

A Godly Solution for Lust

Judges 16

03/26/23

1. Recognize its presence in your life.

Judges 16:5-6 (Message) “Seduce him. Discover what’s behind his great strength and how we can tie him up and humble him. Each man’s company will give you a hundred shekels of silver.”⁶ So Delilah said to Samson, “Tell me, dear, the secret of your great strength, and how you can be tied up and humbled.”

James 3:2 For we all stumble in many ways.

2. Fight against lust by giving God your heart.

Judges 16:15–17 (ESV)¹⁵ And she said to him, “How can you say, ‘I love you,’ when your heart is not with me? You have mocked me these three times, and you have not told me where your great strength lies.”

Ezekiel 36:26–27 (NLT)²⁶ And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.²⁷ And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.

3. Put a plan in place to protect yourself against lust.

Judges 16:17 (NLT) ¹⁷ ...“My hair has never been cut,” he confessed, “for I was dedicated to God as a Nazirite...”

1 Corinthians 6:18 (NLT) ¹⁸ Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

James 4:7–8 (NLT) ⁷ So humble yourselves before God. Resist the devil, and he will flee from you. ⁸ Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

James 5:16 (NLT) ¹⁶ Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

2 Timothy 2:22 (CSB) ²² Flee from youthful passions, and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.