**BIBLICAL INSIGHTS ABOUT SEXUALITY: Lust vs. Sexual Integrity**

 The Bible gives in rich detail **how life unfolds** for people who fall into sexual sin. It was pure visual seduction for **David** when he laid eyes on his neighbor’s wife **Bathsheba** (**2 Sam 11**). His heart followed his eyes in violating the 10th commandment, and in short order that act stimulated violations of the 9th (lying), 8th (stealing), 7th (adultery), and when these couldn’t be covered up, he went on and broke the 6th by murdering her husband. Previously a virtuous man, he quickly broke half the ten commandments, and it all started with his eyes. For her infidelity, Bathsheba may have gotten a palatial upgrade on her residence, but she had to endure her lover’s murder of her dear husband, feel his remorse expressed publicly in the hit song of its day (**Psalm 51**), and then like David and other adulterers, watch helplessly as their children and step-children lived out the generational after-effects over the years to come: rape, incest, violence, job loss, family disintegration, etc. (**1Kings 11:1-4**). **What does David’s story tell you about yourself? About God?**

 We see many successful **lives turned around** through repentance, confession, and obedient forsaking of sexual sin. David shows us the way in **Psalm 51**, and several **women in Jesus’ life** followed it -- the one at the well in **John 4**, the one weeping for the joy of her forgiveness and cleansing at the house of Simon the Pharisee (**Luke 7**), and the one caught in the act of adultery, about to be stoned for it (**John 8**).

 To prevent or to *break* bondage to sexual sin, it is necessary to guard what comes into the **mind** (Phil 4:8) and **heart** (**Pr 4:23**), through the **eyes** (**Mt 5:28-9**), through what we **touch** (**v.30**), so that unclean acts do not come out from our bodies (**Mt 15:18-19**), so we and others are not perverted and ruined by the words coming out of our **mouths** (**James 5:5-6**), or by what we join our souls to as we unite in **sexual** embrace (**1 Cor 6:15-20)**. This robs our spouse of what belongs to her (**1Cor 7:3-5**). **You check the doors of your house every night to keep your family safe. What good would it do to check every day your mind gate, heart gate, eye gate, ear gate, skin gate, mouth gate, groin gate, to keep good in and bad out?**

 Computer **porn** and cheat **chat** smells badly of “all that is in the world, the lust of the flesh and the lust of the eyes and the pride of life” (**1 Jo 2:16**). We find the strength to avoid all this from our God, embodied in the Holy Spirit (**John 14-16**) poured out through the **church/fellowship** of believers (**Eph 2:18-21, 4:4-6**), the **word of God** (**Heb 4:12-13, 2Tim 3:16-17**), **friends** (**John 15:15**), **people we help** (**Mt 25:37-40**), and **small support groups** (**Mt 18:20**). **Is your God able to come to you through all these channels, or have you tired some of God’s blessing arms behind him?**

**HEALTHY EXPRESSIONS OF SEXUAL ENERGY**

Sexual energy or feelings themselves are not considered good or bad in the Bible, just the thoughts and behaviors that express them. For single adult love relationships, expressions of sexual energy are not encouraged in the Bible. Healthy ways of managing this drive are discussed in the Brainfood for the Good Life blog and podcast at *mynewlife.com*.

 For married couples, married love life is a gift from God, intended to be enjoyed: for marital refreshment and enrichment (**Prov 5: 15-19**), for the appreciation of natural beauty and pleasure (**Song of Solomon**), and to be enjoyed as a thanksgiving to God (**I Tim 4:3-5**). Spouses are to leave their parents and cleave to each other, and take lots of time to be alone together in their first year (**Deut 24:5**). To protect the marriage from temptations to infidelity, partners are called to regularly keep up their sexual relations (**ICor 7:3-5**). With love and respect, they care for each other’s bodies as their own, seeing them as beautiful and pure, and sacrifice their own desires to take care of each other, as Christ did for the church (**Eph 5:21-33).**