

Week 2 - Compromising our Sexuality Through our Thoughts

Over the next five days, we will be looking specifically how our thoughts, just as David's, can give way to sin in our lives if not brought under the authority of Christ. We are not immune to sexually provoking thoughts just because we are women. We will look at two areas I feel women struggle with when it comes to their thought lives; making mental comparisons and having fantasies. Before you think this does not pertain to you, think again. You might be just as surprised as I was when I began my research! I encourage you to pray for the Holy Spirit to cleanse your heart and mind from anything blocking you from hearing truth. Are you ready? Let's get started!

Day 1

Measuring Up • 21

Day 2

Silent Sin • 24

Day 3

Can't Get No Satisfaction • 26

Day 4

Fantasy Land • 28

Day 5

Detour Ahead • 32

Day 1 - Measuring Up

The reason we spent our first week understanding the progression of sin was to help us see that in the battle for sexual integrity, we must understand the very nature of sin and where it begins. Having that knowledge helps us to recognize sin in its first stages. Having an awareness of the spiritual battle will help us begin to recognize when we are facing seduction. We will look at the spiritual battle in a later lesson. For now, we will begin to look at how making mental comparisons is a sin in our thought lives. It opens the door to for us to compromise our God-given sexuality. Our sexuality is more than just our desire for sex. It is a part of our thoughts and emotions, as well as our spirituality.

Where a man compromises his sexuality through the lust of his eyes and physical contact, a woman tends to make the compromise mentally and emotionally long before she compromises it physically through a sexual relationship. If we tend to compromise it first mentally and emotionally, more than likely most of the compromise begins in our thought lives. Generally, women act on what they believe. It has been my experience that if the enemy can tempt us to stumble in our thought lives, we are more likely to stumble in our physical lives. If we tend to act on what we believe and our belief systems are out of line with the will of God, we will generally act outside of the will of God.

I would like to get honest with you for a moment. We are living in a time where if we don't get real with one another about sexual temptations, the enemy is going to continue to wreak havoc on our lives and continue to pour shame into the area where our sexuality is concerned.

God designed sex to be shared within the boundaries of the marriage covenant. Through sexual union, there is a joining of spirit, soul and body that was intended to be shared only between husband and wife. I like to think of our sexuality as being made up of not only physical aspects, but emotional and spiritual as well.

The temptation to compromise our sexuality has never been higher. You don't have to look very far to see how sexuality has been exploited. Many women think that adultery can only occur when you have physically been unfaithful. I am here to tell you this is false. Mental and emotional adultery are just as sinful.

Has there ever been a time when you thought that a mental or emotional affair was not the same as having a physical affair? _____

Why did you think that was true? _____

My hope is that through studying God's Word you will see that any type of affair, whether mental, emotional or physical, is all adultery in God's eyes. They all compromise our God-given sexuality. I believe the earthly ramifications can certainly be worse in a physical relationship; however, God sees all sin the same.

Can you come into agreement with God regarding sin and the heart of sin?

I believe that God intended our sexual life to be with one partner for life, our husbands. When we flirt with lusts of the flesh, whether mentally, emotionally or physically, we are falling into sexual sin, thus compromising who we are in Christ. Any compromise whether physically, mentally or emotionally can affect a woman's sexual wholeness. If one area is compromised, you potentially risk infecting all other areas of your sexuality.

How do you think by compromising one area of your sexuality, you can infect your entire sexuality?

Let me give an example. A part of your being is made up of your soul. The soul is thought to be comprised of your mind, your will and your emotions. If you fall into an emotional affair with another man, you give a part of yourself to him by sharing your heart, dreams and feelings. You have just shared a portion of your soul (your mind, will and emotions) with him that was only meant to be given to your husband. You have just formed a soul tie with someone outside of marriage (we are going to talk about soul ties in a later session). A part of you has been chipped away. Because you have become emotionally vulnerable with another man, it will be harder to resist the temptation to not fall deeper into sin with him. That is just the nature of sin. It's hard to stop it once you start. This affects your sexuality because it is not whole when a part of it is given away to someone other than your marriage partner. A part of it is missing. You are now at a higher risk to fall into physical sexual sin.

There are many ways you can put yourself at risk for sexual compromise, but I'm going to narrow them down to two for this portion of our study: Making unhealthy comparisons and fantasizing. We will look at these over the next several lessons.

I believe one way we compromise our sexuality is through making unhealthy comparisons. We do this by comparing our husbands, or significant others to other men that we know. Whether these other men are single or married, comparing your man to another can be dangerous. Most of the time, these comparisons are just thoughts in your mind that nobody around you even knows.

There are times we compromise our sexuality when we compare ourselves to other women. We either set ourselves up for failure because we come out below the measuring stick (feeding a low self-esteem) or we come out prideful because we think we "look" better than another. Each one of these is wrong and compromises who God says we are to be. We don't want to be women with low self-esteem nor do we want to be women full of pride. Perhaps you are not aware that you may have been making these types of comparisons in your mind, or maybe you just never thought them harmful. Take a moment to answer the following questions by circling Y or N:

Do you ever compare the man in your life with another man that you know whether it's physically, mentally, or emotionally? Y N

Do you find yourself making comments in your mind about your husband like, “why can’t he be as helpful as Kelly’s husband John? John is always so helpful and sweet. I wish my husband wasn’t so lazy” or “I feel like I am kind to my husband. He is so rude to me at times. I resent him so much. Maybe he was not the right guy for me. I wish I had married someone who respects me.” Y N

Do you ever compare you marriage to someone else’s marriage? Y N

Do you ever find yourself wishing your husband treated you like your friend’s husband treats you or like the man at work treats you? Y N

Do you find yourself making physical comparisons of your husband to other men when you are at the gym or anywhere else? Y N

When another friend’s husband spends time listening and talking with you when you are all together, do you find yourself wishing your man spent that much time listening and talking with you? Y N

When your friend’s husband or a man at work spends time listening and talking to you, do you find yourself thinking about the conversation later and having feelings of fulfillment? Do you find yourself looking forward to having more conversations with him? Y N

If so you may be putting yourself in danger; whether you realize it or not. Just as it is harmful for a man to have lustful thoughts about a woman in his mind, it is just as harmful for a woman to make emotional or physical comparisons in her mind.

Do these sound familiar? Can you see the danger? Journal your thoughts.

Making comparisons is a slippery sin. It sets you up for disappointment. It invites you to entertain and focus on the negative qualities in your husband instead of positive. It also involves making judgments. Let’s take a look to see what God says about passing judgments against another.

Romans 7:1 says *“Do not judge or you to will be judged. For in the same way you judge others, you will be judged, and with the same measure you use, it will be measured to you.”*

How would you feel if the role was reversed and your significant other was comparing you to another woman and placing judgments on you?

Well, that is exactly what can happen to you if you place judgment on him. The Bible teaches that we reap what we sow. If you sow judgments, you will reap a harvest of judgments against yourself. I don’t know about you, but I don’t want to be measured by the same measuring stick I have used on others in the past. That just encourages me to stop those kinds of thoughts immediately. Tomorrow we will look at other ways we make unhealthy comparisons that lead to sexual compromise.

Day 2 - Silent Sin

Yesterday we began talking about unhealthy comparisons. Today I want to look closer at how we do that. Have you ever noticed that sometimes we tend to compare ourselves with other women more than we compare our men with other men?! When we compare ourselves to other women we either come out on top or on the bottom. Both of these leave us feeling prideful and can damage our self-esteem.

When we compare our husbands to other men, we set ourselves up for sexual compromise. It sets you up to fantasize about him as well. God sees this as sin. Remember, when another thought about a man pops in your head that is not sin until you choose to entertain those thoughts.

The following are some examples of women that make unhealthy comparisons:

Stacey says, “I tend to compare my husband to other men when it comes to how much he helps out. I usually look to see how my friend’s husbands help her around the house and wish my husband would do more. I wind up feeling bitter towards my husband and wonder why God couldn’t have given me a more helpful man.”

Amy finds herself saying in her mind, “Why can’t my husband be more like so-and-so?”

Jackie finds herself thinking things like this. “If only I could look like Jennifer. I would be so much happier if I had her looks and her charm. Maybe more men would notice me if I looked like her. She is so lucky to have all that attention from other men.”

In the example from Jackie, why do you think she is jealous that her friend has attention from other men?

Do you ever find yourself longing for that kind of attention from other men (even if it’s just visual attention from another man)? If so, what kinds of emotions arise?

I have often thought about why it is that many women long to be noticed or desired by a man that is not their husband. Even before marriage this is a huge issue. They long for his attention and affection. They have a longing to be pursued. It’s not necessarily a lust issue, but a heart issue. There is usually some kind of emptiness or past wound that has left a hole in their hearts. It may have developed from a lack of attention from their father figures. In this case, it leaves them vulnerable to seek attention from other men.

I believe our hearts were designed to pursue our Maker and He is to fill those inmost places. Most women don’t realize that they are seeking after a false idol, trying to get a need met through a man that only Jesus Christ can fill. That is why I said it’s a “heart” issue. Our hearts are deceitful and can’t be trusted. What we are all really seeking is unfailing love (See Proverbs 19:22).

In Shannon Ethridge's book *Every Woman's Battle* she says, "I believe that many women who struggle with sexual and/or emotional integrity are still little girls trapped in a grown woman's body, desperately seeking a father figure to give them the love they craved as a child. This pursuit of 'love' takes the form of searching for intimacy and closeness, and unfortunately the world we live in teaches that this intimacy and closeness can be found only through sexual relationships."

The world teaches you to numb your pain by using alcohol, drugs and sex. Most of the world is unaware that it's God's love that they need to fill the emptiness. Because they lack this truth, the best way they know to fill the void is to fill it in unhealthy ways. When it comes to women, I believe the popular drug of choice is men. Just like the old saying "looking for love in all the wrong places", we spend years looking for love in places that we will never be satisfied until we come into a personal relationship with Christ.

Day 3 - Can't Get No Satisfaction

From experience I can tell you that when you are feeling dissatisfied in a relationship, there is a need for more of Jesus. Now, I understand there are some who feel unsatisfied in a relationship because they place an unhealthy expectation on their partner to meet their needs. I am not talking about that. I am talking about someone who is in a healthy relationship but still feels unsatisfied. Those are the people who I feel need to apply more of Jesus in their life.

Most unhealthy comparisons are the result of dissatisfaction. It is unfair to your spouse to expect him to be Jesus in your life. He is not perfect and never will be. Satan encourages you to make comparisons so you will become more dissatisfied with your spouse. Through making comparisons, he then begins to tempt you with thoughts of another man that you might consider leaving your spouse for. As you feed your flesh with comparisons, Satan will begin to feed you lies to get you to think the grass is greener on the other side. If he can talk you into leaving your marriage for the greener grass he has succeeded. Once you get over to the other side, you will eventually realize not only is the grass not greener, but your situation is worse than what it was to begin with. This is part of his plan to steal, kill and destroy. I can't tell you how many times I went looking for love in all the wrong places. I spent half my teenage years and early adulthood looking to men to fill my needs. Once I grew dissatisfied I would go looking for greener grass. By the way, the only green grass I have ever found lies in Jesus' front yard!

I once heard that women use sex for love and men use love for sex. Most of my past was a tragic story of a girl in desperate need of love from a father who didn't know how to love her. In order to fill that need, I used my sexuality to get my drug of choice. I had sexual relationships in order to feel loved. In my attempts to fill that emptiness that my Father in Heaven wanted to fill, I used sex for love and piled up a heavy load of shame through unhealthy relationships.

My hope in shedding light on these unhealthy comparisons is to help you begin to see that they will only set you up for disappointment and dissatisfaction. I believe the enemy wants us to be unsatisfied with what God has given us, and will try every trick to get us to that point. What is one way he does that? I think he entices us to begin to question our satisfaction with our mates by posing questions that get us to begin making unhealthy comparisons.

In what ways have you seen evidence of this in your life?

What emotions and disappointments have come along with any unhealthy comparisons you have made?

I have heard the many lies that women believe to be the truth. Some of them sound like the following: "There is no passion in my marriage. I don't think God would want me to spend the rest of my life with someone I don't feel passionate towards. I don't feel whole with this person. I can't live the rest of my life in a dissatisfying relationship." These lies open the door to begin making

unhealthy comparisons to other marriages that “seem” full of life and passion. The next thing you know you are justifying why you need to leave your man and look for another.

We know that if we move our thoughts to the next stage of “words” we will be speaking things out that will give Satan power to enter our lives. Satan enters through sin. If we speak things out like making unhealthy comparisons, then we are usually making judgments. Making judgments is sin and it gives Satan legal rights to attack you.

Women in general tend to be talkers. If we don’t watch it, we will find ourselves venting our dissatisfaction with our friends, or perhaps another man. When we speak these kinds of things into existence it gives way for sin to snowball out of control.

Write out a prayer asking God to reveal comparisons that are taking place in your mind so that you may repent of those thoughts and close the door to the enemy.

Day 4 - Fantasy Land

It amazes me to think how often we fantasize and are not even aware we do. I often find myself having an entire conversation with someone in my mind that began as a simple thought! Fantasies begin much the same way.

Define what you would say a fantasy is:

When I was researching the word “fantasy” on Webster’s online dictionary, I came across this word associated with it, *fantastic*, which in Latin it is “*phantasia*” meaning “something possessing grotesque, bizarre, or unreal qualities.” A fantasy is something bizarre with unreal qualities. I find that interesting, because if you think about it, whatever it is you may be fantasizing about is in fact, unreal.

Some women really struggle when it comes to having fantasies, and some do not. Many times, our emotions try to rule our thoughts. Even when our head knowledge tells us “you should not be doing this”, our emotions try to override it. Do you ever feel like your spirit is willing to do the right thing, but your flesh is weak (Matthew 26:41)? Here are a few questions that can help you see if this has ever been a struggle for you. I think you will find it interesting how fantasies can disguise themselves. Circle your response to the following:

Do you find yourself thinking about another man when you are having sex with your husband (even if it’s a movie star)? Y N

If you are in an unhappy relationship, do you ever fantasize what your next spouse would be like if you got a divorce or he died in a car wreck? Y N

Do you read romance novels because they arouse you mentally, emotionally or sexually? Y N

Do you watch movies with romance stories just to get a “love” fix? Y N

When you sense that another man notices you, do you think about him throughout the day? Y N

Have you ever planned your day based around an encounter with another man? For example, you plan to go to the gym at a specific time based on the time another man will be there? Y N

Have you ever had difficulty focusing on the tasks at hand because you are thinking about another man? Y N

Do you use pornographic pictures for arousal in order to have sex with your husband? Y N

If you answered yes to any of these questions, hopefully your eyes are being opened to what fantasies “look” like. Sometimes they have such a way of disguising themselves!

Having that knowledge, can you think back to a time you may have been fantasizing about another man emotionally or physically? What do you think was the reason the fantasy began?

The reality is that a fantasy is unreal. Most women chalk up a fantasy as being something not harmful. They assume they would never act it out in reality. This is a lie! On the other hand, Satan sometimes tempts us into believing that the fantasies we have could in fact be a reality if we pursued them.

Can you relate to any of this? Have you ever secretly wished that a fantasy would become a reality? Write about how this made you feel?

Don't be embarrassed if you can relate. Many people have had similar thoughts but are either too ashamed or too prideful to admit they have. There are many women who use movies, pornography, and books to stimulate themselves mentally and I can tell you that this is not a part of God's design for a covenant relationship. Some women I have talked with shared that they enjoyed the fantasies and don't see any harm in them. Let me be honest, it is a trap from the enemy. Think about this for a moment. Let's take a married woman named Kim and use her as an example. Kim's marriage has been dull for quite some time. In fact, she avoids sexual contact with her husband because she doesn't feel attracted to him anymore. A guy named Jeff that she works with is always goofing around at work and makes Kim laugh. Jeff is not necessarily a Brad Pitt when it comes to looks but he is funny, charming, and cute. Jeff spends time talking with Kim and giving her friendly attention. He has never come on to Kim or given her any inkling that he wants her romantically. But because of the friendly attention he gives Kim, it pushes her emotional button. Remember, women tend to compromise their sexuality first through mental or emotional thoughts. She has longed for such a friendship with her hubby but that part of their relationship seemed to die years ago. Kim begins fantasizing about Jeff and wonders what it would be like to be in his arms and have such a fun guy in her life. She thinks it's harmless to think about him because after all, it's not like she would ever act upon those fantasies.

Do you agree or disagree?

Why? _____

Kim is flirting with danger because she is thinking about something that is not a reality.

Even though she thinks it's harmless, Satan has her right where he wants her. For one thing, she is prideful in thinking she is not capable of falling into such a sin. The Bible teaches that we are all capable of falling into any kind of sin (See Romans 3:23).

Have you ever felt like you were not capable of falling into an affair? Why or why not?

We are wise to assume we are capable of anything so that we remain humble. Satan can work through the open door of pride, I know from experience. I made many judgments against others in my past and made comments like, “I would never do this or that.” I opened the door to the evil one through my pride in thinking I was not capable in my flesh to do bad things. Kim is also entertaining thoughts about a man other than her husband and is not only sinning but compromising her sexuality.

The enemy will do anything he can to destroy relationships. One way might be convincing you that your relationship is boring and dull. From there he will use bait, such as another man to tempt you away. He usually always begins the battle in your mind.

It alarms me how often I hear about a marriage relationship falling apart because of sexual immorality. One thing that prompted me to write this study was because I was seeing so many women compromising their sexuality outside of marriage. I began to interview people on this topic and read other materials on the subject. I too, could relate to some of their temptations. Through research, my eyes began to be open to the attack Satan has launched against the church. I have seen that he is doing everything he can to tempt the saints in Christ’s church. He will do everything he can to kill, steal and destroy godly relationships. When interviewing fallen victims of any level of sexual sin, many of them I spoke with said it started as an attack on their thought lives. I began to wonder why it was that in this particular age and time God’s people were falling into some level of sexual sin left and right outside of their marriages. In Beth Moore’s *When Godly People Do Ungodly Things* she says, “Satan reads the signs of the times like *The Washington Post*. He knows the inauguration of Christ’s kingdom grows closer and closer, so the archdemon furiously unleashes his power to the full extent of God’s permissive will. The dragon is in a tailspin, and he is whipping everything he can in the time he has left. Because his ultimate fury is at God, nothing gives Satan greater unholy pleasure than assaulting God’s children. Hence, our present conflict.”

You see, Beth is saying that the enemy knows his time is short and he wants to do everything he can to hurt God’s people. He knows the most important thing to God is His people. He also knows that our bodies are a temple for the Holy Spirit. The closest way to attack God is by getting God’s people to commit sexual sin because sexual sin is an attack against the body. In Beth Moore’s *Praying God’s Word*, she says, “Satan knows that sexual sin is unique in its attack and impact on the body of the individual believer... Since the Spirit of Christ now dwells in the temple of believer’s bodies, getting a Christian engaged in sexual sin is the closest Satan can come to personally assaulting Christ.”

When it comes to our thought lives, Satan tries to corrupt our minds with tempting thoughts in hopes that we will entertain them, which manipulates feelings. So many women these days act on their feelings and not on what they know to be God’s truth, which eventually leads them to stumble. Feelings can be our worst enemy if they are not in balance! We are wise to do a check on them from time to time to see if they are out of balance.

Fantasies come in many different forms. Again, they do have a way of disguising themselves so the more we become aware of how they manifest, the more alert we can be to not entertain them. I want to shed light on a form of fantasizing that may not be the first thing you would think of when it comes to this topic. When you get dressed in the morning, or to go out at night do you choose

your attire based on another man you may encounter? If so, this is a form of fantasizing. You are thinking about what to wear and what his reaction might be. You might then find yourself thinking about what he might be thinking about you when he first sees you in your outfit. Some of you may be laughing, but let's get honest with ourselves. How many times have we had conversations with people in our heads that have not even taken place? How many times have we played out a scene like this? Anytime our minds are doing these kinds of mental gymnastics, we are fantasizing.

Perhaps you are one that goes into chat rooms to live out fantasies. This is just as unhealthy and a red flag should go up if you are involved in a fantasy life on-line. Someone very dear to me got involved in this type of seduction as she began innocently going into chat rooms talking with other people. Before long, she began what she thought to be harmless flirting with other men. This led to her having emotional affairs on-line which then led her to play out that fantasy in real life. Let me tell you that this person would have never thought she was capable of such sin. She got seduced through this kind of fantasy which led her down the enemy's plan for her destruction. I don't think you would disagree that Satan is taking full advantage of cyberspace. In order to act out a fantasy, people used to have to call 1-900 numbers and now they can log on to the internet in their homes and have one with several people at a time!

Let's see what God has to say about our thought lives and the fantasies we may be entertaining and what we are to do about them.

Please read 2 Corinthians 10:5. *"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

What do you think it means to take every thought captive to make it obedient to Christ?

This scripture means our thought lives are to be submitted to Christ. I find the easiest way to act upon this scripture is by asking, "Would Jesus agree with me on this thought or fantasy? Would he support my thoughts or would he be more likely to redirect them?"

One thing I like to do is ask the Lord, "What are your thoughts on this matter?" In order to hear from him, I need to be in His Word, reading scripture daily. I need to know what God's thoughts are in order to know how he feels about something. The only way to know his thoughts are to know him. How do I get to know him? Spend time with your personal Lord and Savior. God is a real person who wants a real relationship with you. He wants to talk with you about every situation in your life. He wants us to come to him not only with requests, but to have real communication just like you would with a friend. When we call a close friend on the phone we don't start out the conversation with our requests of what we need from them. We talk to them first. We talk about life, our families, etc. God wants us to be the same way with Him. It is my belief that He wants a relationship with substance. He wants us to know Him personally.

We have had a lot of information today. Thank you for hanging in with me this far. Let's close today and open tomorrow learning how we can redirect our thought lives when they begin to get out of control.

Day 5 - Detour Ahead

Today I would like to spend some time thinking about how we can redirect our thoughts when we begin to fantasize. I want to stress that entertaining sexual thoughts at any level about another man other than your husband is dangerous. We cannot control every thought that pops in our heads. What you can stop though is entertaining those thoughts...you know...when you keep pressing the rewind button and watching it again and again. We are going to look at some ways we can redirect the thoughts before they spin out of control. From what we learned early on in the study, why is it important to stop ungodly thoughts right away?

If our thoughts are not halted and redirected, we are likely to rehearse them in our minds and speak them out at some point. We know once we speak them out we are feeding our flesh and it grows stronger. At some point you may come face to face with a similar scene you have rehearsed many times in your head and fall under a heavy temptation to sin. Remember, Satan is crafty. He schemes and plots attacks on your life. If he is the author of sexual temptation then he will do everything he can to get you to entertain sexual thoughts about another man. It's possible he will present a temptation that you have been entertaining at some point down the road when you are not looking. I know this can happen, because I have experienced something similar in my own life. I was attacked with overwhelming mental pictures about someone. I was not choosing to have these pop in my head. At one point down the road, the same person that was popping in my head presented himself almost literally at my front door. Sounds crazy, I know. I would never have dreamed in a million years that the very thoughts attacking my mind would actually try to come to pass! As I spoke with other women about similar circumstances, they all had similar stories. They never believed any of the thoughts they were entertaining would actually manifest as physical temptations, yet most of them did. This is why we have got to get to a place where we pay close attention to what our minds are being bombarded with.

What are some ways you might be able to redirect thoughts that pop into your head about another man other than your husband?

Let me give you a few examples.

1. Ask God to help you become aware of ungodly thoughts when they pop into your head.
2. Redirect thoughts about another man towards your husband. If you are having thoughts about what a romantic week in Hawaii would be like with the attractive man at your office, replace that other man with your husband. It's perfectly okay to have sexual fantasies as long as it's with your husband.

3. Look up scriptures that encourage you in your battle and rehearse them. Just like Jesus, talk back with the word of God when the devil is tempting you.
4. Put on praise music.
5. If another man continues to pop in your head that is not your husband, pray for him. That will really confuse the enemy! In fact, it will probably cause him to back off.

Jesus understood what it was like to be tempted. Although he was tempted, he never sinned. We can have that same power as well over temptation. Why? We have the Holy Spirit living within us.

Please read 1 John 4:4. *“You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.”*

How does that speak to you in the battle to fight temptation? _____

I believe it is saying that He that is in us (the Holy Spirit) is greater than the enemy who is in the world. If Jesus trumps the enemy, then we can know that when we come face-to-face with our enemy we can trump our “enemy” in Jesus’ name as well. Satan is a defeated foe. Sometimes the body of Christ gives Satan way too much credit. They think he is more powerful than God at times. The only power he has in your life is the power you give him. He is the father of lies. He is not as powerful as he tries to make you think. It is my experience that when you no longer give the enemy power, he will grow tired and leave you alone with those temptations. He will see that it’s no longer going to work with you. Then he will move on.

Most of the time the enemy tempts us with thoughts of being loved by another man. After all, we have been raised watching movies like “Cinderella”, and have had lifelong desires to be swept off our feet by Prince Charming. No wonder it’s so hard on us, we’ve been longing for something like that since we were little girls! Nonetheless, we have to choose to redirect ungodly thoughts that tempt us. We have to desire to want help from the Holy Spirit to resist lustful temptations. Ladies, we have to get real that lustful thoughts are not just limited to men. If that were true, how would men get women to have affairs with them? Satan does not respect people and boundaries. He wants to destroy women just as much as he wants to destroy men! He is feeding women counterfeit thoughts about love in order to trigger their emotions. Let’s get honest and realize this is not just a man’s battle.

When we became saved, the Holy Spirit came to reside within us. The bible teaches that the very same power that raised people from the dead is the same power that lives within us, because the Holy Spirit resides there. Everything we could ever need to walk blameless and holy is within us. We need to learn how to tap into that power. It is within you at the very core of your true being. Abandon yourself completely to His power-filled presence that lies within.