

# Fathers' Studies: Personal Growth

"...that the man of God may be complete, thoroughly equipped for every good work."

LESSON 7 OF 52

## OVERCOMING SINFUL SEXUAL THOUGHTS

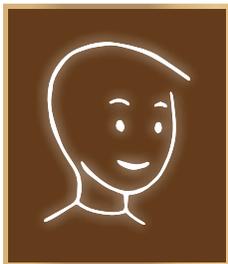
**LESSON AIM:** To understand how to overcome sinful sexual thoughts.

### KEY VERSE:

1. **MATTHEW 5:27-28** Jesus said that a sinful \_\_\_\_\_ brings guilt just like sinful acts.
2. **COLOSSIANS 3:5** This verse warns you to put away desires that lead to \_\_\_\_\_ sins.
3. **PROVERBS 6:32** A man who does sexual sins with a woman destroys \_\_\_\_\_  
\_\_\_\_\_.
4. **ROMANS 6:6, 11** Because the old sinful self is nailed to the cross, you are to think of yourself as \_\_\_\_\_  
\_\_\_\_\_.
5. **PHILIPPIANS 4:8** You are told to \_\_\_\_\_ whatever is true, right, respected,  
pure, lovely, and excellent and worthy of praise.

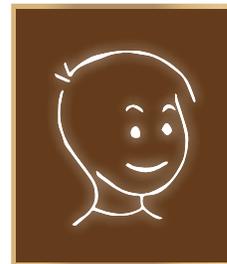
### PERSONAL NOTES:

## For You To Do



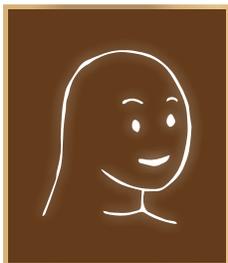
### By Yourself

Memorize Romans 6:6,11. Put a picture of your wife in your wallet and in the place where you work.



### With Your Children

Tell your children how much you love their mother. Let them see how much you love and enjoy her.



### With Your Wife

Try to find a number of different ways to tell her how attractive she is to you.

# OVERCOMING SINFUL SEXUAL THOUGHTS

LESSON 7 OF 52

Many men are discouraged because they are not able to overcome sinful thoughts. They feel that they are in a losing battle.

To win this battle, you must begin by expecting to win. This hope is based on the victory won by Christ on the cross. Next, if you lose some battles along the way, it does not mean you have lost the war. God can use these defeats to show you why you have lost. You can learn from these defeats and become stronger.

Sinful thoughts are serious, because sinful thoughts often lead to sinful habits. Controlling your thoughts helps you to control your actions. Here are some ways of overcoming sinful thoughts.

**GUARD YOUR EYES.** One way to control your thoughts is to control your eyes. This means that you will not look at certain books, television programs, magazines, and Internet sites. If another person's body is exposed to your eyes, you will close your eyes and pray for that person. Your eyes must be trained to see what God sees in a person, not to look at things which cause sinful thoughts.

**2 SAMUEL 11:2-4, PROVERBS 4:23, 25**

**REPLACE THE SECRET PICTURES OF YOUR MIND.** Many sinful thoughts come from secret pictures hidden in the mind from the past. When you are tempted, you bring up these pictures and think about them. One way to replace sinful pictures is to think of a picture of Christ dying on the cross for your sins. Hang this picture over your secret sinful picture.

**ROMANS 6:6, PSALM 51:2, PHILIPPIANS 4:8**

**REMOVE THINGS FROM YOUR LIFE THAT CAN DEFEAT YOU.** Satan can use things to defeat you that might not cause problems for other people. These can be activities, friendships, pictures, music, videos, reading material, or other things. You have to know for yourself what tempts you. Removing these things is one way of standing against the Devil and making him run away.

**JAMES 4:7, ROMANS 13:14, HEBREWS 12:1**

**WE ARE TO HAVE NOTHING TO DO WITH THE DESIRES OF THE WORLD.  
(TITUS 2:12)**

**Expect to win.**

**Sinful habits  
come from sinful  
thoughts.**

**A key to  
controlling our  
mind is controlling  
our eyes.**

**Think of a picture  
of Christ on the  
cross.**

**Don't keep things  
Satan can use to  
tempt you.**

## WINDOW TO LIFE

Norman had a job working in a mill. Then he had a chance to work in an office. Norman's wife did not want him to work in the office because she was afraid that he would get interested in the women there. Norman did not listen to her warning and took the job. Soon he began to have sinful thoughts about a woman who worked there. They began to run around together and then lived together. Later she left him. Norman then went back to his wife and children. He now has problems with his family because of what he did. He is very sorry that he did not overcome the sinful thoughts which led to his affair.

