

I. FOUR OBSERVATIONS FROM THE TEXT:

1. God is most concerned with our hearts
2. Our hearts are linked to our eyes
3. Jesus demands drastic action in dealing with sin (not literal mutilation, but spiritual mortification)
4. The consequences of giving over to sin are eternal (habitually)

II. FOUR STRATEGIES FOR FIGHTING SEXUAL SIN AND LUST:

1. Identify It

1. For what it is

- Rosaria Butterfield: *"Don't make a false peace. Don't make excuses. Don't get sentimental about sin. Don't play the victim....If you bring the baby tiger into your house and name it Fluffy, don't be surprised if you wake up one day and Fluffy is eating you alive. That is how sin works, and Fluffy knows her job. Sometimes sin lurks and festers for decades, deceiving the sinner that he really has it all under control, until it unleashes itself on everything you've built, cherished, and loved."*

2. For how deep it is in your heart

2. Starve It

3. Fight It

1-By Repentance and confession in community

2-By the Gospel: Knowing and applying it to our hearts again and again

- 2 Corinthians 5:21, Colossians 2:13-15, Romans 8:31-39

3-By the Spirit

- Romans 8:12-13
- *"This whole work, which I have described as our duty, is effected, carried on, and accomplished by the power of the Spirit, in all the parts and degrees of it; as He alone clearly and fully convinces the heart of the evil and guilt and danger of the corruption, lust, or sin to be mortified."* –John Own

4. Pursue Joy

- *"The only way to dispossess an old affection is by the expulsive power of a new one . . . In the Gospel do we so behold God as that we may love God. It is there, and there only, where God stands revealed as an object of confidence to sinners...The Spirit of Adoption is poured upon us, it is then that the heart brought under the mastery of one great and predominant affection is delivered from the tyranny of its former desires, and is the only way that deliverance is possible."* –Thomas Chalmers