

Biblical Help for Sexual Sins - Lies and Truth

The best way to defend against the tempter's lie is to know God's truth.

This memory pack contains 18 of the tempter's lies associated with sexual temptation. It also includes the accompanying truth from the Scripture.

I have hidden your word in my heart that I might not sin against you. (Psalm 119:11 NLT)

Lie 3
Taking radical action against sin isn't necessary.

Truth

"If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell." (Matthew 5:29-30)

"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. (2 Timothy 2:22)

Lie 7
God won't mind a little compromise.

Truth

"Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires, and greed, which is idolatry. Because of these, the wrath of God is coming." (Colossians 3:5-6)

"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." (Ephesians 5:3)

Lie 11
I can't control my sex drive.

Truth

"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you." (1 Thessalonians 4:3-6)

Lie 15
Sex is OK as long as you love each other.

Truth

"Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous." (Hebrews 13:4)

Lie 1
It's my body. I can do what I want with it.

Truth

"Flee from sexual immorality. All other sins a man commits are outside his body; but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body." (1 Corinthians 6:18-20)

Lie 5
A little sinful fantasizing won't hurt.

Truth

"To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." (Romans 8:6 ESV)

"Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life." (Galatians 6:7-8 ESV)

"But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires." (Romans 13:14 ESV)

Lie 9
God understands that with all the hormonal changes it is natural to give in to these desires.

Truth

"For God has not called us for the purpose of impurity, but in sanctification. So, he who rejects this is not rejecting man but the God who gives His Holy Spirit to you." (1 Thessalonians 4:7-8)

Lie 13
Giving into lustful desires will help relieve the pressure.

Truth

"Jesus answered them, "Truly, truly, I say to you, everyone who commits sin is the slave of sin." (John 8:34)

"Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness?" (Romans 6:16)

Lie 17
No one will ever know what you are about to do. Go ahead—No one is watching.

Truth

"Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account." (Hebrews 4:13 NIV)

Lie I've tried over and over again to quit but have failed, so why keep trying? 2

Truth

"and those who are in the flesh cannot please God." (Romans 8:8)

"I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing." (John 15:5)

"I can do all things through Him who strengthens me." (Philippians 4:13)

Unless noted all Scripture is from the ESV. You can print additional copies of the verses at our webpage (aboutfbc.org) at media/resources.

A number of these lies and accompanying Scriptures were taken from chapter 9 of *Sex is not the Problem-Lust is* by Joshua Harris.

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Lie God is keeping something good from me. 6

Truth

"Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked. For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless. O Lord Almighty, blessed is the man who trusts in you." (Psalm 84:10-12)

Lie Fulfilling my lust will satisfy me. 4

Truth

"I say to myself, 'the LORD is my portion; therefore I will wait for him' the LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD." (Lamentations 3:24-26)

"The fear of the LORD leads to life, and whoever has it rests satisfied." (Proverbs 19:23 ESV)

Lie I won't experience any consequences for indulging in my lust. 10

Truth

"so then, each of us will give an account of himself to God." (Romans 14:12)

"the Lord disciplines those he loves, and he punishes everyone he accepts as a son." (Hebrews 12:6)

"After desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death." (James 1:15)

Lie People get away with adultery. 8

Truth

"For the lips of an adulteress drip honey, and her speech is smoother than oil; but in the end she is bitter as gall, sharp as a double-edged sword. Her feet go down to death; her steps lead straight to the grave." (Proverbs 5:3-5)

"Keep to a path far from her, do not go near the door of her house, lest you give your best strength to others and your years to one who is cruel, lest strangers feast on your wealth and your toil enrich another man's house. At the end of your life you will groan, when your flesh and body are spent." (Proverbs 5:8-11).

Lie Lust is no big deal. 14

Truth

"For lust is a shameful sin, a crime that should be punished. It is a devastating fire that destroys to hell. It would wipe out everything I own." (Job 31:11-12)

Lie Looking at a few pornographic pictures won't affect me. 12

Truth

"Do not lust in your heart after her beauty or let her captivate you with her eyes, for the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life. Can a man scoop fire into his lap without his clothes being burned?" (Proverbs 6:25-27)

"I will set before my eyes no vile thing." (Psalm 101:3)

Lie The temptation is so strong that God must want me to sin. 18

Truth

"Let no one say when he is tempted, 'I am being tempted by God,' for God cannot be tempted with evil, and he himself tempts no one. But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death." (James 1:13-15)

Lie If it feels right it must be right. 16

Truth

"...put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness." (Ephesians 4:22-24)