

*bePURE: Inward grace - where our hearts should lead if  
our lives are to follow*

by Tim M. Shorey  
Session One

I. Introduction

A. Keeping the heart by preaching to it.

- Proverbs 4:23 says—“*Keep your heart with all vigilance, for from it flow the springs of life.*”
- “*I say that we must talk to ourselves instead of allowing ‘ourselves’ to talk to us! Do you realize what that means? I suggest that the main trouble in this whole matter of spiritual depression [it is the same for lust and sexual sin] in a sense is this, that we allow our self to talk to us instead of talking to our self. Am I just trying to be deliberately paradoxical? [No.] Have you realized that most of your unhappiness [or lusts and cravings] in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them, but they start talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now [the psalmist's] treatment was this; instead of allowing this self to talk to him, he starts talking to himself. ‘Why art thou cast down, O my soul?’ His soul had been depressing him, crushing him. So he stands up and says: ‘Self, listen for a moment, I will speak to you’... The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself, [asking] ‘Why art thou cast down? – what business have you to be disquieted?’... And then you must go on to remind yourself of God, Who he is, and what God is and what God has done, and what God has pledged Himself to do. Then having done that, end on this great note: defy yourself, and defy other people, and defy the devil and the whole world, and say with this man: ‘I shall yet praise Him for the help of His countenance’” (Dr. Martin Lloyd Jones, *Spiritual Depression*).*

II. *bePURE: Inward grace - where our hearts should lead if our lives are to follow*

A. Number one: “Self: \_\_\_\_\_.”

- Romans 5:1, 17—“*Therefore since we have been justified by faith we have peace with God through our Lord Jesus Christ...For if, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ.*”

B. Number two: “Self: \_\_\_\_\_.”

- When helping believers in a very hedonistic society seek after holiness notice how Paul handles it in Titus 3:3-7—“*For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another. But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life.*”
- 2 Corinthians 5:17—“*Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*”
- Romans 6:11-14—“*So you also must consider yourselves dead to sin and alive to God in Christ Jesus. Let not sin therefore reign in your mortal body, to make you obey its passions.*”

*13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. 14 For sin will have no dominion over you, since you are not under law but under grace.*

C. *Number three: “Self: \_\_\_\_\_.”*

- Sexual pleasure in marriage is a gift to be enjoyed as freely and fully as is possible by all to whom God chooses to give it. It is set forth in the Bible as God’s wedding gift to a man and woman who covenant to be married for life.
- *We must recognize the source of sex (God made it); the sanctity of sex (God made it holy, honorable and good); and the significance of sex (God made it to give humans a picture of shared love and life that reflects his desire to share love and life with us)*
- *Human sexuality is a gift from God. And sexual pleasure at the right time, in the right way, and with the right person (all defined by God, not by us) may be enjoyed with a thankful and praising heart.*

D. *Number four: “Self: \_\_\_\_\_.”*

- 1 Corinthians 10:31—*“So, whether you eat or drink, or whatever you do, do all to the glory of God.”*
- We glorify God through sex when:
  1. We thank him *for* it.
  2. We treasure him *more* than it—even when we don’t have it.
  3. We discover him *through* it.
    - God intends everything in his world (whether we experience it personally or not) to sing forth his goodness, glory, holiness and love
    - We know that is true with the intimacy of marriage.

E. *Number five: “Self: \_\_\_\_\_.”*

Here are the definitions we will be working with today; one a positive statement of purity, one a clear statement of sexual sin.

- *“You are sexually pure when no sexual gratification comes from anyone or anything but your [spouse]” (Fred Stoeker and Steve Arterburn, *Every Man’s Battle*)*
- *I’d add to that that you are sexually holy when you are open to and pursuing active sexual intimacy with your spouse.*
- *[According to the Bible]: Sexual sin happens whenever we choose to indulge or cause sexual desire (in the mind) or sensation (in the body), outside of a covenanted one man and one woman marriage relationship.*

F. *Number six: “Self: \_\_\_\_\_.”*

- Spiritual warfare
- Text: Galatians 5:16-21—*“But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.”*

1. The flesh—the enemy within.

- The flesh is the remaining sinful urges within us that powerfully oppose God and holiness...urges that are never satisfied.
2. The world—the whole system and conspiracy of evil that surrounds us in a fallen world
    - There is a whole hell-produced conspiracy of evil surrounding us that despises God and holiness that comes at us through friends, family members, neighbors, TV, the internet, movies, music—and the spiritually toxic air we breathe!
    - Temptation is full, frontal, brutal, deadly; and unprepared Christians will likely be maimed.
  3. The devil—a murderer and liar from the beginning (John 8:44).

G. *Number seven: “Self: \_\_\_\_\_.”*

- The flesh you may really be fighting is NOT what you think you’re fighting!
- Consistent victory over sexual temptation will only happen as we check and identify our idols and tear them down.

H. *Number eight: “Self: \_\_\_\_\_.”*

- *Sanctification is a progressive experience of God’s transforming grace through which, as we live a cross centered life, and practice spiritual disciplines, He enables us to put sins to death and bring holiness to life.*
- To paraphrase one man: *“sanctification is a direction you have set, not a perfection you have met.”*
- Passages like 2 Corinthians 6:14-7:1 help us see how this works—*“ Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? What accord has Christ with Belial? Or what portion does a believer share with an unbeliever? What agreement has the temple of God with idols? For we are the temple of the living God; as God said, ‘I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people. Therefore go out from their midst, and be separate from them, says the Lord, and touch no unclean thing; then I will welcome you, and I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty.’ Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.”*
- Philippians 2:12, 13—*“Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.”*

I. *Number nine: “Self: \_\_\_\_\_.”*

- Sanctification is not a solitary journey; it is a congregational pursuit.
1. Congregational fellowship
    - Hebrews 3:12, 13—*“Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.”*
    - Hebrews 10:24, 25—*“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”*
    - Who are your spiritual 911 contacts??
  2. Pastoral and congregational discipline
    - 1 Corinthians 5:1-13—*“It is actually reported that there is sexual immorality among you, and of a kind that is not tolerated even among pagans, for a man has his father's wife. And*

*you are arrogant! Ought you not rather to mourn? Let him who has done this be removed from among you. For though absent in body, I am present in spirit; and as if present, I have already pronounced judgment on the one who did such a thing. When you are assembled in the name of the Lord Jesus and my spirit is present, with the power of our Lord Jesus, you are to deliver this man to Satan for the destruction of the flesh, so that his spirit may be saved in the day of the Lord. Your boasting is not good. Do you not know that a little leaven leavens the whole lump? Cleanse out the old leaven that you may be a new lump, as you really are unleavened. For Christ, our Passover lamb, has been sacrificed. Let us therefore celebrate the festival, not with the old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth. I wrote to you in my letter not to associate with sexually immoral people— not at all meaning the sexually immoral of this world, or the greedy and swindlers, or idolaters, since then you would need to go out of the world. But now I am writing to you not to associate with anyone who bears the name of brother if he is guilty of sexual immorality or greed, or is an idolater, reviler, drunkard, or swindler—not even to eat with such a one. For what have I to do with judging outsiders? Is it not those inside the church whom you are to judge? God judges those outside. “Purge the evil person from among you.”*

- J. *Number Ten: “Self: \_\_\_\_\_!”*
- Tomorrow’s message

## II. Conclusion

- A. Today we start and end with the gospel—and tomorrow we’ll end with God—why??
- Because only God and the gospel can battle the lusts of the flesh. Mere commands are no match for the powerful passions of our sinful urges!