

## KEEPING YOUR HEART

### I. What are we guarding?

#### A. God's plan for the physical relationship

1. Genesis 2:24—"For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh."
2. In I Corinthians 6 Paul leaves us with no doubt about the meaning of "one flesh."

**15** Do you not know that your bodies are members of Christ? Shall I then take away the members of Christ and make them members of a prostitute? May it never be! **16** Or do you not know that the one who joins himself to a prostitute is one body with her? For He says, "THE TWO SHALL BECOME ONE FLESH." **17** But the one who joins himself to the Lord is one spirit with Him. **18** Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. **19** Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? **20** For you have been bought with a price: therefore glorify God in your body.

3. Scripture clearly confines the sexual relationship to marriage (Ex. 20:14; Matt. 19:4-6; Heb. 13:4).
  4. Implications:
    - a. Sex is more than a physical act; it is all the behaviors designed by God to lead up to that act (adapted from Dr. Jim Berg, *Purity: Winning the Battle in a Perverse World*).
    - b. This includes the mind, emotions, and will.
      - 1) **Mind:** Matthew 5:27-28
      - 2) **Emotions:** I Thessalonians 4:1-8
      - 3) **Will:** James 1:12-16
- It means "abstinence from any part of the package" (Berg).

### II. Enemies of the heart

A. A \_\_\_\_\_ (Gen. 18-19)

B. \_\_\_\_\_ (Gen. 34; Eph. 5)

- God's instruction (Eph. 5):

"But immorality or any impurity or greed must not even be named among you, as is proper among saints....Do not be partakers with them....Do not participate in the unfruitful deeds of darkness, but instead even expose them; for it is disgraceful even to speak of the things which are done by them in secret....Therefore be careful how you walk, not as unwise [wo]men but as wise, making the most of your time, because the days are evil."

C. \_\_\_\_\_ (II Sam. 11:1—"Then it happened in the spring, at the time when kings go out to battle...[that] David stayed at Jerusalem.")

D. \_\_\_\_\_ (Ex. 32)

1. Why did the children of Israel so quickly fall into idolatry?
  - a. \_\_\_\_\_ following the spiritual walk of another (i.e. Moses)
  - b. Wanting to rely on what they could \_\_\_\_\_ (v. 1—"Come, make us a god who will go before us; as for this Moses, the man who brought us up from the land of Egypt, we do not know what has become of him.")
  - c. Incorporating \_\_\_\_\_ practices and philosophy with the worship of God
2. God's instruction: "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before Me" (Ex. 20:2-3).

### III. Ways to guard your heart

A. \_\_\_\_\_ God

1. Ignoring God is the beginning of the downward spiral into sin (Rom. 1:18-26).
2. How do we honor Him?
  - a. \_\_\_\_\_ (v.18)
  - b. \_\_\_\_\_

B. Be \_\_\_\_\_ (v. 21).

C. Be a \_\_\_\_\_ (Luke 9:23—"And He was saying to them all, "If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.")

1. Deny yourself
  - a. This may require \_\_\_\_\_ (Matt. 5:27-30).
  - b. Avoid \_\_\_\_\_ that causes impure thoughts and/or actions.
2. Take up your cross
3. Follow Christ (Eph. 5:1-21)