

# Sexual Purity and Pornography

Sattler College Discipleship Lecture

by Chuck Pike – November 30, 2021

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## I. How Critically Important This Matter Is

- a. I have prayed for years for an opportunity to speak to young men on this subject. This is a subject I have strong convictions about.
  - i. As a young man in my twenties (in my college years and even before that), I was enslaved to pornography. However, I repented and have been doing well for the past several decades. I take it one day at a time, but to date have had a few tens of thousands of good days in a row.
  - ii. I want to help others avoid this or get out of these enslaving sins, as soon as possible.
  - iii. I have seen many Christian men fall and lose their faith through these sins.
    - 1. That includes church leaders, preachers and friends.
    - 2. One of the men who most inspired me to devote my life to studying and teaching the Old Testament, someone who was a great influence on me earlier in life, ultimately fell to the sin of sexual immorality and ultimately lost his faith.
- b. For those who have been free of these sins thus far, I want to fortify you for when temptation or even curiosity comes.
  - i. As Clement of Alexandria, an early Christian writer from Alexandria, Egypt, wrote: “For it is indeed noble not to sin; but it is good also for the sinner to repent; just as it is best always to be in good health, but well to recover from disease.”
    - 1. (Source: Clement of Alexandria, *The Instructor*, book 1, chapter 9; found in Ante-Nicene Fathers vol. 2, p. 230)
    - 2. In the face of temptation and curiosity, let us see sin as it really is: spiritual disease. Just as no healthy person desires to become sick, those who have not yet been polluted by these sins should not let curiosity get the best of them!
- c. Example of looking good on the outside but rotting away on the inside: the old apple trees in the back yard of the Nausett House Inn, on Cape Cod.

- i. The old apple trees looked great, and had been there for many years. However, after one windy night we went outside and were surprised to find one of the trees had been completely toppled over by the strong wind.
  - 1. Upon inspection, it was apparent that the tree had become completely hollowed out on the inside, from rot.
  - 2. While it looked good on the outside, the structural strength was gone. It was just a matter of time before it fell suddenly.
  - 3. Thinking about that, it led me to wonder about the condition of *the remaining old apple trees in the yard*. Which one was going to fall next?
- ii. I believe the same kind of thing is happening spiritually to many men in Christian churches. While they may look fine on the outside, on the inside they are being rotted out spiritually, over time, by pornography.
  - 1. When they fall suddenly, many are surprised!
- d. The problem with pornography is widespread in our society, including in most Christian churches.
  - i. A few years ago the Barna Group conducted a study *The Porn Phenomenon* (sampling done in 2015). This is one of the more comprehensive studies done recently on this subject, among Christians. Findings from that study include:
    - 1. Among “*practicing Christian*” men age 13-24, they found that 41% were seeking pornography at least once a month (compared to 72% for others, who were “*not practicing Christians*”).
    - 2. Among “*practicing Christian*” men age 25+, 23% were seeking pornography at least once a month (compared to 55% for others, who were “*not practicing Christians*”).
    - 3. About 2/3 of the *Christians* using pornography said that they had *no sense of guilt* regarding that.
    - 4. The cavalier attitude toward pornography among the younger generations was deeply disturbing (32 percent said that viewing porn is “usually or always wrong” compared to 56 percent who said that *not recycling* is “usually or always wrong”).

- ii. In the *Proven Men* 2014 survey (also conducted by the Barna Group) the following results were reported:
  - 1. 79% of men 18-30 viewed pornography at least once a month
  - 2. 67% of men 31-49 viewed it at least once a month
  - 3. 49% of men 50-68 viewed it at least once a month
  - 4. 55% of *married Christian men* viewed it at least once a month, and 11% viewed it at least daily
  - 5. 54% of men who identified themselves as “born again Christians” viewed it at least once a month.
- iii. A relative who is in his late twenties recently told me that most the young men he knows are involved in this sin.
- iv. At a conservative Anabaptist Christian gathering I attended in Pennsylvania a few years ago (Kingdom Fellowship Weekend), the attendees were surveyed regarding recent involvement with pornography. Many were shocked to discover the extent of the problem among the young men in these circles.
  - 1. I was not surprised. I knew how enslaving this sin can be and the pervasive extent of the problem.
- e. When vetting prospective Bible teachers in a large church I was a member of several years ago, the first question I would ask each candidate before joining the teaching group was: “How are you doing regarding sexual purity in your life?”.
  - i. Example of one young brother who had great knowledge of the Bible and was a gifted speaker. When asked the question about sexual purity, he was honest and confessed all the moral filth had had been involved in, related to pornography.
    - 1. I refused to allow him to join the teachers group until he got his own life under control.
    - 2. I told him that he had no business teaching the Bible to others, until he first “got the plank out of his own eye”. (**Matthew 7:5, Luke 6:42**)
  - ii. When he went back to his peers in his church discipleship group, he found that most of them were in similar bad shape.
  - iii. He repented, got this sin under control in his life, and appreciated that someone called him out on this. Since that time the Lord has raised him up into a prominent Bible teaching role, where he is impacting many others.

- iv. I had admonished this brother that wherever he was in the world, he always needed to maintain a relationship with a trusted brother who he could be open with regarding temptation and sin in this area of life.
  - 1. And it needed to be someone who had strong convictions about this sin, who would open the Scriptures and call him to repent when necessary.
  - 2. It should be someone with the courage and conviction to address sin as sin, to apply the strong medicine when needed to save a life in grave spiritual danger.
  - 3. It did NOT need to be someone who would brush a serious problem aside with a weak response such as, “Well, we are all sinners; good thing we have the grace of God.”
- f. I have seen two different view of ‘Bible teachers’ that Christians have.
  - i. They will tend to see them EITHER:
    - 1. As academic, scholarly, book-knowlede types; OR
    - 2. As *spiritual warriors* who are trained in using the full range of spiritual weapons to rescue people and do serious battle against powerful enemy forces.
  - ii. In my opinion, Bible teachers and preachers are men who are called to be effective warriors in a spititual battle against the forces of darkness.

## II. Open Our Eyes to the Spiritual Battlefield

- a. Some view the Christian life as similar to following the instructions in a cookbook.
- b. I see it more as an open war zone between two opposing kingdoms.
  - i. We have a powerful enemy (Satan) with imposing resources and extensive territory.
  - ii. We shoud not be surprised when we are attacked, or when we see others alongside us fall.
- c. The Scriptural framework for the unseen spiritual battle we are in:
  - i. When the prophet Elisha and his servant were surrounded by the Syrian army while in Dothan:
    - 1. “And when the servant of the man of God arose early and went out, there was an army, surrounding the city with horses and

chariots. And his servant said to him, ‘Alas, my master! What shall we do?’ So he answered, ‘Do not fear, for *those who are with us are more than those who are with them.*’ And Elisha prayed, and said, ‘LORD, I pray, open his eyes that he may see.’ Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.” (2 Kings 6:15–17, NKJV)

ii. Paul recounted to King Agrippa what Jesus had told him on the road to Damascus:

1. “But rise and stand on your feet; for I have appeared to you for this purpose, to make you a minister and a witness both of the things which you have seen and of the things which I will yet reveal to you. I will deliver you from the Jewish people, as well as from the Gentiles, to whom I now send you, to open their eyes, in order to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me.” (Acts 26:16–18, NKJV)
2. Jesus had explained to Paul the essence of his mission as an evangelist. Paul would be pulling people out of the control of Satan and his dark kingdom, and bringing them into the kingdom of God.

iii. Paul reminded the Colossians:

1. “He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.” (Colossians 1:13–14, NKJV)

iv. From the apostle Peter:

1. “But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy. Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul,” (1 Peter 2:9–11, NKJV)
2. “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are

experienced by your brotherhood in the world.” (**1 Peter 5:8–9**, NKJV)

- d. Our ongoing battle is against the spiritual forces of evil. We need to be fully armed and protected to stand in this battle.
  - i. “Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.” (**Ephesians 6:10–13**, NKJV)
- e. There is nothing more important for us to be doing than to be *fully engaged in the real spiritual battle*; and to help others to do likewise.
  - i. On the other hand, assume that the attacks will only increase if we get serious about waging this battle. Satan will not be giving us a ‘pass’ because we are getting more serious about our spiritual lives.
  - ii. Remember, Jesus told Peter said that Satan had asked to sift him “like wheat” (**Luke 22:31**).
  - iii. Upon hearing I was asked to speak on this subject, I was sobered, being aware that Satan would be particularly happy to bring temptation into my life at this time, in order to see me stumble!
- f. In any battle against a powerful enemy, what should we do?
  - i. Study our enemy. This is what the military does, and what good football coaches do.
  - ii. Study their tactics, what they typically do, and how they have defeated others. Also, study to see tactics that have been proven to be effective against them in the past.
  - iii. Consequently, an ongoing topical study for me, throughout my Christian life has been: *Satan*.
    1. I want to know my enemy (his tactics as well as his weaknesses).

### III. Satan: the Great Liar and Enslaver

- a. “You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth,

because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.” (**John 8:44**, NKJV)

- i. He lied to Eve in the beginning, posing as her friend. He implied that God was the deceiver who wanted to oppress her; that he (Satan) was her true friend. It led to her death.
- b. Satan is the great enslaver
  - i. “Jesus answered them, “Most assuredly, I say to you, whoever commits sin is a slave of sin.” (**John 8:34**, NKJV)
  - ii. “Do you not know that to whom you present yourselves slaves to obey, you are that one’s slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness?” (**Romans 6:16**, NKJV)
  - iii. The story of the Exodus journey is a foreshadowing of the Christian life. Paul explains this to a certain degree in **1 Corinthians 10:1-13**.
    1. Early Christian writers (including Gregory of Nyssa in *Life of Moses*) saw Egypt as foreshadowing life before becoming a Christian (before baptism). They saw Pharaoh as foreshadowing Satan.
      - a. He is the cruel oppressor, who does not want to let God’s people go.
      - b. The people were physically enslaved in Egypt, but ultimately were liberated from bondage.
      - c. It took the Passover and the Red Sea crossing (foreshadowing the death of Jesus and baptism) to defeat the forces of the evil tyrant.
        - i. Pharaoh and his forces foreshadowed Satan and the enslaving passions of the flesh.
      - d. The pillar of cloud and fire made a distinction between Pharaoh and his army (kept in darkness) versus God’s people (in the light). (**Exodus 14:20**).
        - i. Likewise, we have been delivered from the kingdom of darkness and brought into the kingdom of light. (**Acts 26:18, Colossians 1:13**)
        - ii. Satan is the ruler of the kingdom of darkness.
- c. **Question:** Who is the truly free person?

- i. Many would think of the famous billionaires as the freest men on earth; men like Jeff Bezos, Elon Musk or even Donald Trump.
  1. After all, they have the wealth to do virtually anything they want to do.
  2. However, Jesus and Paul warned us that those who sin are *slaves to sin*. (**John 8:34, Romans 6:16-20**)
  3. In reality, the man who has self-control and is committed to living in righteousness is freer than any of those billionaires, who have shown themselves to be slaves of their flesh.
- ii. Consider what it says in **Wisdom of Sirach** regarding the relationship between wisdom and self-control.
  1. Read **Sirach 6:18-31**.
  2. The restraint of self-control will give rest, joy and protection to those who seek wisdom.
  3. In the end, this will be like a glorious robe and a crown of joy.
  4. The man who learns self control, to master the desires of his flesh, is the only truly free man.

#### IV. Consider the Great Men Who Were Enslaved by Their Flesh

- a. Samson (**Judges 14-16**)
- b. David, with Bathsheba (**2 Samuel 11-12**)
- c. Solomon
  - i. Even the wisest and richest man on earth, King Solomon (**2 Chronicles 1:11-12, Matthew 12:42**), was conquered by his flesh, by his desire for women (**1 Kings 11:1-10**).
  - ii. Read **Sirach 47:12-19**.
    1. Regarding King Solomon, it says: “You were enslaved by your body.”
- d. The men of the nation of Israel, in the Wilderness
  - i. They were enticed via Balaam the prophet, who “loved the wages of wickedness” (**Numbers 31:16, 2 Peter 2:15**)
  - ii. Read **Numbers 25:1-15**.



iii. Read **1 Corinthians 10:1-13**.

1. The lesson is for us.
2. We are in the time of testing.
3. 23,000 died in the Wilderness in one day *to teach us Christians a lesson*.
  - a. That lesson: Even if we have been baptized, and have been eating the spiritual food and drinking from Christ, *we will not make it to the Promised Land if we engage in sexual immorality!*
  - b. Note that even Jezebel was given time to repent of her immorality, but did not.
4. This is a *common temptation*. If you find yourself being tempted in this area, you are not alone!
5. Good news: God *is faithful* (He *always* keeps His promises).
  - a. He promises that we will *never* be tempted *beyond what we can bear!*
  - b. When you are faced with temptation, God always will provide a way out so that you can avoid committing the sin.
    - i. We can never say that a temptation was so strong that there was no way to resist it.
    - ii. There will *always* be a way of escape!
    - iii. While it may be hard, we are assured that it will never be impossible!

V. **Heroic Examples that Inspire Me**

- a. I am encouraged and inspired by the great heroes of faith who overcame in the face of great trials and temptations in this area.
- b. I have benefited from studying and meditating on the examples of:
  - i. Job (**Job 31:1-12**)
    1. He made a covenant with his eyes, not to look lustfully at a woman.
  - ii. Joseph (Read **Genesis 39:7-23**)

1. Although he was alone, single, and had been mistreated by his family, he did not lower his standard of personal righteousness.
  2. He did not feel sorry for himself in the midst of a difficult situation, and make excuses for himself to indulge in sin.
  3. He did not get bitter and abandon God as a result of the tough situation he was in. Instead, his response in the face of temptation was: “How could I do this great wickedness and sin against God?”
  4. He *fled* the temptation.
    - a. The image of Joseph fleeing from the temptation of Potiphar’s wife reminds me of something Paul wrote to the Corinthians.
    - b. “Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” (**1 Corinthians 6:18–20**, NKJV)
  5. God took care of him.
- iii. Moses (in contrast with Esau)
1. Consider the contrasting example of Esau, who valued a little short-term pleasure of the flesh over his birthright. The Hebrews writer points to Esau’s example in that regard as exemplifying the godless life of those who are willing to cast off their eternal inheritance for the short-term pleasure of fornication.
    - a. “So the boys grew. And Esau was a skillful hunter, a man of the field; but Jacob was a mild man, dwelling in tents. And Isaac loved Esau because he ate of his game, but Rebekah loved Jacob. Now Jacob cooked a stew; and Esau came in from the field, and he was weary. And Esau said to Jacob, ‘Please feed me with that same red stew, for I am weary.’ Therefore his name was called Edom. But Jacob said, ‘Sell me your birthright as of this day.’ And Esau said, ‘Look, I am about to die; so what is this birthright to me?’ Then Jacob said, ‘Swear to me as

of this day.’ So he swore to him, and sold his birthright to Jacob.” (**Genesis 25:27–33**, NKJV)

- b. “Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; lest there be any fornicator or profane person like Esau, who for one morsel of food sold his birthright. For you know that afterward, when he wanted to inherit the blessing, he was rejected, for he found no place for repentance, though he sought it diligently with tears. For you have not come to the mountain that may be touched and that burned with fire, and to blackness and darkness and tempest,” (**Hebrews 12:14–18**, NKJV)

- 2. Now look at the opposite attitude exemplified in the life of Moses. He valued his future reward far above the short-term “passing pleasures of sin” that were available to him in Egypt.
  - a. “By faith Moses, when he became of age, refused to be called the son of Pharaoh’s daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.” (**Hebrews 11:24–26**, NKJV)
- 3. The choice before us:
  - a. Will we enjoy a little short term pleasure of the flesh now and forfeit our eternal reward (like Esau)? OR
  - b. Will we instead forego the short-term pleasures of sin because we are looking to a *much greater* reward to be inherited later (like Moses)?

iv. Phinehas (**Numbers 25:6-11**)

- 1. When the Israelite men were committing sexual immorality with Moabite women, he plunged his spear through a couple involved in immorality.
- 2. That act ended the plague, after 24,000 had died as a result of this sin.

3. The Lord he stopped the plague because he saw in Phinehas, the son of Eleazar the priest, the same kind of zeal against this sin that He (the Lord) had.

## VI. Some Good Images to Remember

- a. True freedom versus slavery.
- b. Moses versus Esau.
- c. Joseph fleeing Pharaoh's wife.
- d. Phinehas zealously skewering the two involved in sexual immorality.
- e. Two graphic representations of Christians returning to sin: dogs licking up their own vomit, and washed-clean pigs returning to wallowing in the mud.
  - i. "For if, after they have escaped the pollutions of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and overcome, the latter end is worse for them than the beginning. For it would have been better for them not to have known the way of righteousness, than having known it, to turn from the holy commandment delivered to them. But it has happened to them according to the true proverb: '*A dog returns to his own vomit,*' and, '*a sow, having washed, to her wallowing in the mire.*'" (**2 Peter 2:20-22**, NKJV)

## VII. Practicals to Help Win the Battle for Sexual Purity

- a. Never forget the promise of **1 Corinthians 10:13**. God will never let us be tempted beyond what we can bear. There is a way out.
- b. Do whatever it takes to be victorious.
  - i. Have the same attitude that Jesus held up in **Matthew 5**: "If your eye causes you to sin... if your hand causes you to sin..."
  - ii. Be radical, stop at nothing. WHATEVER it takes.
- c. *Fear God*; especially when you are alone.
  - i. A healthy fear of God can keep you from all kinds of sin. There are so many passages, including in the New Testament, where we are admonished to fear God! A healthy fear of God, combined with loving God, is a good thing!
    1. "And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell." (**Matthew 10:28**, NKJV)

2. “Honor all people. Love the brotherhood. Fear God. Honor the King.” (**1 Peter 2:17**, NKJV)
  - d. Remember that we have *an enemy, Satan*, who is behind these temptations.
  - e. Understand what *true freedom* is, and seek it desperately.
  - f. Confess your sin to trusted person. Be open. Commit that you will do this wherever you are, for the rest of your life. Starting today.
    - i. Jesus said, “And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God.” (**John 3:19–21**, NKJV)
    - ii. “He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.” (**Proverbs 28:13**, NKJV)
    - iii. “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” (**James 5:16**, NKJV)
      1. Understand the importance of confessing sin (voluntarily and promptly).
      2. Have a relationship with someone you trust, who you choose to hold you accountable. Find someone who has strong convictions about living a pure and holy life. Even if they live far away and you need to reach them by phone or internet connection, do whatever it takes!
      3. Be bold and ask your friends how they are doing in this area.
        - a. They will be much more likely to ‘return the favor’ ask you how you have been doing!
        - b. Don’t be afraid to ask the kind of uncomfortably direct and specific questions that need to be asked.
      4. Maintain strict confidence. Never engage in gossiping regarding what others confess to you. Be trustworthy.
  - g. Pray to avoid temptation, every day, as Jesus said: “Lead us not into temptation.” (**Matthew 6:13, Luke 11:4**)
    - i. After praying that prayer and meaning it, proceed to *avoid temptation*!
      1. Make radical decisions regarding the internet, other media you watch or listen to, what you read, and other influences.

- ii. Don't be idle or lazy
  - 1. Recall how David fell into lust and sexual immorality at a time when he was idle, when kings were supposed to be with their troops on the battlefield. (**2 Samuel 11:1-5**)
  - 2. Times when we are idle or lazy present easy opportunities for Satan to tempt us and pull us into all kinds of sin. Note that the **Proverbs** are full of admonitions to be a hard worker, and the spiritual dangers of being lazy.
  - 3. Be purposeful, disciplined, and hard working for the kingdom of God.
- iii. Focus on being victorious *today*. Take on one day of spiritual battle at a time.
  - 1. Then do the same thing tomorrow. And the next day, and then the next day... and keep going!
  - 2. "Sufficient for the day is its own trouble." (**Matthew 6:34**, NKJV)
  - 3. Don't let Satan discourage you through being defeated by past failures. Recall how Paul's focus was looking forward, rather than dwelling on the past (and on his past failures).
    - a. "... but one thing I do, forgetting those things which are behind and *reaching forward to those things which are ahead*," (**Philippians 3:13**, NKJV)
- h. Find a mentor to help you in the areas where you are weak. Seek an older, mature brother (for men) or sister (for women).
  - i. Find someone who you know will challenge you and call you higher, who is serious about sin and repentance!
  - ii. In that regard, consider the advice of early Christian writer Clement of Alexandria, regarding the importance of young Christians seeking a spiritual mentor (See Clement of Alexandria, *Who Is the Rich Man that Shall Be Saved?* chapter 41; found in Ante-Nicene Fathers vol. 2, pp. 602-603)
- i. Along with prayer, consider fasting regularly.
  - i. Fasting is a spiritual exercise that calls for us to deny the flesh. Fasting was a regular part of Christian life in the early church. Recall that Jesus said "When you fast...", not "If you fast..."!

- ii. Note that it was an ancient Christian custom to fast twice a week, typically on Wednesdays and Fridays, at least until 3pm (the time when Jesus expired on the cross).
- j. Be deep in the word of God *every day*. Memorize appropriate Scripture passages, and recite them when you are being tempted.
  - i. “Blessed is the man Who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and *in His law he meditates day and night*. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.” (**Psalms 1:1-3**, NKJV)
  - ii. “How can a young man cleanse his way? By taking heed according to Your word. With my whole heart I have sought You; Oh, let me not wander from Your commandments! *Your word I have hidden in my heart, That I might not sin against You.*” (**Psalms 119:9-11**, NKJV)
  - iii. Follow the example of Jesus, when tempted by Satan.
    - 1. When Jesus, our example was tempted by Satan, he came back with the Word of God, three times saying, “It is written...” then quoting from the Old Testament Scriptures. (**Matthew 4:1-11**, **Luke 4:1-13**)
    - 2. Jesus was tempted in every way, just as we are.
      - a. “For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.” (**Hebrews 4:15**, NKJV)
      - b. Let’s learn from His great example in facing temptation. Commit Scriptures to memory that can help you in times of temptation.
      - c. Be prepared to hit back at Satan with the most powerful offensive spiritual ammunition we have: the sword of the Spirit, the word of God. (**Ephesians 6:17**)
- k. Say “no” to the desires of the flesh. Seek a spiritual life of self-control!