

MESSAGE NOTES

February 14, 2010

Pastor Greg Hill



1 Thessalonians 4:1-8 (NIV) **¹Finally, brothers, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more. ²For you know what instructions we gave you by the authority of the Lord Jesus.**

³It is God's will that you should be sanctified:

God has a unique, fulfilling and awesome vision/design for your life. He is at work building you according to the specifications of his design. Sexual impurity quickly dismantles the incredible life God is building in/for us.

that you should avoid sexual immorality;

The word *avoid* means "to run from" or

"_____"

2 reasons we don't "distance" ourselves from sexual immorality;

1. We _____ our ability to handle sexual temptation
2. We _____ the consequences of sexual sin

⁴that each of you should learn to control his own body in a way that is holy and honorable,

Self control does not come from self. It comes from

_____.

Holy = special, valuable, priceless, different, unique, set apart

Honorable = Worthy and _____

⁵not in passionate lust like the heathen, who do not know God; ⁶and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. ⁷For God did not call us to be impure, but to live a holy life. ⁸Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.

Personal Reflection through the Week

1. See your future & body as God does
 - o Describe several aspects of the future you desire. Now, specifically list the affects sexual impurity would have on that future.
 - o In relation to your spouse (or future spouse), how do you view your body - really? What actions could you take to think of and treat your body as something that is of great value and exclusively for your spouse (or future spouse)?
2. Distance yourself from any sexual impurity
 - o Ask yourself, "What is it that most routinely triggers my impure thoughts/desires?"
 - o What patterns, places, people or media do I need to 'distance' myself from?
3. Ask for and trust in the control of the Holy Spirit
 - o Honestly confess any weaknesses or sins to the Lord (He already knows, but your honest confession invites his power into your life). Confess that you need him because you can't handle sexual temptation on your own.
 - o Boldly ask him to give you his desires, his perspective, his power and his vision for your future.
 - o Go through your day living as though he is trustworthy to be and provide all you need