

HELPFUL SCRIPTURES FOR THE BATTLE!

- *If you're not sure you have what it takes:* **"For God has not given us a spirit of timidity, but of power and love and discipline."** (2 Tim 1:7) **"Be assured that where sin abounds, grace abounds all the more"** (Rom 5:20). **"I can do all things through him who strengthens me."** (Phil 4:13) **"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"** (2 Cor 5:17)
- *If you struggle with believing that there is any consequence to your action:* **"So then, each of us will give an account of himself to God"** (Romans 14:12)
- *To keep the reality of the battle in mind:* **"The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full"** (Jn 10:10). **"Enter through the narrow gate.** For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."**"** (Mat 7:13-14)
- *To remind yourself of the ongoing process:* **"Do not conform to the pattern of this world, but be transformed by the renewing of your mind.** Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Rom:12:2)
- *If you're struggling with lust:* **"I made a covenant with my eyes not to look at a girl lustfully"** (Job31:1) **"Turn away your eyes from a shapely woman"** (Sir 9:5)
- *If you need motivation to put firm strategies in place:* **"Be put on the LORD Jesus Christ, and make no provision for the flesh to gratify its desires"** (Rom 13:14)
- *If you think a little bit of lust won't hurt:* **"Can a man take fire to his chest without getting burnt"** (Proverbs 6:27). **"But I (Jesus) tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."** (Matthew 5:28). Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. (James 1:15)
- *When you feel alone in the battle:* **"No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. (1 Cor 10:13)**
- *Rely on your brothers for strength:* **"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."** (Ecc 4:12)
- *When things are tough:* **"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."** (Mat 11: 28-30). **"fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. (Heb 12:2-3)**
- *If you can't see the point of confessing (again):* **"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."** (1 John 1:9)
- *Why is sexual sin a big deal.* **"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 purchased at a price. Therefore honour God with your body"** (1 Cor 6:18-20)
- *Fighting for your future spouse:* **"The man and his wife were both naked and yet they felt no shame"** (Gen 3:25). **"That is why man leaves his father and mother and clings to his wife and the two of them become one body"** (Gen 3:24)
- *A Reminder to have authentic relationships with accountability and affirmation:* **"Encourage yourselves daily while it is still "today", so that none of you may grow hardened by the deceit of sin."** (Heb 3:13)
- *There is hope:* **"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."** (Isaiah 43:19)
- **"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)
- **"Put to death, therefore, whatever belongs to your Earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry."** (Col 3:5)

(continued overleaf)

- “We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.**” (2 Cor 10:15)
- *Even Saint Paul struggled with his flesh:* “I find then the principle that evil is present in me, the one who wants to do good. For I joyfully concur with the law of God in the inner man, but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. Wretched man that I am! Who will set me free from the body of this death?” (Rom 7:21-24.)
- “My people perish for lack of knowledge” (Hosea 4:6)
- *Beware shame:* “A joyful heart is good medicine, but a crushed spirit dries up the bones.” (Pro 17:22)
- “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” (Eph 5:15-20)
- “What God wants is for you all to be holy. He wants you to keep away from fornication and each one of you know how to use the body that belongs to him in a way that is holy and honourable...” (1 Thes 4:3.)
- “For from within, out of men's hearts, come evil thoughts, *sexual immorality*, theft, murder, *adultery*, greed, malice, deceit, *lewdness*, envy, slander, arrogance and folly. All these evils come from inside and make a man “unclean.” (Mark 7:21-23)
- “I am writing you that you must not associate with anyone who calls himself a brother but is sexually immoral or greedy, an idolater or a slanderer, a drunkard or a swindler. With such a man do not even eat.” (1 Corinthians 5:11)
- “The body is not meant for sexual immorality, but for the Lord.” (1 Cor 6:13)
- “Everyone who calls on the name of the Lord will be saved.” (Rom 10:13)
- “For I am afraid that when I come again. . . I will be grieved over many who have sinned earlier and have not repented of the impurity, sexual sin and debauchery in which they have indulged.” (2 Cor 12:21)
- “Marriage should be honoured by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.” (Hebrews 13:4)
- “He who chases fantasies lacks Judgement.” (Prov 12:11)
- “I warn you now, as I have warned you before that those who do such things will not inherit the Kingdom of God.” (Gal 5: 15) (and then V16,19)
- “Among you there must not be even a mention of fornication or impurity in any of its forms, promiscuity: this would hardly become the saints! ” (Eph 5:3 on)
- “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness.” (Mt 6:22-23)
- “For the word of God is living and active. Sharper than any double edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”(Heb 4:12)
- “All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God maybe thoroughly equipped for every good work” (2 Timothy 3:16-17)
- “Not only so, but we also glory in our sufferings, because we know that **suffering produces perseverance**; perseverance, character; and character, hope.” (Rom 5:3-4)
- *Rely in God's Grace:* “...he said to me, "**My grace is sufficient for you**, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.” (2 Cor 12:9)
- “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” (Phil 4:8)