

Becoming a Man of God Series

Taming
LUST
and
ANGER

A Seminar by
Reb Bradley

SYLLABUS AND STUDY GUIDE

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TAMING LUST

"He who is a slave to another cannot rule his home, for the one who rules him rules his home."

I. Biblical Prohibitions Regarding Lust

- A. Matt 5:27-28 Looking with lust is _____ as _____ as _____
Mat 5:27 "You have heard that it was said, 'Do not commit adultery.' 28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.
- B. 1 Peter 4:3 Lust is to be part of _____
1 Pet 4:3 For you have spent enough time in the past doing what pagans choose to do--living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.
- C. Col 3:5 Put lust _____
Col 3:5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.
- D. 2 Tim 2:22; Rom 13:14 _____ lust like the _____
2 Tim 2:22 Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.
Rom 13:14 Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.
- E. Eph 5:3-5 Our lives should give no _____ of sexual _____
Eph 5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. 4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. 5 For of this you can be sure: No immoral, impure or greedy person--such a man is an idolater--has any inheritance in the kingdom of Christ and of God.

II. Defining Lust and Sexual Purity

PURITY: akatharsia -- *to be clean; the absence of anything which defiles; void of contamination*

LUST: *Epithumia, orexis, einai, pathos, hedone* -- *strong or passionate desire*

- A. 1 John 2:16 Lust has 2 basic expressions
For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. 1 John 2:16
1. Lust of the eyes -- I _____ what I see
⇨ Difference between enjoying the sexual beauty of a woman and appreciating sunsets is _____
 2. Lust of the flesh -- I _____ what I see
- B. Eph 5:4 _____ are impure and are always inappropriate
Eph 5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.
- C. Eph 5:12; Prov 8:13 _____ of sexual sin shame us and entice us
Eph 5:12 For it is shameful even to mention what the disobedient do in secret.

III. Effects of Lust

"Lust makes the powerful weak and the wise fools."

A. Lust hinders one's ability to

1. 1 Sam 13:14; 2 Sam 11:2-17 -- King David
2. Judg 16:6-20 -- Samson
3. Deut 17:17; Prov 6:23-35; 7:5-27; 23:26-28; 30:20 -- Solomon

B. Lust _____ a man and thereby

2 Pet 2:19 "... a man is a slave to whatever has mastered him."

1 Ths 4:4 "... each of you should learn to control his own body in a way that is holy and honorable."

1 Cor 6:12 "I will not be mastered by anything." (Rom 6:6, 16-22)

⇒ Those ruled by their habits are not ruled by Christ -- Mat 6:24

C. Lust promotes _____ breaking down self-discipline vital to marital

Heb 13:4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

D. Lust _____ women, making them into _____ for gratification

1 Cor 13:4-5; Phil 2:3; John 15:13 -- Love is not self-seeking -- it is considerate and respectful; selfless and sacrificial; deferring to the other's needs first

E. Lust breeds

Gal 5:19; Mark 7:22; Rom 13:13; 1 Pet 4:3

Lasciviousness: aselgia -- *unrestrained sexual interest; preoccupation with turning oneself on*

F. Lust creates _____ in the marriage bed. (Heb 3:13)

1. Lust creates a _____ of
2. _____ makes impure sex more
Prov 9:17; 20:17
3. Lust cultivates an appetite for

G. Lust defiles the conscience, destroying _____ (1 Tim 1:19)

H. Lust creates a _____ with a _____ other than your

I. Lust _____ sex and marriage

IV. Conquering Lust: The path to freedom

"Can a man scoop fire into his lap without his clothes being burned?" Prov 6:27

A. Gal 5:16, 23 Walk in the Spirit and the of self control
⇒ Walk in full and to Christ

B. Devise new disciplines

1. Break old

1 Tim 4:7 ... train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come

2. your flesh

2 Tim 2:22 Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. (KJV)

Rom 8:13 ... put to death the misdeeds of the body ...

Rom 13:14 ... do not think about how to gratify the desire (Also, 1 Pet 2:11)

3. Pray for the of evil and for your heavenly father

Prov 8:13 To fear the LORD is to hate evil; I hate pride and arrogance, evil behavior and perverse speech.

Rom 12:9 Love must be sincere. Hate what is evil; cling to what is good.

Gen 39:9 "... How then could I do such a wicked thing and sin against God?"

C. 1 Cor 10:13 Have a for temptation

1. your

Job 31:1 "I made a covenant with my eyes not to look lustfully at a girl."

2. Mat 5:44 for those who tempt you

1. You will see them through God's eyes

2. You will see them as souls in need of Jesus

3. You will grow in selfless compassion

3. Prepare a for flirtatious women. (See next page.)

4. your regarding inappropriate fantasies

2 Cor 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

5. Be on your guard against with female coworkers

D. Remember Paul's

Gal. 5:19-21; Eph 4:19; 5:5 Lust is characteristic of the unregenerate

E. Make yourself to someone

James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed...

F. Have frequent

Prov 28:13 He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

G. Pursue for your wife

Eph 5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her ... 28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.

Preparing Yourself to Respond to an Aggressive Woman

WARNINGS FROM PROVERBS ABOUT TECHNIQUES OF FLIRTATION

Their words

5:3 For the lips of an adulteress drip honey, and her **speech is smoother than oil**;

6:24 keeping you from the immoral woman, from the **smooth tongue** of the wayward wife.

7:5 they will keep you from the adulteress, from the wayward wife with her **seductive words**.

7:21 With **persuasive words** she led him astray; she seduced him with her **smooth talk**.

7:18 Come, let's drink deep of **love** till morning; let's enjoy ourselves with love!

- Hints of love or commitment; ie: "Hi, Sexy." "Now, remember - I'm first in line if your wife ever leaves you."
- Pours out praise and affirmation
- More than others, compliments and flatters you, ie: "You're so good at that!" "You look so good in that!"

Their gaze

6:25 Do not lust in your heart after **her beauty** or let her captivate you with **her eyes**,

- Stares longingly
- Twinkles and smiles when listening
- Laughs extra-hard at jokes

Their appearance

7:10 Then out came a woman to meet him, **dressed** like a prostitute and with crafty intent.

- Groom themselves to capture sexual interest or admiration

Their aggressiveness

7:11 She is loud and defiant, her **feet never stay at home**;

7:12 now in the street, now in the squares, at every corner **she lurks**.

7:15 So I came out to meet you; **I looked for you** and have found you!

23:28 Like a bandit **she lies in wait**, and multiplies the unfaithful among men.

- Is "on the make"
- Manages to always be around
- Finds you and sits next to you at lunch; walks with you to your car
- Calls with a need as an excuse for a chat
- Goes out of the way to say hello

Their touch

7:13 She **took hold of him** and **kissed him** ...

- Brushes her body up against you
- Frequently touches you -- uses any excuse
 - during conversations puts her hand on leg, grabs your arm, etc.
 - helps you on with your coat
- Looks for you when the mistletoe comes out
- Gives backrubs without asking

Their provision for relationship

7:17 I have **perfumed** my bed with myrrh, aloes and cinnamon.

- boldly declare to you their interest in you
- tell you they want to have an uncommitted relationship with you

Their lack of conscience

30:20 "This is the way of an adulteress: She eats and wipes her mouth and **says, 'I've done nothing wrong.'**"

- justifies impure behavior and attitudes
- "God meant us to be together."

RESOLVING ANGER AND UNFORGIVENESS

I. Why don't we want anger in our homes?

A. Eph 4:31; Col 3:8; Jam 1:19 It God

B. Prov 15:18; 29:22; 30:33; Jam 4:1 It bad

II. What is righteous anger?

A. Mk 3:5; 10:14; Mt 21:12 **Selfless -- other oriented**

Mark 3:5 He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

Mark 10:14 When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.

Matthew 21:12 Jesus entered the temple area and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves.

B. Prov 29:8,11; 14:17 **Self Controlled**

Proverbs 29:8 Mockers stir up a city, but wise men turn away anger... 11 A fool gives full vent to his anger, but a wise man keeps himself under control.

Proverbs 14:17 A quick-tempered man does foolish things, and a crafty man is hated.

Five Elements and Expressions of Anger (from Eph 4:31):

BITTERNESS: *Pikria*; polluted, contaminated, sour, smelly

When anger is left unresolved, it turns to bitterness, *completely* infecting our spirit and outlook on life. It ultimately hardens our heart.

RAGE: *Thumos*; wrathful outbursts, impassioned agitated *feelings*, anger in its first-stage

If left unchecked, our initial feeling of inner indignation, will produce an abiding and active anger.

ANGER: *Orge*; fierce passion

While *rage* is more indicative of an *inward* impassioned *response*, *anger* suggests an abiding condition of the mind, often with a view to vengeance.

BRAWLING: *Krauge*; noisy, like a raven's cry

Those ruled by their rage can be tempted to clamorous arguments and fights.

SLANDER: *Blasphemia*; to blaspheme, revile, rail

The natural fruit of bitterness is to verbally attack the object of our anger, either confrontationally or by gossip and slander.

III. What is forgiveness?

of a

IV. What results from remaining unforgiving?

We become

Pikria; polluted, contaminated, sour, smelly

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. Heb 12:15

Manifestations of unforgiveness:

- Constant irritability, always snaps, easily angered
- Nit-picking, critical, faultfinding
- Rudeness, constant sarcastic cuts and digs
- Over-willingness to tell others of the offense, rallying them to our side
- Dwelling on the offense, reliving the cause of "injury" -- rehearsing it in our mind over and over
- Impatience, intolerance
- Vengeful, wants to hurt back
- Competitive, wants to see them lose
- Rejoicing when the other is humbled
- Intentionally hurtful -- in words and actions
- Degrading and embarrassing them in front of others
- Harping on past failures
- Over-willingness to give "low blows," using past confessions of weakness as ammo against them
- Hateful, demeaning, scornful thoughts
- We want them out of our lives

V. What is the most self-deceiving symptom of bitterness?

Therefore judge nothing before the appointed time; wait till the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men's hearts. At that time each will receive his praise from God. 1 Cor 4:5

1. Only **God** has the authority to _____ the _____ .

2. Only **God** has the ability to accurately _____ someone's _____

SIGNS OF HEART JUDGMENT:

- Extreme mistrust; total refusal to believe good of them
- Hypercritical of all much of what they do
- As mistrust grows, their motives are frequently assumed to be evil; if something can be taken two ways, the worst is automatically assumed
- Perceive the offender as being *completely* and *thoroughly* evil
- In misunderstandings you respond with *immediate* frustration and judgment of their motives before the facts are fully sought or verified
- Self-deception

VI. WHY IS FORGIVENESS SO DIFFICULT AND HOW CAN WE OVERCOME IT?

A. We _____ or _____ our resentment and call our bitterness _____

SOLUTION: _____ and _____ it _____

Proverbs 28:13 He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

B. We _____ for our responses to them, making ourselves

SOLUTION: we must _____ our

1. We are responsible for how we _____ to others

1 Corinthians 4:13 when we are slandered, we answer kindly. Up to this moment we have become the scum of the earth, the refuse of the world.

1 Peter 3:15 But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,

2. We are expected to _____ our

Matthew 5:44 But I tell you: Love your enemies and pray for those who persecute you,

Luke 6:27-28 "But I tell you who hear me: Love your enemies, do good to those who hate you, 28 bless those who curse you, pray for those who mistreat you.... 35 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked.

Romans 12:17-21 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. 18 If it is possible, as far as it depends on you, live at peace with everyone. 19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. 20 On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." 21 Do not be overcome by evil, but overcome evil with good.

3. They are responsible for their _____ but not our

C. Unforgiveness makes us

SOLUTION: _____ yourself _____ to Jesus

Matthew 16:24 Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me.

Colossians 3:5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.

D. We are filled with _____ and self

SOLUTION: Own your _____ remember

Jam 4:6 But he gives us more grace. That is why Scripture says: "God opposes the proud but gives grace to the humble."

1. See yourself as GOD does -- a

1 Tim 1:15-16 Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners--of whom I am the worst.16 But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his unlimited patience as an example for those who would believe on him and receive eternal life.

2. as God has

Eph 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Colossians 3:13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

a. Remember the great God you

Romans 5:10 For if, when we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!

Genesis 6:5 The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time.

Job 25:4-6 How then can a man be righteous before God? How can one born of woman be pure? 5 If even the moon is not bright and the stars are not pure in his eyes, 6 how much less man, who is but a maggot-- a son of man, who is only a worm!"

b. Allow that fresh dose of mercy to

John 13:34 "A new command I give you: Love one another. As I have loved you, so you must love one another.

Luke 7:47 Therefore, I tell you, her many sins have been forgiven--for she loved much. But he who has been forgiven little loves little."

Luke 19:8 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."

3. Go to them and (Do not or them)

Rom 12:18 If it is possible, as far as it depends on you, live at peace with everyone.

Mat 5:23 "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

Prov 6:3 then do this, my son, to free yourself, since you have fallen into your neighbor's hands: Go and humble yourself; press your plea with your neighbor!

4. Pursue for them. Be a -- not a

1 John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 Corinthians 13:5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

5. See

Hebrews 12:1-3 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. 2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

E. We ignore God's

SOLUTION: Trust in Offenders

Job 1:21-22 and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised." 22 In all this, Job did not sin by charging God with wrongdoing.

Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

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