

7 Things I didn't have time to tell you this weekend...

7. **The Little things matter.** Satan loves it when we forget to focus on getting the little things right in life. Some of you this weekend might have been thinking, well, I'm not having an affair, I don't look at pornography, I have an accountability partner, so I am not sure this all applies to me. However, let me challenge you with the tv shows you watch that may not have nudity, but still create a lust temptation for you. Or the magazines you read or look at that may not be inappropriate, but you can't handle the advertisements without lusting, or the friendship you have where you know you have allowed your mind to "wander and wonder". When Satan is looking for a foothold in your life, he always starts with the little things and then watches it grow into the bigger issues.

6. **The best way to avoid Sexual Sin in marriage is to have a healthy, vibrant, sex life.** Talking about sex is awkward – even in marriage it can be very awkward. But the truth is, it is one of the best things you can do to protect yourselves. You need to talk about expectations – how often, what does it look like, what is the end result. You need to talk about what each other likes and doesn't like – talk about turn-ons and turn-offs. And be completely honest with one another. Remember whatever is mutually agreed upon in a marriage is okay (as long as it is within the Biblical boundaries). However, mutually, means you both agree to it. And if one of you is ever uncomfortable, it stops right there. But talk about sex and not just once, help your sex life to grow and improve by being open and vulnerable and honest with one another when it comes to sex.

5. **One For The Women.** This weekend a lot of the things I covered were geared towards men. I didn't mean to leave you women out. I know for many women it is not so much the visual things that are an issue. It is what you allow to go on in your mind – maybe because of a book you are reading, you are envisioning yourself with someone other than your husband or creating unreal sexual and romantic expectations. Or maybe it is the tv shows you watch, the soap operas or evening shows that portray poor examples of real relationships and cause you to change your expectations of marriage. Maybe some of you are even allowing yourself to have an emotional affair with someone – at work, with a friend, or on the internet. These are all things you have got to guard yourself against!

4. **It doesn't matter who you pray for.** Someone wrote me on Sunday afternoon saying, my grandparents and parents have all passed away so I am not sure who to pray for. He then ended his message by saying, I guess I will be praying for you a lot more! This made me laugh, but the truth is, it doesn't matter who you pray for. You can pray for friends or family members who do not yet know the Lord, you can pray for someone who is on a missions trip, you can pray for the President of The United States, it doesn't matter. But if you will begin to use Satan's temptations as a reminder to pray for someone – anyone, Satan will not want to tempt you like that anymore. And it is hard to lust when you are praying for people.

3. **This never gets easy, victory doesn't mean the temptation stops.** I can't stress this enough. Victory over sin, does NOT mean you are no longer tempted. And chances are, if this has been one of your greatest struggles then Satan will keep trying to use this against you. You may find victory and see the temptation begin to dwindle for awhile, but NEVER, EVER, EVER let your guard down. I promise you

Satan is watching and waiting for an opportunity to attack you again with this sin. Satan will never stop trying to get you, so you can't ever stop protecting yourself. Always keep these processes in place. Because eventually Satan will move the temptation from lust and sexual sins to just tempting you to get rid of or stop the processes you set-up to protect yourself. Because once he can eliminate those, he can tempt you with sexual sins again.

2. This isn't a 7 step process. If you want victory over sexual sins, you need to take one giant step and eliminate all temptations at once. Examine all of your life. Your home, your work, where you play, how you relax, who you spend time with, what your heart and attitude is to different people. You can't tell yourself, "Well, I will just take some small steps, or just do these couple of things." Look, that is one of Satan's greatest lies, that you can do this in steps. If you don't eliminate all of the temptations as soon as you see them, this will always be a struggle for you. In fact chances are, a year from now you will have taken steps backwards if you try to do this in little steps instead of one giant step!

1. Don't do it alone. This is just too hard of a sin to address by yourself. We all need the help of others. Find a friend to ask you every week, how did you do this week with sexual sin. And commit to being honest with each other – you have to or it won't work. Allow that person to speak into your life if their more processes you need to protect yourself, if there is a relationship that is not appropriate. Pick someone who can hold your feet to the fire, but also encourage you. It is best to ask someone you are already good friends with and can allow to confront you. Oh, and this friend **MUST** be someone of the same sex as you!