

Overcomers Single Men's Lesson

Purity with Emotional Control

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Created in God's image of emotions

- Emotions are part of us - What role? Enjoy life to the full or control us?
 - Gen 1:27 Created man in his own image..
 - Gen 1:31 - God's response to creation "very good"
 - Gen 3 - God's response to disobedience > consequences - no mention of emotion
 - Gen 4 - Cain and Abel
 - Cain is angry when God rebukes him
 - God responds to murder w consequences
 - Gen 6:6 God's emotion over state of mankind -
 - Regretted ... heart was deeply troubled
- Our emotions are often extreme - rule us - and we act accordingly (Cain is a good example) / God is in complete control of His emotions

God as the Emotional Resource

- God's plan is for us to turn to him in emotional moments
 - Gen 15:1 “fear not Abram, I am your shield and your very great reward”
 - Ps 62:5 “yes, my soul find rest in God, my hope comes from him”
 - Phil 4:4 “Rejoice in the Lord always, I say again - rejoice”
 - 1 Pet 5:7 “casting all your anxiety on Him, because he cares for you”
- Fear / Hope / Joy / Anxiety - we are to turn to God as the emotional Resource
- How? Prayer / memory scripture / God's word

God is key to healing and recovery

- Gen 15:1 “ I am your shield and your very great reward”
- Here is the key to Abraham’s eventual growth and faith.
- This is what allowed Abraham to take Isaac up to the Mt
 - “On the Mt of the Lord, it shall be provided” Gen 22:14
 - Heb 11:19 Abraham **reasoned** God could even raise the dead
- Recognize Emotion / Deal with the Emotion (don’t hide from it) / Turn to God for the real solution.

HOW DOES GOD VIEW SEX?

Heb 13:4 Marriage is honored by all, marriage bed is kept pure

Look at brothers / sisters as someone's future spouse

there are 70 references to the word sexual in the Bible - most are "Do Nots"

Song of Solomon : 3 times (2:7 / 3:5 / 8:4) it says don't arouse or awaken love until it so decrees

1 Thess 4:3-8

3 - abstain from sexual immorality

4 - control your own body with holiness and honor

5 - not like Gentiles who do not know God

6 - no one transgresses and wrongs his brother in this matter - The Lord is the avenger in these matters

7 - God has called us for Holiness

8.- whoever disregards this , disregards not man but God, who gives his Holy Spirit to you

WHAT IS A FRIEND?

*Friend - Someone you trust / have mutual affection / enjoy spending time together
Someone who is there for you*

Good friends can forgive each other and forget

Proverbs 22:11 One who loves a pure heart and who speaks with grace will have the king for a friend.

Platonic Relationships - The concept came from Plato, a Greek philosopher born 400 years before Christ. This relationship wasn't about lust or physical attraction. Instead it was a love that brings you closer to the divine and brings out your best traits.

Sarah Wayne Levy (Oprah Mag 1/27/20) - Dr Diana Raab is quoted "Platonic love is a special emotional and spiritual relationship between 2 people. It does not involve any type of sexual interest but there is a deep caring mutual respect and loyalty."

In the same article, Jordana Jacobs states "It is a power of human connection and the ability to help us feel more alive. It occurs when someone we meet helps us feel seen, understood and less alone in the world."

Characteristics of Platonic Relationships

- Honesty & Honest motives - Have open and clear discussions of what each person wants in the relationship
- Boundaries - Both parties are respectful of them
- Inspire each others mind and soul, direct each others attention to spiritual things
- Signs that boundaries are being over stepped
 - Flirting - excessive joking remarks
 - Too much attachment - clinginess - time taking
 - Fantasize or discussion of sex
 - You feel more that support and friendship
 - You get physically closer - more intimate

3 Elements to drive Change

>Ps 119:9 How can a young person stay on the path of Purity? By living according to your word.

>**Discipline**: training to improve strength or self-control / the trait of being well behaved / develop behavior by instruction and practice; especially to teach self-control

>**Self Control**: the act of denying yourself; controlling your impulses / the trait of resolutely controlling your own behavior

>**Training**: the trait of resolutely controlling your own behavior consistently over time.

Developing Discipline

- Prov 5:12 - hated discipline / 5:23 lack of discipline / Prov 12:1 loves discipline / 1 Cor 9:24 run (achieve) / 11:32 disciplined / Col 2:5 disciplined - faith / 2 Tim 1:7 self discipline / Titus 1:8 self controlled, upright, holy and disciplined / Heb 12 (the chapter) discipline
- How does one grow in this area? Decide what needs to change
- What creates success? persistence. / be open , pray, read, (do the pushups) - make the right decision and practice doing so.
- Seek accountability - hire a trainer (discipleship is free)
- Have a Plan / review the plan / share the plan
- Measure progress

Emotional Self Control

> This is a spiritual / biblical expectation for us. So...How can this be developed? - Gal 5:22-23 "fruit of the Spirit"

> Pro 25:28 lack / Pro 16:32 / Acts 24:25 Peter to Felix / 1 Cor 7:5 temptations / 1 Tim 3:2 / 2 Tim 3:3 worldly / Titus 1:8 / 2:2 / 2:6 / 2:12 young and old - self control / 2 Peter 1:6 add self control

> Peter was the most impulsive and out of control disciple - yet he figured out the need for and value of self control

> How can we develop Emotional Self Control?

-Learn to recognize emotions / take note of emotions / analyze the cause / change the environment or change the reaction.

Training for Discipline and Self Control

- Training is a Biblical principle and not just reserved for athletes
- Luke 6:40 trained - like the teacher, 1 Cor 9:25 strict training / 1 Tim 4:7-8 train to be godly / 2 Tim 3:16 scripture ... useful in training / Heb 5:14 trained themselves to distinguish good from evil / Heb 5:14 discipline - harvest of righteousness
- Start somewhere and measure progress / don't give up
- Change tactics - what works for someone else may not work for you, don't use that as an excuse to not try (" Do or do not - there is no try" - Yoda)
- Allow yourself to be held accountable and embrace it.

Cultural / upbringing impact on view of sexuality

- In many instances from the Bible and still today, we are impacted on how our culture shapes our view of sex. In 1 Kings 14:24, the Israelites had male shrine prostitutes even though it was prohibited specifically in Dt 23:17
- “very sensual and outgoing - use sex to get what we want”
- “ A measure of manhood - the number of relationships made you have a more powerful reputation”
- “While in high school, sex was a big part of my relationship, and my status within my friend group. I always viewed sex as a means to get what I wanted...”

HOW TO BE RIGHTEOUS WITH DESIRES

“We”re more spiritual when we’re connected to the Bible and the Body . When you are self-focused and all you do is pray about your sexual desires, they won’t go away. You will continue to think about them.” Quote from a 40 year old single sister.

Are you a contented person like Paul, who says in Phil 4:11, “I’ve learned to be content whatever the circumstances.”

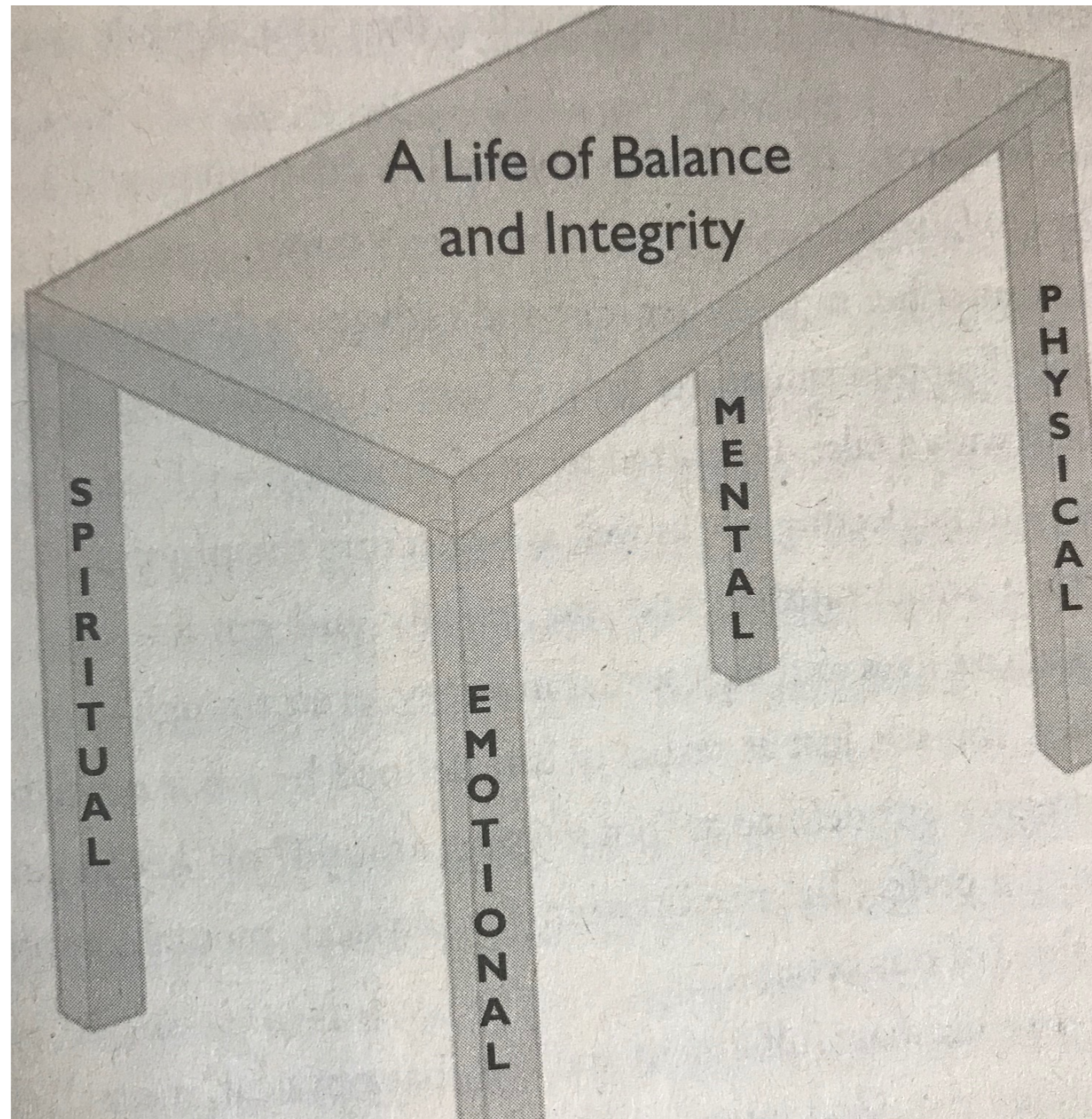
Or are you focused on what you can’t have? We can be so busy looking at what we can’t have or what we’ve left behind that we can’t see the positive in the land/environment that God has given us. Bask in His glory, walk the land He has given you. Gen 12:4-9

Let’s talk about a balanced life.

A life of balance and integrity

Disciplines

- Emotional:
- Spiritual:
- Mental:
- Physical



Over Coming Strategies

John 10:10 Life to the full

- **“I have come that they may have life, and have it to the full”**
- Physical Exercise - Helps deal with emotions / family activities
- Setting Boundaries - cut off temptations (develop self control)
 - controls on devices / devices usage- stored / charged
- Identifying Triggers - emotional awareness (be in control)
 - Highs and Lows of days discussed at dinner etc
- Scripture Memorization (changes direction of focus) (family endeavor)
- One another encouragement (self vs service)
- If you do nothing, nothing changes (“You must unlearn what you have learned” Yoda)

Practicals

- Guys: Treat all sisters equally in your relationships. Sisters can view special attention as a sign that “He really likes me!”
- Learn about emotional purity. It takes work to be “just friends.”
- Establish healthy boundaries. Put your phone away at a decent hour. Calls and text past 11pm can easily lead to more intimate things being shared.
- Memory scriptures- especially those telling you how much God loves you!
- Be open with your discipling partner about feelings/emotions
- Dress to command the respect of others; dress attractively, not to attract
- When you are overcome with desires get up and walk around, dance, jump up and down, sing. Do anything but give in.

Resource / References

SUGGESTED REFERENCES

EVERY MAN'S BATTLE - ARTERBURN / STOECKER

UNCHAINED - DANIEL KEY

THE GAME PLAN - JOE DALLAS

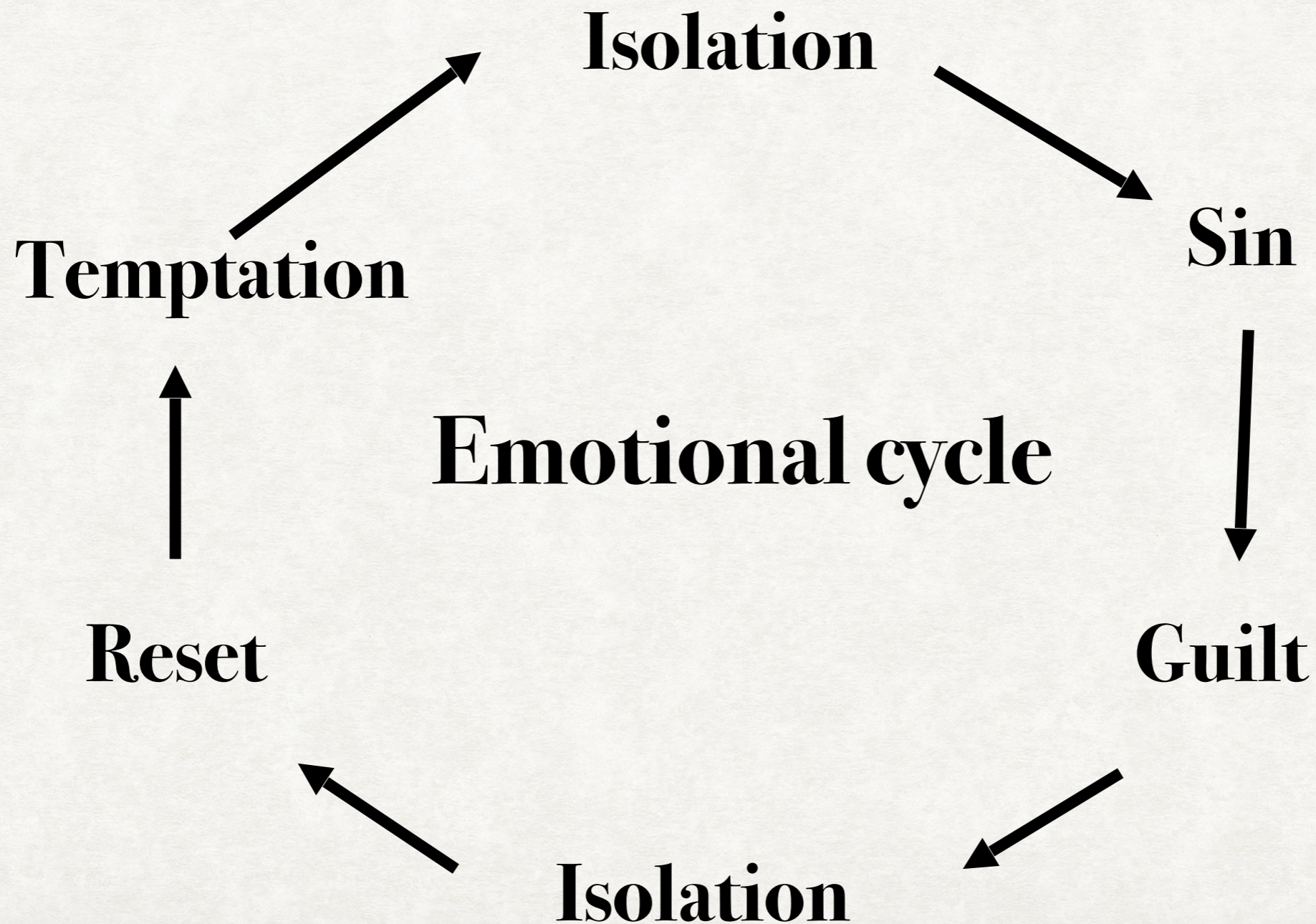
SOME SAT IN DARKNESS - MIKE LEATHERWOOD

GROUNDED, LIVING PURE - TOM NEULLE

TEMPT AWAY IN 60 SECONDS - GUY HAMMOND

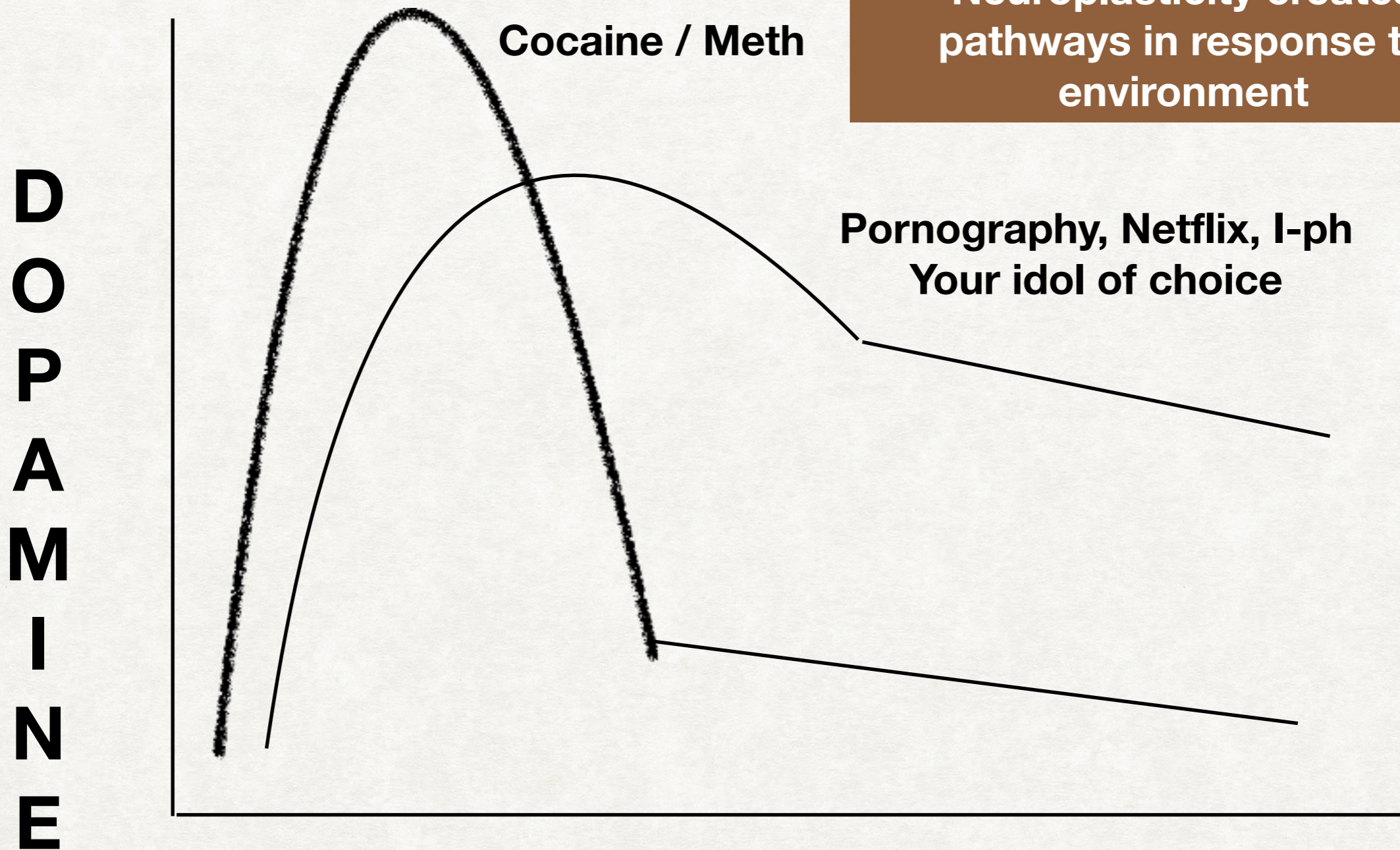
Addictive Cycle

Dr Gerald May / Dr Patrick Carnes



DOPAMINE RESPONSE

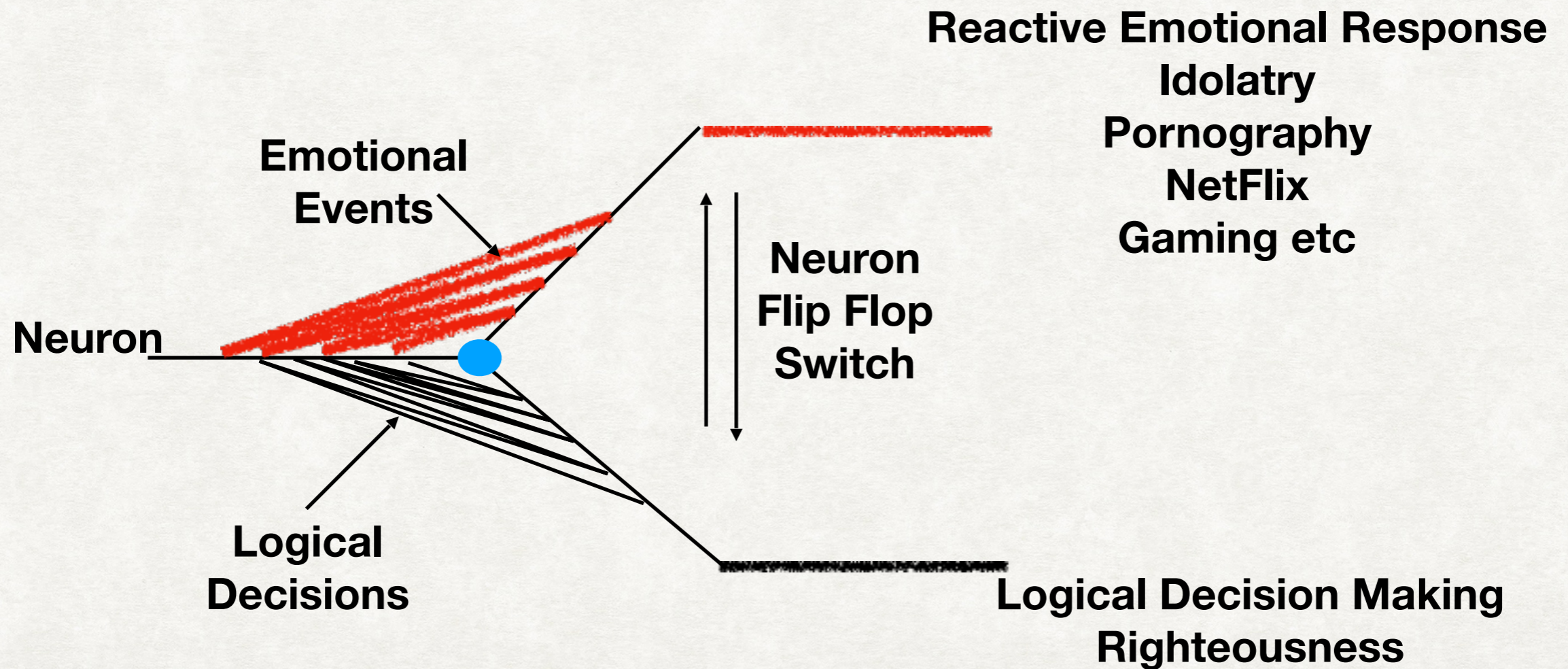
Neuroplasticity creates pathways in response to environment



The overall dopamine release and duration is what creates the power

Neuroplasticity

Every decision is a building block
- what are you building?



PRACTICALS

- ASSESS EMOTIONS AND DETERMINE THE SOURCE
 - DIARY / JOURNAL
 - MORNING / EVENING ROUTINES
 - CALL DURING TEMPTATION
 - CONFESSING IS GOOD BUT DOES NOT BREAK THE CYCLE
 - TALK - DON'T RELY ON TEXT
 - WORK ON DEVELOPING RELATIONSHIPS
-

MEN

DEVICE USE / CONTROL
VISUALS
MEMORY SCRIPTURE
SOCIAL MEDIA

WOMEN

CLOTHING
FLIRTING
FANTASIZING RELATIONSHIPS
(BOYFRIEND/HUSBAND/FAMILY)