

Battle Plan for Fighting Sexual Sin

This battle plan is part of the book, *Killing Sin Habits*, Stuart Scott

“Always be **P.R.E.P.A.R.E.D** for Spiritual Battle by Continually Abiding in Christ”

P- PRAY (A. Adoration, C. Confession, T. Thanksgiving, S. Supplication (for self and others). Submit my will to God's (Luke 22:42) and seek to please Him (2 Cor. 5:9)

R- REHEARSE Gospel Truths (New Man in Christ- position to practice) & God's Attributes, Deeds and Promises as well as His love for me in Christ.

- Who is God? (various attributes, Sovereign, Good, Merciful, Just, etc)
- What has God done? (His mighty deeds...)
- What are His promises? (Future grace and Hope)
- What Jesus did in His life, death and resurrection out of love for me
- What Repentance and Faith mean and look like in my life
- What happened to all my sins- all forgiven (Col 2:13)
- Who am I as a new Man in Christ (Gal 5:24 old man crucified, and now I'm alive in Christ)
- The Holy Spirit empowers me with resurrection power (Rom 8:9-11)
- How I should live as His Adopted Child out of love for Him in holiness
- Jesus is returning soon (maybe today)
- Live by faith not by sight
 - Faith: “is the life-dominating conviction *and practice* that all God has for me through obedience to *His revealed Word* is better by far than anything Satan, *the world and the flesh* can offer me through *my selfishness* and sin.” The Obedience Factor, D. Hegg, 28 adapted by Stuart Scott (in italics)

E- Evaluate and set my heart to exercise my God given faith for God's glory (2 Cor 3:18; 2 Pet3:18)

- I am to be in total submission to God and His revealed Word.
- My Thoughts
 - Gird up my Mind on Jesus (1 Pet 1:13; 5:8)
 - Set my Mind on the Eternal (Matt 6:33; Col 3:1-4)
 - My first thoughts ought to be on how I can encourage, love, serve and help others (not use them for selfish purposes) (Matt 22:37-39)
 - Take every thought Captive, renewing my mind one thought at a time (2 Cor 10:5; Phil 4:8)

- Deal with my selfish “I deserves and I needs” of self-pity and replace them with thankful and contentment thoughts about Jesus (Phil 4:6-9)

- My Affections

- To love and please Christ who gave Himself for me (Titus 2:11-14) for the glory of God (I Cor 10:31) as one who will give an account (2 Cor. 5:9-10)
- In like manner to love and serve other (in a non-worshipful manner, Matt 22:37-39)
- Realize temptations can come one category at a time (e.g. Jesus (Luke 4:1-13) or all three at a time (e.g. Eve, Gen 3:1-6)
- Be aware of and mortify my specific lusts (Rom 8:13, 13:14)
 - My pursuit of comfort and ease (when not at work)
 - My pursuit of fleshly pleasures (rationalizing and giving in to eating, spending, tv, etc)
 - My pursuit of escape from God given pleasures, responsibilities and seeking false refuges
 - My pursuit of control and certainty (Where I want to walk by sight and not by faith)

-My Choices

- Because I’m a new creature in Christ and called to holiness and self-control: “By God’s grace I will not.... and I will....” (Psalm 101; Titus 2:11-14)
 - Say No....Buffet my body and mortify my flesh (I Cor 9:27; Rom 8:13)
 - Say Yes... Put on the Lord Jesus (walk in holiness of thought and action) (Rom 13:14)
- How am I going to love and serve Jesus and others right now (be specific and concrete)? (Matt 22:37-39; I Cor 10:24, 33)

P- THE PLAN PUT OFF old and PUT ON Jesus (walking in holiness of thought and action, the whole Armor of God, keep Meditation on God’s Word (Rom 13:14; Eph 6:10-20; Joshua 1:8; Jeremiah 2:13) Titus 2:11-14 (cf. I Thess 4:1-8) Jesus (God’s Grace) is teaching me....

“ For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.”

A- ACTION (Implement “Charge ahead” with my thoughts, affections and decisions)

-Obey and Do the Word out of Love for Jesus (James 1:22; John 14:21-23; I Cor 15:8-11)

- What's my specific plan and what are my concrete steps? RIGHT NOW!! (with no delay "nip it in the bud"). Write them out and follow through with accountability if needed
- Remove any provision for the flesh- right away (Rom 13:14)

-Remember- the Blessing of God comes in the doing (John 13:17; James 1:25)

R-RELOAD with God's Word- Keep it up (never cease fire and never a single shot battle) (Luke 4:1-13; Psalm 119:9-11)

- All the resources are there for life and godliness (2 Peter 1:3)

E- ENLIST others to Help and Pray (Rom 15:30; Heb 3:12-14)

- Throw out the welcome mat for other to help me and be honest with them (Gal 6:1; Eph 4:25)

- Pursue fellowship with other godly brothers and couples (Heb 10:24-25)

D-DEPENDANT on the Holy Spirit for help (in prayer and on His Word) (Zech 4:6; Rom 8:13; Gal 5:16-17; Eph 6:18; Phil 2:13; I Cor 15:10; Col 1:28-29)

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God." Hebrews 12:1-2

Books Available:

Challies, *Sexual Detox*

Cleveland, *The Way of Purity (Focus Publishers)*

Gallager, *Sexual Idolatry*

Lambert, *Finally Free*

Lutzer, *The Truth About Same Sex Marriage (Moody Publishers)*

Scott, *Killing Sin Habits: Conquering Sin with Radical Faith*

Website Protection (both internet on phones and computers)

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