

How God's Grace Enables us to Overcome Disordered Sexual Desires

Jim Newheiser

I. Introduction: How did our sexual desires become so disordered?

- A. God established marriage, including sex, to be a blessing. Gen. 2:24-25 1:27-28 Eph. 5:32
1. The sexual union is an expression of oneness in the marriage covenant which is a picture of our relationship with God. Gen. 2:24 4:1 Eph. 5:32 Gen. 29:21
 2. The sexual union between a husband and wife is God's chosen means to enable mankind to fill the earth. Gen 1:27-28 Ps. 127
 3. The sexual union is for the enjoyment of both husband and wife. Dt. 24:5
1 Co. 7:3 Pr. 5:18-19 Heb. 13:4 Song 1:2,13-16 7:1-10 4:1-7 5:10-16 7:6-9
- B. Humanity fell when the man and the woman put their own desires (will) above that of God. Gen. 3:1ff
- C. Mankind has distorted God's gift of sex by turning it into an idol – disordered desires. Rom. 1:24-27 Ecc. 7:29 Heb. 13:4 Ex. 20:14 Lev. 18:22 20:13 I Cor. 6:9 Ro. 1:26-27 Gen. 19:5 Eze. 16:48-49 Jude 7 Dt. 22:5 I Tim. 1:10 II Pet. 2:6 Mt. 5:27-28 Job 31:1,9
1. Sexual sin is a theological problem – a failure of worship. Ro. 1:26-32 I Th. 4:3-5 Ps. 51:4 Eph. 4:17-19
 2. Idolatry, more than adultery, is the key to understanding sexual sin. Ezek. 14:7,14 1 Cor. 10:7-8 Rom. 1:20ff Jonah 2:8 2 Pet. 2:18-19 Pr. 5:22,3,9
 3. How can you know if you are a sexual idolater?
 - a. Are you obsessed with getting what you want?
 - b. Do you get angry when you don't get what you think that you must have?
 4. Sexual idolatry (disordered desires) can occur even within marriage.
 5. Disordered sexual desires harm the marriage relationship. Js. 4:1ff
 6. If you seek ultimate satisfaction through sex (or any other idol – drugs, food, wealth, success), rather than in the Lord, you will remain unsatisfied. Is. 55:1-2
- D. Christ redeems His people from disordered desires. 1 Cor. 6:9-11
1. Through Christ's atoning death our sexual sin is forgiven. Gal. 3:13 2 Co. 5:21 1 Pet. 3:18 Ps. 32
 2. Now that we are united to Christ, we have been set free from slavery to sexual sin. 1 Co. 6:11 2 Co. 5:17 2 Tim. 2:22 Rom. 6:6-7,12-14,17-18 Gal. 5:16ff
 3. When Christ is our ultimate desire, we can enjoy God's gift of sex according to God's original design (order). Heb. 13:4
 4. Sex, like everything else, is to be done for the glory of God. 1 Co. 6:16-20 10:31

II. The gospel of grace transforms your thinking as you gain sexual wisdom. Learn from three women in Proverbs– one will destroy you, one can help you and one will save you.

- A. Madam Folly can destroy you. 7:6-23 2:16-19 Ecc. 7:26
1. Wisdom helps you to see the true nature of Madam Folly – a flatterer, a rebel, a religious hypocrite and a counterfeit wife offering counterfeit love. Song 4:11,14 5:16
 2. Wisdom shows you why sexual immorality is wrong in relation to God, your neighbor and yourself. Ps. 51:4 Js. 4:4 Gen. 39:9 Pr. 6:29 5:11ff Ex. 20:14 Lev. 19:16ff

3. Wisdom warns you of the deadly consequences of sexual sin. Pr. 2:18-10 5:3-5,10-13,22-23 6:25ff 7:22-27 Ps. 73:17 37:30 32:3-4 Heb. 13:4 Dt. 22:22 Lev. 20:10 Ro. 6:23 Heb. 13:4 4:13 Job 31:4 I Co. 6:9-10 Num. 32:23
 4. Wisdom trains you to stay far from sexual temptation. Prov. 4:23 5:8 7:3,25 6:25 Job 31:1f Phil. 3:8-9 Mt. 5:28-29 6:13 I Co. 15:33 10:12 II Ti. 2:22 Gen. 39:9
- B. Your spouse *may* protect you from sexual immorality. Prov. 5:15-20
1. Find sexual happiness with your spouse. I Co. 7:2-5 Heb. 13:4 Ecc. 9:9 ITi. 4:3-4 Pr. 5:15-17 Song 4:12-15
 2. Marital sex should be exhilarating. Pr. 5:18-19 Deut. 24:5 Ecc. 9:9 Song 4:1ff 5:10f 6:4f 2:14,6,4
 3. If you aren't godly, marriage will not solve your sexual problems!
- C. Lady Wisdom *will* protect you from immorality.
1. Not everyone has a spouse who is helpful. Pr. 12:4 21:9 25:24 I Co. 7:1ff
 2. Your spouse can't meet your ultimate needs – sexual idolaters will not be satisfied by marriage. Jer. 17:5-8
 3. Make Wisdom (the LORD) your first love (even above your spouse)! Pr. 4:5-9 7:4
 4. Wisdom will exalt you, like a good wife. Pr. 4:8 12:4
 5. The love of wisdom is the love of God Who alone can satisfy your soul. Mark 12:30 I Co. 1:30-31 Col. 2:3 John 4:13-14 6:35 7:38 Pr. 9:1-7 Isa. 12:3 44:3 55:1-2 Ps. 34:8
 6. If you aren't seeking God's wisdom, a spouse will not resolve your sexual idolatry (disordered desires). II Tim. 3:4

III. The gospel of grace transforms your marriage (and sex).

- A. First pursue intimacy in your relationship with God. I Th. 4:3-5 Prov. 4:5-9,23 7:4 Gen. 39:9 Pr. 4:23 Ps. 1 34:8
1. Find your greatest delight in Him and His Word. Is. 55:1-2 Rom. 12:1-2 Phil. 4:8-9
 2. Fill your heart with the gospel which should result in your reflecting God's grace to your spouse. Eph. 5:25ff 4:32 3:14-21
 3. Don't look to your spouse to meet needs that only the Lord can meet.
- B. The gospel enables you to build the intimacy of your marriage relationship so that it reflects God's gracious covenantal love for us.
- C. Almost all "sexual problems" in marriage are merely symptoms of other disorders. Gen. 2:18-25 Phil. 2:3-4 Eph. 5:22-33 4:25-32 I Pet. 3:1-7 I Jo. 4:19 Prov. 31:28 12:4
- D. The gospel empowers you to practice "grace sex", rather than "law/works sex".
1. Law/works sex gives your spouse what you judge that they deserve -- punishments and rewards.
 2. Grace sex gives to your spouse freely, just as God has given to you -- treating him/her better than he/she deserves. Phil. 2:3-4 Mark 10:42ff
 3. Deal graciously with the weaknesses of your spouse. Rom. 15:1-3,7
 4. Apply 1 Corinthians 13:4-8 to your love life.

5. Think first of how to bring refreshment and satisfaction to your spouse, rather than seeking self-gratification. 1 Cor. 7:3-5 Phil. 2:3-4 Pr. 5:18-19 Deut. 24:5
Ecc. 9:9 Song 1:2,13-16 7:1-10 4:1-7 5:10-16 7:6-9
6. Be willing to receive grace.

IV. The gospel of grace also transforms your singleness.

- A. Sex is not the ultimate life experience.
- B. Knowing God is the ultimate life experience. Isa. 55:1-2 John 17:3 Mt. 22:30
- C. Marriage may be a blessing to which you can look forward. Pr. 18:22 Gen. 2:18
- D. You can enjoy God's richest blessings without being married or having sex.
1 Co. 7:7,32ff
- E. One day all of our desires will be perfected and fully satisfied. 1 John 3:1-2