

AVOIDING OR OVERCOMING MASTURBATION

I. What's wrong with masturbation?

1. It is not God's plan. I Cor. 7: 3,4
2. It is self-gratification and further promotes selfishness and self-centeredness.
3. View of love is wrong, getting NOT giving.
4. Forms habits of not living in reality but in "fantasy".
Worldly, impractical approach to life.
5. This view will cause problems in life in general, and in marriage.
6. Will cause poor sexual relationship in marriage unless Christ is allowed to change to...love is GIVING.
7. Mate will be aware of selfishness and feel unloved.
8. Masturbation may continue...more bizarre methods of self-gratification sought.
Example: stag movies, pornography.
 - but person will go farther and farther from love.
 - self and the flesh can never be satisfied as long as the goal is getting. This may lead to extreme bizarre behavior.
9. The pattern of lying always accompanies masturbation.

The believer can and must handle lust. I Thes. 4:3-8; Rom. 6:11-13; I Cor. 10:13; Matt. 5:28.

II. Victory over lust.

1. Christ must become first.
 - Rom. 6:11-13
 - I Thes. 4:3-8
 - I Cor. 6:13b Body is made for Christ.
 - I Cor. 6:12b Not to be enslaved to anyone but Christ.
 - I Cor. 6:15-20 We are part of His body and not to be involved in sexual sin.

2. Make a covenant with your eyes. (what you see, read)
 - Job 31 David didn't. (II Sam. 11)
3. Must use principles of replacement of thoughts.
 - Phil. 4:8 Keep mind filled with good things. (Avoid wrong music, replace it with good.)
4. Replace old habits with new. Eph. 4:22,24
 - Especially those times of day which are problematic.
5. Make changes necessary to restructure new habits in place of old.
 - Bring life under scrutiny of someone who can help.
6. Flee youthful lust. II Tim. 2:22, I Cor. 6:18, Gen. 39:10
7. Get busy doing RIGHT THINGS. Phil. 4:8-9
 - Especially serving Christ and others. I John 3:18
 - Exercise. I Cor. 6:19-20
8. Depend on Christ's strength. I Cor. 10:13, Phil. 4:13,
(Wet dreams are a natural body function and not to be associated with
masturbation.)