

The David Series: Week 8 Devotions

In week 8 of the David Series we explored the theme of lust in David's life. For this week the daily devotions will help us deal with lust in our lives.

Day One

Read:

Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever. (1 John 2:15-17)

Engage:

Have you ever thought of what really drives the world? If you look around, it really is easy to figure out. What drives the world is the lust of the eyes and the lust of the flesh.

If you look at us humans, we are attracted to what we see and we like doing things that please us and our bodies. In the verse above, John warns us to stay away from the love of the world.

Paul even mentions in the book of Romans 12:2, that we should not conform to the ways of the world but be transformed by the renewal of the mind. And how do we renew our minds — by meditating on the word of the Lord, day and night. Best believe, it is going to be hard to resist satisfying our flesh because we live in a world of instant gratification. What we see, we already want, whether it's good for us or not.

In Genesis 3:6, the serpent got to deceive Eve, because the fruit was pleasing to the eye, and she wanted to satisfy her desires with no regard for the instructions from God, her creator.

We should be alert and aware of the traps that the devil sets for us. It will always be pleasing to the eyes, but we should remember the word of God, that instructs us to stay away from lust, because it does not come from him.

Prayer:

Dear Lord, I thank you for the love that you have for me. And I place myself into your hands, I ask that you to protect me from the fowler's snare, and from the sin of lust. Shield my eyes and mind. And help me resist temptation when it's placed in front of me. I ask all things in Jesus name, Amen.

Day Two

Read:

"The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the realm of the flesh cannot please God." (Romans 8:6-8)

Engage:

The most powerful weapon the Lord has given each and every one of us, is the mind. The mind is the place where all the thoughts are generated. Paul is telling us in the verse above that, if our minds are governed by the lust of the flesh or what pleases ourselves and not God, then that's self-guaranteed death. He further elaborates, mentioning to us that we cannot please God if we love what is on earth. You most definitely cannot love God and the world at the same time. You love one more than the other. Once we decide to lust over what we see, we become hostile towards God and His Word. Our minds automatically tell us, that 'God will understand that you have needs'. Once we fool ourselves into believing that, we feed into our thoughts and that leads to desires that are created that turn into actions. Let's instead be governed by God's word, worship, prayer and fellowship. In Colossians 3:5 it says that we become what we worship. What are you worshipping?

Prayer:

Lord, may you write your words upon my heart. May what breaks your heart break mine, and may I live a life that pleases you. Forgive me where I have fallen short of your glory. Help me become more and more of the person you created me to be. In Jesus name, Amen.

Day 3

Read:

"It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God. " (1 Thessalonians 4:3-5)

Engage:

John Bevere wrote a book titled, 'Good or God?' He speaks of how the two terms, 'Good' and 'God' are now seen by the world as synonyms (that what we accept as good is what is in line with God's word and will.) The world fails to understand that not every good thing is a God thing. Lust is made out to be good, as we now live in a sex-saturated society. It's everywhere, in the books that we read, the movies that we watch, adverts, the internet (pop ups) and even our social media feed. It's a culture that has been created and cultivated, even in schools and in our neighbourhoods. God set out instructions for us to follow for a reason. God hates sin, and he is the same God from the beginning of age. The Bible certainly hasn't been changed. The enemy will surely trap us with the good looking things; things that are desirable. And if Jesus could resist temptation, then so can you. If Joseph could run away from a good looking woman who was throwing herself towards him, then so can you. If lust is thrown your way, you can run away as well. Remember, not every good thing is a God thing. Don't do something because the world is doing it. And if you have fallen into temptation, there is redemption God is a loving and forgiving father. Be blessed.

Prayer:

Dear Lord, thank you for your protection over me, day by day. May you set me apart, to be different from the trends of the world. May you give me the strength to resist temptation when I can't. May you give me the strength to resist peer pressure when it comes my way. May you guide me to live in the ways of the righteous. And may you forgive me where I've fallen short of your glory. In Jesus name, Amen

Day Four

Read:

"You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. (Matthew 5:27-30)

Engage:

In the beginning, God designed everything perfectly. He also gave us freewill, and a manual to live by. If we lived this way, we would have a perfect relationship with God, with no sin. In Genesis 2:24, it is said, 'That is why a man leaves his father and mother and is united to his wife, and they become one flesh.' But when sin entered the world, man did not have to leave his parents household to become one with a woman. Because of this, so many acts that break God's heart became normal. Things like lust, came into existence, pornography, masturbation and premarital sexual intercourse came into existence as well. Did you know that, STDs, generational curses and so many more things came into existence because we did not stick to God's perfect plan? God clearly reprimands the feeling of lust for a reason.

Here is why Porn is not right: Porn, fuels lust by objectifying women or the person in the video being watched. It is an image of a human being made in the image of God to gratify one's lust-filled desires. There is an addiction that comes and it depraves the soul. Masturbation exhibits a lack of self-control and in Galatians 5:22-23 says that we should have self control. We should not let lust master us but let God be our master. We should submit to God. In the verse above, it says to remove anything that causes you to lust, because these acts of lust distance you from God. If you have fallen, you can get freedom from lust. Jesus died on the cross so we would not be slaves to sin. There is freedom. And tomorrow, we will talk about ways in which we can get freedom from lust. Be blessed.

Prayer:

[Pray for the renewal of your mind]

Day Five

Read:

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)

Engage:

One thing we should know is that God loves us so dearly and when we go against His word, it breaks His heart. He offers salvation, and a new clean slate to those who want His forgiveness. He offers a renewed mind full of the Holy Spirit who will help us to stand against this giant called lust. It is hard to let go of anything that is pleasing to the flesh. God offers us freedom from the shame and guilt we at times feel when it comes to lust. I know at times it's quite uncomfortable to admit that you've fallen and thus keeping it a secret. But it's unhealthy to keep it within yourself instead of carrying the burden with Christ and those around you. When we keep our addiction to ourselves we never gain freedom, accountability or encouragement from those who have walked the same path as you are in. In John 4, Jesus speaks to a Samaritan woman who was known for having many husbands and who was isolated. Jesus shows her love and respect where she is ashamed and embarrassed. That surely caused transformation in her life. Because Jesus speaks to the deepest need in her heart. If we confess to our sins, we are forgiven and cleansed free from our shame. Rest in the truth of God and let go of the shame and guilt you feel. Be blessed.

Prayer:

Father God, help me walk in the truth of your Word. Help me rest in your holy promises and not the deception of my feelings. Amen.

Day Six

Read:

"As iron sharpens iron, so one person sharpens another." - Proverbs 27:17

Engage:

With soldiers, there's a concept known as, 'No man left behind' and there's a well-known phrase that says, 'There's strength in numbers,'. That clearly tells us something about life, I mean God even speaks to Cain in Genesis and He gives us an idea that we should all have the role of being a sister keeper or a brother keeper. Fighting the battle of lust has to be done in numbers. We all have to protect and honour each other. We also need to surround ourselves with fellow believers who will help us stand in line with what God says, stand with us in battle and sharpen us. You simply have to tell someone whom you trust — someone who will challenge you to change. With this person, you will have to open up and be honest, as they only want to see you be the best and come out on top. (Preferably someone of the same gender as you are). Lust and sexual sin are chains or a bondage forged in the mind. We can only renew our minds and break these chains when we draw closer to God, memorise scripture and pray. In Phillipians 4:13, it says we can do all things through Christ who gives us strength. Lean on God and He will give you the strength to overcome. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy — think about such things. Phillipians 4:8

Prayer:

Dear Lord, show me a person who I can trust to hold me accountable. Someone who cares for my wellbeing. May you prune me and remove those who aren't supposed to be in my life. Those who will remove me from the path that leads to my destiny. Allow me to be vulnerable to them and to you. May you give me strength as you promise in your word. In Jesus' name, Amen.

Day Seven

Read:

"For I know the plans I have for you," declares the Lord , "plans to prosper you and not to harm you, plans to give you hope and a future. (Jeremiah 29:11)

Engage:

God has created each and every one of us with a purpose or destiny. There's a great plan the Lord has in store for us, and the enemy knows it, so he will try to place different kinds of obstacles in our way, to prevent us from knowing the special gift God has for us. It is up to us, on whether we will defeat these giants or not? Are we going to be mediocre? Or stand out and be different, reflecting God's love wherever we go. One thing that helps me stand up against the temptations of life, is believing in the values I've set for myself. I know who I am in Christ, and I know how much I'm worth. I know that I'm worth so much more than what the world credits me as. And so, if you know who you are in Christ, and know what you stand for, certain things like lust won't even faze you. You'll find yourself running from it with ease, because you know you are so much more. Cause He Who lives in you is greater than he who is in the world. Don't be scared to ask for accountability, don't be ashamed when you have fallen, turn back to God. Filter you social media and the movies you watch. Stand strong in your beliefs and values. Be blessed.

Prayer:

Pray that you stand strong in his word. Pray for strength when you feel weak. Pray for a renewed mind.