

Avoid passions of the flesh.

...abstain from the passions of the flesh... 1 Peter 2:11 (ESV)

What are the passions of the flesh?

Effeminate Slackness

Do not give your strength to women, your ways to those who destroy kings. Proverbs 31:3 (ESV)

How can I avoid the passions of the flesh?

1. Remember the passions of my flesh wage war against my soul.

abstain from the passions of the flesh, which wage war against your soul. 1 Peter 2:11 (ESV)

you yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. 1 Peter 2:5 (ESV)

For the lips of a forbidden woman drip honey, and her speech is smoother than oil, but in the end she is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death; her steps follow the path to Sheol; Proverbs 5:3–5 (ESV)

And now, O sons, listen to me, and do not depart from the words of my mouth. Keep your way far from her, and do not go near the door of her house. Proverbs 5:7–8 (ESV)

lest strangers take their fill of your strength, and your labors go to the house of a foreigner, Proverbs 5:10 (ESV)

I am at the brink of utter ruin in the assembled congregation.” Proverbs 5:14 (ESV)

For when Solomon was old his wives turned away his heart after other gods, and his heart was not wholly true to the Lord his God, as was the heart of David his father. 1 Kings 11:4 (ESV)

2. Remember lust is deceptive and temporary.

to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires (passions of the flesh), Ephesians 4:22

But he would not listen to her, and being stronger than she, he violated her and lay with her. Then Amnon hated her with very great hatred, so that the hatred with which he hated her was greater than the love with which he had loved her. 2 Samuel 13:14–15 (ESV)

3. Remember God promises to judge sexual immorality.

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous... Hebrews 13:4–5 (ESV)

“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. Matthew 5:27–28 (ESV)

4. Remember God sees the same things I see.

For a man’s ways are before the eyes of the Lord, and he ponders all his paths. The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin. He dies for lack of discipline, and because of his great folly he is led astray. Proverbs 5:21–23 (ESV)

“I have made a covenant with my eyes; how then could I gaze at a virgin? Job 31:1 (ESV)

According to a man’s holiness, so shall be his success. -Robert Murray McCheyne

5. Remember lessons from the Bible so I don’t need to repeat them.

We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. 1 Corinthians 10:8 (ESV)

6. Remember the grace of Christ.

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, Titus 2:11–12 (ESV)

7. Remember physical discipline helps build spiritual strength.

But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. 1 Corinthians 9:27 (ESV)

8. Get married!

Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love... Proverbs 5:15–20 (ESV)

But if they cannot exercise self-control, they should marry. For it is better to marry than to burn with passion. 1 Corinthians 7:9 (ESV)

9. Run!!

Genesis 19 - Joseph Ran. 2 Timothy 2:22 - Flee youthful passions. 1 Corinthians 6:18 - Flee sexual immorality,

Pursue a life of good deeds.

Keep your conduct among the Gentiles honorable, so that when they speak against you as evildoers, they may see your good deeds and glorify God on the day of visitation. 1 Peter 2:12 (ESV)

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:10 (ESV)

who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works. Titus 2:14 (ESV)

See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. 1 Thessalonians 5:15 (ESV)

So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith. Galatians 6:10 (ESV)

Outreach — We believe in reaching our community by serving our community.



As Christians, we should be known for abstaining from fleshly passions (lust) and for serving others.

The Trial of Lust