

# TRAINING FOR GUYS

No 19 2nd February 2013

I REALLY FANCY A GIRL  
BUT IT WOULD BE  
ADULTERY.  
WHAT DO I DO?



Since Eden, the forbidden fruit has always been attractive. That's one of the reasons God put strict rules in place.

But on the other hand, it's those rules that make it forbidden that somehow makes it more attractive. Paul wrestles with this in Romans 7. Verses 7 and 8 say "I would not have known what sin was had it not been for the law. For I would not have known what coveting really was if the law had not said, 'You shall not covet.' But sin, seizing the opportunity afforded by the commandment, produced in me every kind of coveting. For apart from the law, sin was dead." (NIV).



DeviantArt.net - by Kusokurae

## The Word

The enemy is clever, in that he gets us fighting on his territory. The problem for you is this girl, you can't get her out of your mind. *BUT* that is a symptom. The root cause is not her, it's something else.

*"The temptation to give in to evil comes from us and only us. We have no one to blame but the leering, seducing flare-up of our own lust. Lust gets pregnant, and has a baby: sin! Sin grows up to adulthood, and becomes a real killer."*  
(James 1:14,15 – The Message).

The first thing to do, then, is to bring the battle back to where it should be fought. It is sin, and that is found in one place only – you.

Once we recognise it as sin, we know what we need to do.

1/ **Confess it.** That means talking to God about what we have been thinking and fantasising. No excuses. It's not because she wears provocative clothing. Just tell God what you have been doing.  
2/ **Repent.** That means turning to face God and committing to go His way. It's the place where the battle needs to be, because you probably know that the temptation will come again and you will want to think the same way again. So this is a point of placing a marker. It is saying *I choose to walk your way, Lord.* When the temptation comes again it is now no longer a temptation just about you and this girl. Now it is also a temptation to break a promise recently made to God.

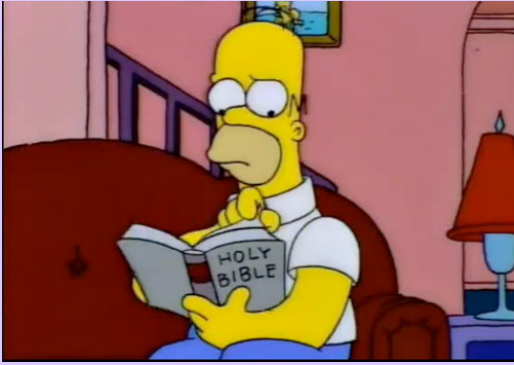
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## *Bible Study Series*

We continue our series on 1 Peter, chapter 1 verses 10 to 16.

The prophets longed to know about the salvation we now enjoy...so how should we live, given so great a gift?

Read the passage, and go to [www.tfgministries.org.uk/podcasts](http://www.tfgministries.org.uk/podcasts) and join in.



In the past two weeks we've considered spending time with Jesus and also what we speak about.

The two things go hand in hand. If we are not spending time with Him, in prayer and reading His Word, then we are certainly not going to be speaking about Him.

Here's something to think about. Imagine it were possible to measure the stuff that goes into your brain in a day or a week, to weigh it all up in some way.



You might choose to weigh it based on how much time you spend reading, watching, listening to things. Or how much time you spend thinking about what you have watched/read/listened to afterwards. Or in some other way.

But whichever way you choose to weigh it, what I want you to do is to put God's Word - the Bible - on one side of the balance and everything else on the other side.

If the bar across the top is level, or even pointing down on the Bible side, you're doing quite well!

The main stuff this week has been about dealing with lustful thoughts. If we're serious about conquering temptations that breed in our minds we need to be serious about getting those scales balanced - or weighted in favour of God's Word.

That takes time and effort. Is it worth it?

Only you can decide....

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3/ **No condemnation.** Paul follows Romans 7 with Romans 8 (amazing!). It's not about the rules, but about the Spirit. We are forgiven and made clean in Christ. We need to allow His Spirit to fill us and capture us

We need to "*abstain from sinful desires, which wage war against your soul.*" (1 Peter 2:11, NIV). It's helpful to remember that these desires are attacking our soul, robbing us of the life Jesus came to give (John 10:10).

### The Practice

Armed with these and other words of Scripture that sharpen us and help us to focus on God, what practical things can we do to move on from this temptation?



Firstly, we are not alone. There are other Christian men around you (even if only online or on a phone). Don't be afraid of sharing your problem with someone or more than one who will stand with you without judgement. We are called to be an army, and in an army the soldiers stand together and both encourage each other and hold each other back from mistakes.

What you are tempted to do is not going to shock a Godly friend, so be honest about your weaknesses.

Secondly, *it's not ultimately about the girl.* There is a root cause. We called it sin above, but is it more specific?

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A famous Viking explorer returned home from a voyage and found his name missing from the town register. His wife insisted on complaining to the local civic official, who apologised profusely saying, "I must have taken Leif off my census."

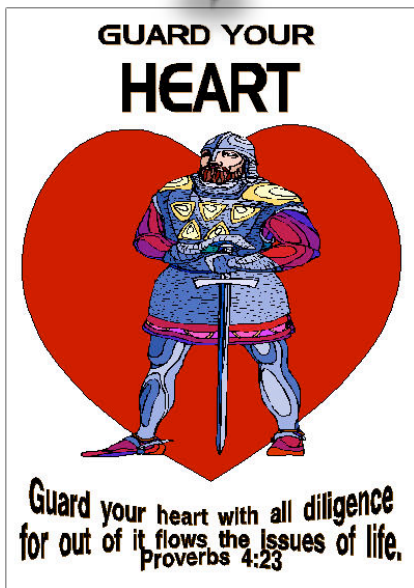
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Graphics sourced from the internet

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You don't say why it would be adultery... is she married or are you? If it's you, maybe you've let the romance drift out of your relationship. You need to work on re-firing it (see the stuff in issue 8).

The problem may well be because of what you have let yourself look at in other ways. There's a lot of illicit sex on tv and in films. Do you watch this? You may say it doesn't affect you... but you are also saying you have a problem with lust. One feeds the other. It says in Mark 9: "And if your eye causes you to stumble, pluck it out." (v47 - NIV). That means, be ruthless with the things that lead you to sin. I've discovered for myself that I am fairly safe watching a film with a 12 certificate but likely to be soiling my mind if I watch a 15. So I won't watch 15 or above films. (Saves money, too!) {That's about me, we don't all get affected by the same things, but be ruthless when you know what your areas of weakness are}.

Philippians 4:7,8 says "And the peace of God,



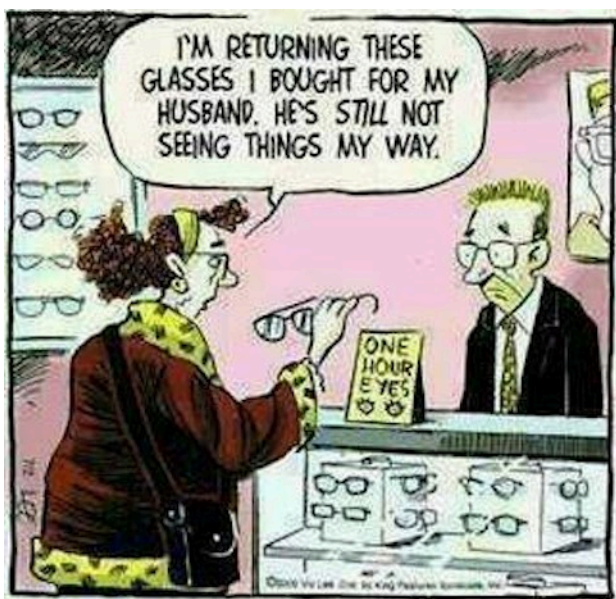
which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." Proverbs 4:23 says "Above all else, guard your heart, for everything you do flows from it."

We need to retrain our minds to think of Jesus more.

It might be worthwhile spending a day alone praying (and fasting, why not... it's a bodily desire you are seeking to conquer, so hammer the body too!). Be asking God to reveal what is the root cause for you. And then be ruthless about it.

Others reading this might have some ideas too. What has worked for you? Share them in the Facebook group:

[www.tfgministries.org.uk/facebook](http://www.tfgministries.org.uk/facebook)



### GENUINE GCSE ANSWERS....

What happens during puberty to a boy?

He says goodbye to his childhood enters adultery.



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