you and guard your mind. Don't look at things that you know will tempt you.

## **7. Review these NOTES**

Somebody asks last night, can we type these nine steps up and put them on a laminated card? Maybe we'll do that. Next week we'll have these for you. Add one of your own so you'll have ten – ten steps for a temptation plan.

Review these notes. Why? Because what you don't review becomes irrelevant. One of the hardest things for me as a youth director is that you forget about 99% of what I teach within 72 hours. So basically, by the weekend whatever I've taught is gone. You might gain one percent but if you review those notes you have a better retention.

## **8. Realize you're not defined by who you DATE OR HOW FAR you go**

A girl Tonya met in one of her classes shared with her recently that she never has had a date. She's in college and has never had a date. It bothered her a little bit. I told you the first week, 40 percent of all high school students who graduate have never had a date. You're not alone. But when you begin to define who you are by who you date or how far you've gone, you're in big trouble.

You're much more than that. You're an original masterpiece created by God. You're a daughter, you're a son. You're a student, you're a friend. You're a thinker. You've got a great personality, you're intelligent. You're a soccer player. You're a runner. You're a cheerleader, you're in the band. That's who you are. You're not defined by who you date or how far you go. That's a lie of satan.

## **9. Pursue intimacy with GOD.**

Ultimately this is what we're looking for in relationships. I gave you my illustration last week. The cup. If the cup is not full with God, you're going to try to fill it up with other people. Pursue intimacy.

I spoke with a girl that was in my high school group a few years after she had graduated and was planning to get married. She talked to me about the sex and dating series that we had done in high school. She said that at that point she blew off a lot of what I had said and that some of her relationships became physical really fast and she continued to find herself in pain. Yet when she began dating her husband it was different. She wanted what God wanted. She wanted what God wanted in her relationship with this man she was dating. Now they are married with a son and their relationship is awesome because she began pursuing God first.

When you're pursuing intimacy with God, you'll have a natural desire to please him. You'll have the power to resist temptation because God offers power. And you'll be attracted to godliness.

Guys, those of you who are Christians the most attractive thing to Christian girls is godliness. It's not how good looking you are. It's not what sport you play. It's not how buff you are. It's godliness. That's very attractive to a girl.

You may think that what attracted Tonya to me is my drop dead gorgeous good looks, but it wasn't. What attracted her to me was that I was pursuing God and that God was going to come first in my relationship with her. Godliness is attractive. People don't want to live their

life the world's way. They don't want their marriage to end in divorce. They don't want pain and bitterness and the world's way to be a part of their life.

Do you want a right relationship? Pursue intimacy with God.

One of the things I love about being a Christian is that I can pray to God. Christianity is not a religion. I could care less about you being religious. Christianity is about a personal relationship with God. One of the things I love about a personal relationship with God is God hears my voice. Not only does He hear my voice in prayer, but God can relate to everything that I'm going through because He's been through it himself.

God invaded our planet 2000 years ago in the person of Jesus Christ. In walking the earth for 33 years, He lived every temptation that you and I face. *Hebrews 4, "This high priest of ours understands our weaknesses for he faced all of the temptations we do."* Jesus faced all the same temptations. But look at the result *"Yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy and we will find grace to help us when we need it."*

When you talk to God and say, "I can't handle this anymore. I feel trapped, I didn't want to go this far. I need your help." God understands because Jesus, the God-man, was tempted in every way. Was He tempted sexually? That's what the Bible says; all the same.

So when you go to the throne, when you pray, God knows everything you're going through. You're not praying to some distant God who's out there. "Fe-Fi-Fo-Fum. I smell the prayers of a distant one." No, He's not doing that.

That's the good thing about God. That's why the Bible is called Good News. It is good news for those who go God's way.