

## *Week 3 - Flirting with Seduction*

Our last five days hopefully opened your eyes to see how our thoughts can easily get out of line with God's thoughts. We are all capable of fantasies. As I stated before, it's not just a man's battle. Men are not having affairs alone. After all, it takes two to tango! Women are under just as much temptation as they are, it just looks different. We will dive into some heavy material over the next few days so buckle up your seatbelt, because it will be quite a ride! We will be taking a journey into the spiritual realm looking at the spiritual battle waging war around us and look specifically at Satan's latest scheme on God's people. Hold on tight and let's get going!

### **Day 1**

Satan's "Master" Plan • 35

### **Day 2**

Hidden Schemes • 39

### **Day 3**

Dumping Dr. McDreamy • 42

### **Day 4**

So Long Fabio • 47

### **Day 5**

A Night at the Movies • 49

# Day 1 - Satan's "Master" Plan

1 Timothy 4:1 says, *"But the (Holy) Spirit distinctly and expressly declares that in latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach"* (AMP).

Before we look at other ways we compromise our sexuality and how to safeguard them, I want us to gain understanding of the spiritual battle and how Satan is using seduction to play a key role in temptation during today's times.

I am focusing on this specifically because I believe that Satan's latest scheme on this era is tempting people through seduction. I believe that Satan is trying to get God's people to stumble by use of seducing spirits. Why do I believe it? Well, for one, I feel I have been "seduced" during a time when I had never been more in love with God. I could have never imagined it happening to me during that time and I know others that have fallen into the same web of sexual seduction who had devoted lives to Christ. Beth Moore has a very informative book on arming yourself in the age of seduction called, *When Godly People Do Ungodly Things*. In her book she describes what she believes Satan's latest scheme to be: Seducing God's people. After reading today's lesson, if you want to go into a deeper study on this subject matter I encourage you to refer to her book. You will find it most fascinating and informative.

God's word clearly teaches us that we are to put on his full armor to take a stand against the evil one. I know its not always comfortable talking about spiritual warfare, but I think it is of importance to understanding why we fall into some of the traps we do. God would not have taught us about the importance of being fully armed if we were not engaged in a real battle.

If you have never read C.S. Lewis' *Screwtape Letters*, I highly recommend it. It will give you an awareness of the works of the enemy. In *The Screwtape Letters*, C.S. Lewis wrote: "There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve their existence. The other is to believe and feel an unhealthy interest in them. They themselves are equally pleased by both errors in them and hail a materialist or a magician with the same delight."

I don't believe we are to give too much attention to Satan and his cohorts, but I think what C.S. Lewis says here has a lot of merit. Understanding that Satan and his forces do exist and have powers here obviously is important to know or God would not have told us about them. Scripture tells us that we can be easily seduced away from our devotions to Christ. Let's take a moment to dissect the following scripture.

In the Amplified Version, 2 Corinthians 11:3 says, *"But (now) I am fearful, lest that even as the serpent beguiled Eve by his cunning, so your minds may be corrupted and seduced from wholehearted and sincere and pure devotion to Christ."*

In this scripture, who beguiled Eve? \_\_\_\_\_

What is Paul specifically afraid their minds may be corrupted and seduced from?  
\_\_\_\_\_

What specific part of the body is Paul afraid might become seduced?

---

Who is Paul referring to that can corrupt and seduce your minds?

---

Can you see that Paul clearly is afraid that believers in Christ might have their minds corrupted and seduced by the enemy which can affect their walk with Christ? Isn't it interesting that he is afraid of their minds being corrupted? That relates directly to our study on where the battle begins: our thought lives.

You see, the mind is where the battlefield begins. If there is one thing you remember from this study, I hope you remember that the battle always begins in our minds. If Satan can corrupt our thinking and manipulate our feelings, we are more likely to act off of what we feel and believe. Because women tend to walk in their feelings we can be susceptible to seduction.

Can you think of a time when you were devoted to Christ and somehow your mind began to slowly become seduced into thinking that something that was forbidden by God suddenly was ok? If so, please write about that time briefly.

---

---

---

I know there was a period of my life when I was devoted to the Lord and I became desensitized to things I knew at one time God had clearly said "no" to. I was hurting from old wounds that had not been dealt with. My husband and I went through a season of disunity as well. There were times when my husband was upset with me about something and I heard things through my wounded "filters" and I would interpret things completely wrong. I perceived things in my mind far worse than what the complaint really was. I had unhealthy filters that distorted his words and what I was hearing was not actually reality. Because I was rooted deeply in rejection, I received most of his complaints as rejection. I was left feeling unloved and unwanted. Nothing could have been further from the truth. I began to listen to lies from the enemy that he didn't love me and would be better off without me. The lies were fed slowly to where I did not notice I was receiving most of them. Understand that at this time, I had no idea I even had "filters" on my ears, much less that they were unhealthy ones! By the time I received many of the lies, my mind had been corrupted and seduced. I became convinced that I would be doing him a favor by leaving him. My devotion to the Lord had become broken through the corruption of my mind which led me into a season of sinful choices. I want to state that at this particular time, I had a heart that was in love with God. I had just been baptized and wanted nothing more than to serve Him. I had very little knowledge of God's Word, because I had never really been exposed to His teachings. My reason for sharing this is that I want to point out how being out of balance can cause you to become a prime target for the enemy's seduction. See the following illustration:

All heart + Little knowledge = Candidate for seduction

All knowledge + No heart for God = Candidate for seduction

Both of these formulas are out of balance. One outweighs the other. I have found that having a balance of both knowledge of the word and a heart for God places me out of the target zone for the schemes of the enemy when it comes to seduction.

I'm not afraid to tell you that I believe the body of Christ is being seduced, particularly sexually. Almost monthly I hear of another victim who has had a life devoted to Christ fall into a relationship outside of marriage. I believe we are experiencing something like we never have before. Just in the last two weeks I have heard of three victims who have fallen into Satan's sexual schemes. I believe those in leadership are targeted even more because if they fall it's likely to affect a larger mass of people in the church.

God's Word refers to demonic spirits as *unclean spirits*. We know that when we receive Christ we are washed *clean*. Satan knows he cannot take our salvation away once we are saved, so one of his primary goals is to attempt to make our lives difficult. Since this study is primarily one of sexual content I want to personalize what I just said. Understand me loud and clear: **I BELIEVE ONE AREA THAT SATAN IS ATTACKING WITH FULL FORCE IS BY ATTEMPTING TO MAKE US, THE BODY OF CHRIST, FEEL UNCLEAN WITH HELP FROM UNCLEAN SPIRITS.**

Satan cannot make us do anything but he can sure try to tempt us to. He can only tempt us in the areas we are vulnerable. If you are vulnerable in your sexuality, it's important to be aware of how he attempts to seduce you.

There are many ways you may become vulnerable to the seduction of sexual sin. What better way for us to feel unclean than from that of sexual sin?

I believe he has assigned a number of seducing spirits (demons) in the area of sexual temptations because of all the sexual sin going on today. I believe we are growing closer and closer to the end of earth on the kingdom calendar. The scripture in 2 Timothy clearly states that in the end times people will break away from their faith by giving attention to seducing spirits. Notice that we are the ones responsible for giving attention to seduction.

Satan wants to tempt us in this area in hopes we will take the bait and fall into sin. Many of you know exactly what I'm talking about. He knows he cannot *make* us do anything, so he tries to do everything he can to get us to. From what I have observed, I believe he attempts to get us to fall into sin by attacking our thoughts lives to manipulate our feelings. Women tend to want to follow their feelings. They tend to want to act out on what they feel. There have been countless times in my life where I allowed my feelings to dictate my choices. Many people make poor sexual choices "in the name of love."

In *When Godly People Do Ungodly Things*, Beth Moore states, "One of our most important defenses against satanic influence will be learning how to behave out of what we know is *truth* rather than what we feel."

Sexual seduction doesn't always involve intercourse. You can be seduced into an affair mentally or emotionally. You can be robbed of the joy in your life by entertaining any kind of sexual thoughts outside of marriage. You can be seduced into other things such as pornography, homosexuality, alcohol, drugs, and the like.

Have you ever experienced a season of seduction? If so, what did it look like?

---

---

In Beth Moore's *When Godly People Do Ungodly Things* she says, "Few things, however, accomplish Satan's goal of inducing feelings and actions of uncleanness in those who are clean like sexual seduction. Somehow Satan makes sure it just seems dirtier than the rest of the dirt. Sexual sin is a perfect choice to achieve his goals. It breeds shame like nothing else and has uniquely horrendous ramifications."

I hope you are beginning to have an awareness of seduction and how it looks. It is not always easy to identify but as we become aware of its nature we will be able to protect ourselves from it as the day of redemption draws near.

## Day 2 - Hidden Schemes

We talked yesterday about how Satan has launched a large-scale attack by using unclean *spirits*. You don't have to look far to see how he is succeeding in this area. You can hardly watch TV without some kind of sexual innuendo being thrown in your face within the first five minutes or standing at the checkout line at the local grocery store with young teens barely dressed on the cover of magazines. What about *e-porn* available just a click away delivered right into your home? Look at all the people suffering with addictions to porn. My pastor recently said in one of his sermons

that there are more porn sites available online than there are McDonalds in the United States. That is alarming! One reason I personally believe that seduction is real, is because I have fallen victim to it. When I became a Christian I was on fire for the Lord. I couldn't have even imagined falling into some of the sins that I fell into. The problem was I was all heart for God with little knowledge of His Word. I had huge childhood wounds that were not healed. Those things were what I believe left me more vulnerable to Satan's attacks. I had no idea about spiritual warfare and was walking in very little truth. I always made decisions based on my feelings rather than God's truth. To be honest, I believed my feelings were truth. I did not know otherwise.

After I was saved (as a young adult) I had a heart to know the Lord. I wanted so badly to be a woman of integrity, but I had no idea how to do so. All I knew was that I had a passion to know God but had little knowledge of the things of the spiritual world. I thought since I was saved I wasn't capable of falling into old habits and sins. Unfortunately, that was just another lie I believed!

Within a few months of being saved, our family moved to a new city. This was the first time I had ever moved. I went through a depressing time after we moved. I had no friends and my husband was working all the time. Because of the stresses from the move and a new job, I was lonely. I took everything my husband was venting verbally from his own stress personally which tapped into old wounds. I began to believe lies such as "he doesn't love me" and "he wishes he were not with me".

If you have ever experienced such lies like these, how did you react to them? Did you listen to them or ignore them?

---

---

---

Because I listened and believed lies such as those and had little knowledge of God's word, I became a prime target for seduction. Looking back, it's obvious I had a victim mentality as well. If I had allowed God to heal my past wounds sooner and not played to role of a "victim", I may have made better choices. If I had known God's Word and was walking in truth and not following my feelings, I could have avoided many traps the enemy had set for me.

What about you? What kinds of choices have you made based on your feelings and not truth?

---

---

---

I know I have made many poor choices based on my feelings instead of truth. My feelings and I were best companions! I took them everywhere I went and based all decisions on what they told me. I believe if I had known about spiritual warfare and the enemy's attacks, I could have recognized seduction in my life more clearly. After I was saved I did not realize I would still be tempted by things, much less fall into any kind of sin. I had such little knowledge of God's Word and had no idea that I had an enemy that wanted to destroy me. After I was baptized as a young adult, I believe I was led into the "desert" to be tempted by the enemy in many ways. To be honest, I was so blinded and so caught off guard I did not even know I was in a desert much less falling for the enemy's seductive schemes. Within a matter of months, I was seduced and found myself at the bottom of a pit being devoured by the roaring lion! My rumble with the enemy was not a pretty one. A few Pharisees in the church were ready to push me back down in my pit the moment I tried to climb out.

Alone in my pit, desperate for help, I cried out to God. He was faithful to pull me out. I had so many questions for him and so many things I wanted to tell him. After I fell on my knees crying out for His forgiveness, He came to me and held me in his arms. The question I desired to ask the most was, "How did that happen?!" He was faithful to show me several reasons why I ended up at the bottom of my pit. One of the first things he shared with me was Beth Moore's book, *When Godly People Do Ungodly Things*. After I read it, I was stunned to find what I did. I realized that I, like many others had fallen for the enemy's schemes. Her book brought such clarity to me. It brought understanding that a Christian purely devoted to Christ can be caught off guard and seduced by the evil one. Please understand there have been many sinful choices in my life that were purely done out of rebellion. This particular one was something that happened so fast that I was caught in a sticky web of seduction and did not know I had a way out. I want to thank Beth Moore for shedding light on this subject. I have learned so much through her teachings and I don't know if I would have gained such an understanding of it if it had not been with the help of her book and her obedience to God.

I am so passionate about conveying these things to you, because if I can help just one of you not walk down a similar path and face the horrendous ramifications from seduction, the pain I faced will have been worth it. I don't want women to be unfamiliar with the evil one and his schemes through seduction. If I can encourage one of you that flirting with seduction is not worth the amount of pain and destruction you will face afterwards, then every amount of suffering I have walked through in my life will have been worth the fight I fought to survive. Every scar I received from my rumbles with the evil one will have made it okay if this study encourages just one of you to turn from your sin.

Can you back up and think about a time when perhaps you did something totally out of character? Do you think there was any level of seduction involved? Why or why not? (Remember, seduction does not just include sexual temptations.)

---

---

---

---

When I think back to the last rumble with the enemy, I can clearly see where the seduction began. The thoughts I entertained provoked ungodly feelings internally and it led me to fantasize about ungodly relationships. As the old saying goes, "If I had known then what I know now" I would not

have made the same mistakes! May my testimony be an example to you to use it as a warning against even flirting with seduction. It is not worth the costs!

Satan wants to try to get us to feel unclean. How can he do that successfully? I believe he does so by tempting us into sexual sin. Do you think he likes to use my past sexual sins against me? You bet! I hear things like, “How could you have sinned against God like that? You were a Christian for goodness sake! You will never feel pure again after doing that!”

What do you think the difference is between being seduced into sexual sin verses acting out in rebellion through a sexual relationship?

---

---

---

Have you ever felt like you will never feel clean from a sexually sinful relationship?

Well, the good news is that you can feel clean again and God can cleanse you from it so that you can walk free from the shame and condemnation from the evil one. We are going to talk about how to walk in that freedom in a later session. I want to stress that although I believe we can be seduced by unclean or seducing spirits, I don't think that all sin occurs because we follow seducing spirits. We have a flesh nature and the nature of it is corrupt. But when we learn to walk in the spirit, we can battle any temptation without falling into it. When we allow God into our inmost places and heal every wound and fill every hole, we can have a stronger guard up. There is so much to say about this particular topic of sexual sin and the seduction of it that I would encourage you to get a copy of Beth's book, *When Godly People Do Ungodly Things*. You won't be disappointed! Her entire book is about the topic of seduction.

Although there are spirits out there tempting us to fall into many types of seduction, particularly sexual sin, we can resist them and live victoriously in this area. How do I know that? We have the life-changing power of the Holy Spirit dwelling within us!

It is also my belief that although we may have already fallen into sexual sin in the past, God can fully redeem us and restore us.

Tomorrow we will begin to look at ways we become vulnerable to the seduction of sexual sin through our thought lives. Take a breather! The information ahead can get heavy at times. I want to thank you for allowing me an opportunity to share with you my failures and God's redeeming love. If God was not faithful to redeem our failures, I would not have been able to write this study. This is proof of His faithfulness. He is so faithful to pull us out of any web we have been caught in when we call upon His name!

## Day 3 - Dumping Dr. McDreamy

Seduction can so easily mask itself that sometimes we don't even realize we are flirting with it. As I was studying for this lesson, I came across the following scripture I shared with you in an earlier lesson that alarmed me. Please take a moment to read it again slowly to digest every word it says.

1 Timothy 4:1 says *"But the (Holy) Spirit distinctly and expressly declares that in latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach"* (AMP).

What does the Holy Spirit declare in this scripture that will happen in latter times?

---

---

---

---

---

I want to take a moment to talk about the word *seduction*. The root word is *seduce*. What would you define that word to mean?

---

---

The Merriam-Webster online dictionary defines it as, "To persuade to disobedience or disloyalty; to lead astray usually by persuasion or false promises." In the above scripture Paul is saying that some will give such attention to seducing spirits. Given our definition of seduction, we can see that Paul is stressing that some will give attention to spirits that will lead them astray, particularly baiting the hook with false promises.

Have you ever thought about how television and movies portray such a false promise of romance? Have you ever found yourself comparing your relationships to those on TV? I know it sounds silly, but women often do it. As I stated earlier, I believe that Satan is using demonic forces to seduce the Body of Christ into flirting with seduction through televisions, internet, and other sources. Particularly he is seducing many through sexual perversions delivered right into your family living room. Beth Moore says in her book *When Godly People Do Ungodly Things* that, "I am compelled once again to shout from the rooftops what I've already said in several other books: The Body of Christ is being sexually assaulted by the devil! We must learn how to defend ourselves in the power of God's Word and His Spirit."

I believe along with Beth that we are being seduced by the enemy and its time we wake up and take a defensive stand against it. We can't take a stand against him until we recognize his schemes. Just as the military watches and studies its enemy to know how he attacks, we need to know how it is we are being attacked by our enemy through seduction! The enemy is doing everything he can to seduce the body of Christ so they will fall away from the faith. He does so by persuading them towards disobedience. Like I stated in an earlier session, one way he does this is through trying to get us desensitized towards immoral behaviors. One way this happens to us is by watching particular shows on television that tempt us towards sexual sin. I believe the enemy persuades you to watch things on

television that feed your flesh. He has been around a long time and knows our weaknesses. He will use something that is appealing to you; something that you will give attention to.

Look closely at the scripture in first Timothy above. Notice how it uses the term “giving attention to...” What are you giving attention to on television that might be seducing your mind?

---

---

What we are allowing our minds to be seduced by can have a huge affect on our lives when it comes to sexual compromise. Most of the time we don't even recognize that seduction is driving us to watch a particular ungodly show. We know that the battle begins in our minds. We can avoid a battle altogether if we avoid feeding our minds ungodly material. I once heard that the way to kill the desires of our flesh is to stop feeding them! Feed the spirit, starve the flesh. When it comes to our thought lives, I believe some of us need to stop feeding them garbage through certain television shows. I don't want to sound harsh here. I know that it is not always fun to consider the things we feed our minds. It feels good to feed the flesh, at first. That is why Satan uses things that feel good to our flesh as bait for seduction. He wouldn't use something to captivate your mind that felt bad. I know that some of you might feel I am a little radical when it comes to me encouraging you to evaluate what you watch on TV but I want you to know it is because I fell for schemes that I am desperate for you to avoid. I believe God calls us to live radical lives. The word teaches us to “consecrate” ourselves (see Leviticus 20:7). In 1 Thessalonians 5:23 it says, “*May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ.*” What do you think that means?

---

---

To sanctify means to be set apart for something sacred. I believe God wants us to be set apart from the world and sanctified in every area of our lives because He is returning soon. If we are the brides of Christ, we need to begin to prepare ourselves as a bride to be. Sisters, He is coming soon. Are we going to be ready? Just as a bride to be prepares herself for her wedding day, we too are to be preparing for Christ's return. Meditate on the following scripture. Revelation 19:11 says, “*I saw heaven standing open and there before me was a white horse, whose rider is called Faithful and True...*”

Brides, your Prince Charming is coming for you! Oh, I so desperately want to be anxiously awaiting His arrival, don't you? I don't want to miss a thing. It gives me butterflies just thinking about him coming down to take me away on His white horse. How I pray you will have that same desire. It's okay if you don't have that desire. What is so awesome about the heart of God is that He will change your heart to long for Him if you ask him. I have not always felt this way. Several years ago I began to ask Him to give me a heart to love Him. It's okay to be honest with Him. He already knows your thoughts anyway.

Okay, back to the subject at hand. Please consider what you are watching on TV. What are some of the programs you currently watch?

---

---

In what ways could any of those programs be feeding ungodliness to your mind? \_\_\_\_\_

---

---

I will give you some examples of ways we are being seduced through TV. Take soap operas for instance. Is there really anything to gain spiritually from them? Most of the material in them is ungodly. You will usually see unmarried women sleeping with other unmarried men. There always seems to be some woman chasing another woman's husband or even another woman chasing another woman! These types of scenarios feed our fleshly nature. Our flesh naturally craves things of the sinful nature. When we expose our flesh to sinful things, it begins to crave them more. Have you ever noticed how you get excited to see what happens next in a sinful situation on television? Do you think that perhaps some kind of seduction is being used to tempt your flesh to watch more?

Have you ever found yourself engrossed in one of them to where you actually started hoping that the ungodly relationship worked out?! What you know to be wrong is overridden temporarily because your feelings get in the way. You think, "It's just imaginary. It's not like this show is real." Seduction has tempted you to compromise what you believe to be truth just so you can feed your flesh. Before you know it, your soul feels depressed when the season finale is over and you have to wait all summer for the show to pick up where it left off.

From what we have learned thus far, how can certain TV programs be compromising?

---

---

Besides some of the material being totally out of line with what God says about sex and marriage, it is a waste of time! Think about the nightly network shows that come on. Take "Desperate Housewives" for example. It is filled with adultery and other ungodliness. By watching this kind of material, you might find yourself making excuses for their behavior. Even though it is not "real" it still allows you to get your thoughts in line with the characters who are totally acting outside of God's boundaries. Some precious ladies I work at a school with are always giving the Reader's Digest version in the lounge on what happened the night before on "Grey's Anatomy". They were talking about some guy named Dr. McDreamy the other day. So my curiosity got the best of me and I wanted to know if it was a show I might want to watch. So I asked my friend, does anyone leave a marriage for someone else? Of course, they said "yes". So, I guess I will have to dump Dr. McDreamy before I ever even get to meet him!

Shows like these plant ideas in your mind and the more you feed your mind with this kind of material, the more desensitized you become to it. I know I am probably stepping on some toes right now, especially the single ladies! I know this is not fun to hear. When you become desensitized, you tend to become more accepting of ungodly behaviors. I want to stress to you that if you watch shows like "Desperate Housewives", I am not trying to shame anyone nor convict anyone. Ask the Holy Spirit about the shows you watch. You may be one that is not susceptible to seduction. If perhaps you are not, you may be able to watch shows like this and not cross the line between reality and fantasy. However, if you are susceptible, shows like this could be as dangerous as it is for an alcoholic walking into a bar or liquor store.

I know women who have said that they often place themselves in the character's role in their minds so they can fantasize what it's like to have an affair with the lead male role in the movie or show. Earlier we talked about people being led away by false promises. Some TV shows make romance look one way when in reality it is not. God did not intend for us to have sexual encounters outside of our marriages. These types of shows glorify ungodly relationships and lead you to become accepting

of certain ungodly behaviors. They portray the idea that the way to find emotional gratification and sexual excitement is to seek it outside of the marriage. Shows like “Grey’s Anatomy” portray to its viewers that it’s okay to fulfill your sexual desires through adulterous relationships, if need be. Somehow, they may portray that it’s not necessarily okay at first, but they somehow make it acceptable in the end. You may find yourself making excuses for their behavior. Sometimes, shows like this teach the viewers that the way to spice their love life up is by having a secret love life on the side with someone outside of their marriage. Secretly having the hots for another women’s husband is not the right way. Watching a woman have a steamy love affair feeds the lust of your flesh. It causes you to have feelings internally that feel good to your sexual desires. For a short period of about an hour you become engrossed in the drama and find yourself enjoying the immorality. If you feel offended by what I just wrote or feel I am wrong, feel free to vent your feelings before the Lord. Ask Him to show you why you are feeling the way you are. I have found myself in these very circumstances of wanting to watch them to get a “quick fix” in my love life. My flesh sometimes screams when I deny myself to watch “Grey’s Anatomy”. For me, these kinds of shows are my drug of choice. At times, I have to walk against every feeling I have to not watch them. It is quite a struggle sometimes!

God calls us to be aware and alarmed by immoral activities. He never calls us to accept them and welcome them. The apostle Paul said that he was *terrified* that the believers’ minds would become corrupted and seduced from its devotion to Christ (see 2 Corinthians 11:2-3). When we are devoted to Christ we don’t grow accepting to sexual immorality. We need to take a stand against it. Let’s look at what God’s word says about all of this.

Please read Colossians 3:5-8. *“Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.”*

When you read these scriptures, God is telling us to put all these things to death in our lives. If something we are watching on television involves sexual immorality or impurity, for instance, what are we to do with that in our lives?

---

If what we are filling our minds with any of the above, we are to rid ourselves of them. I know it may seem radical, but I believe we are living in a time where God is calling us to live authentic, radical walks before Him. If the scripture in Colossians calls our earthly desires idolatry we have got to put them to death. God will not stand for us to worship another god. He is sure to remove it if we do not!

If God is calling us to rid our lives of all ungodliness, it is for our own good. When we fill our minds with these things, at some point we begin to accept these types of behavior. Accepting them would be compromising our God given sexuality. We are living in times that sexual temptations have never been higher. We are wise to take the safe road and protect ourselves in every way. Understand that God never calls us to do things that are not for our own benefit and safety. He is here to protect us from all evil.

Tomorrow we will look at the kinds of materials we are reading and its effects on our sexuality. Let’s take a break. This is heavy material, I know. I encourage you to go do something fun today with the

Lord! Need some ideas? Perhaps you could go to Starbucks and enjoy a coffee while reading His word, or take a walk and praise Him for His awesomeness!

## Day 4 - So Long Fabio

We last talked about how seduction makes its way through our TVs. It also has a way of creeping into books we read. Today we are going to talk about those kinds of reading materials. I used this title because Fabio is the only god of romance I can remember seeing my grandmother read! Some of you may be too young to know who he is. That is okay!

Have you ever thought what you might be reading could be affecting your life in an unhealthy way, specifically your love life? Is it possible that what we are reading could allow us to fantasize? Remember, a fantasy can just be a mental picture of immoral sexuality. Picturing two people in any sexual act is immoral.

Name a few things that you are reading or have read that allowed you to picture any level of sexual activity outside of a covenant marriage? I promise you are not alone!

---

---

I can remember when I used to read certain books that were not particularly a “romance” novel but it had some steamy sex scenes in it. I would find myself being aroused by it. I have found from talking with some women, that some of the books they read cause them to fantasize as well. For instance, a close friend of mine read some of those romance novels that seemed harmless. As we began to talk about the book and the sexual scenes in it, I asked her if she ever found herself visualizing a sexual scene when she went to bed with her husband. Of course reluctantly she answered “yes”. I believe at the time she didn’t realize this was dangerous. As we talked about it, she realized that she was taking those kinds of visuals from the story and placing those expectations on her sexual life with her husband. She began to question why she didn’t get those kinds of arousing feelings when it came to her sexual life with her husband. She began questioning if something was wrong in their relationship because she didn’t feel as turned on when she had sex with her husband as she did when reading about a sexual encounter in the book. How do you think visualizing a sexual encounter can be harmful?

---

---

Sometimes, there are novels we may read that have a wonderful love story to it without much sexual content. The reason that these can be dangerous to us is that it can leave us feeling empty in our own love lives. If you are someone who tends to follow your feelings, these books can be especially dangerous. Have you ever read a love story that left you desiring feelings of love in your own relationship that you did not feel were there? Possibly you ended up feeling disappointed because the story painted a beautiful picture of a couple in love, which at some point you allowed it to cross the boundary from fantasy into reality by longing for that in your own relationship. Fantasies are unrealistic. They paint a picture that is not real. Seduction comes into play when you find yourself longing for something that is not real. Seduction tells you that your love life is dull and something is wrong with your relationship. Seduction tells you that you deserve a better man. It tells you that you will be happier with someone other than your husband. It tempts you to think the grass is greener on the other side. It tempts you to think that your high school sweetheart still has feelings for you and encourages you to give him a call. We have got to become more aware of seduction and how it

seeps into our lives, even through reading materials. Tomorrow we are going to see how seduction works through some movies we watch.

## Day 5 - A Night at the Movies

Have you ever thought about how certain movies might be seducing you into having unrealistic thoughts about your relationship?

What types of movies do you enjoy watching? What attracts you to these movies? Be honest here...

---

---

Sarah loves to go to the movies, especially when there is a love flick showing. She enjoys watching two people fall in love and all the drama involved in it. When the movie is over, Sarah walks out fantasizing about how it would feel so good to be in love like that again! Seduction has just led her down the path of longing for more. For a moment, seduction has allowed her to relive those wonderful feelings of falling in love. However, after awhile she comes down from the emotional “high” and feels rather down. She misses those first feelings of love. She begins to think about how that would feel again if it were to happen and who with. She believes there is no real harm in playing this scene out in her mind, after all, who will know? Have you ever been in Sarah’s boat? Do you ever find yourself thinking about what your next husband will be like should anything ever happen to yours? It’s amazing how one thought not halted can lead to an entire fantasy! I never thought about there being anything wrong with having thoughts like that. I didn’t realize I was putting myself in a compromising position. When you entertain thoughts such as these, you begin to have conversations in your head with the imaginary characters in that scene. I found it interesting what I discovered when I was researching books on this topic. Shannon Ethridge’s *Every Woman’s Battle* discussed this very idea. On the topic of “rehearsing” she says, “We are rehearsing when we think about the conversations we would have with a particular man if we were ever alone with him, when we entertain thoughts of an intimate rendezvous, or wish that a certain man would take special notice of us. When we rehearse these scenarios, we imagine what we’ll say and do in these encounters. Then when Satan lays the trap and leads that man in your direction, guess what? We are more than likely going to play the part exactly the way we have rehearsed it.”

How does that speak to you?

---

---

---

I remember when I went to see a very popular movie that involved a love drama. It appeared to be a sweet love story about young people falling in love. However, when I left the movie I was in tears! I think I was crying for several reasons. One, it had a sad plot. Two, it dug up old feelings I had buried and had put behind me. Three, it left my soul longing for a love like that. It left me longing for to sweep me off my feet.

What started out to be a good story left me feeling empty and depressed. Movies may not have that affect on you, but I do know some women on whom it does. If you are one that does not follow your feelings, then you will likely not struggle with this. However, for the women who struggle with following their feelings, do you think these types of mental fantasies are a form of adultery? Why or why not?

---

---

---

Let's look at the Bible for a reference on the answer to this question. The Bible teaches in Matthew 5:28 that if we look at someone lustfully we have already committed adultery with our hearts. For example, we are looking at a man lustfully if we are mentally replacing our husband's face with another man's face during sexual activity. Our hearts are very misleading. Scripture tells us we are committing adultery in our hearts when we visualize another man.

Please read Jeremiah 17:9. "*The heart is deceitful above all things and beyond cure. Who can understand it?*" It is clear that from this verse our hearts are deceitful. They are not to be trusted. If your heart tells you it's okay to fantasize, think again. God clearly warns us our hearts are not to be trusted.

Can you think of a time you followed your heart and it proved to be deceitful? What did it deceive you about?

---

---

---

Everything we choose to fill our minds with will end up being stored in our hearts. Read Luke 6:45. "*The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.*"

If the words that come out of my mouth come from what I have stored in my heart, then I want to store up good things in it. After having the knowledge about how powerful our words can be in determining our actions, I want to speak out good things. In order to do this, I have to be filling my mind with Godly things which then fills my heart with good things. If what we are watching involves "evil", then we are storing up evil in our hearts. Let's begin to ask God to convict our hearts when we are allowing evil into our hearts and minds.

Name some things that can feed your mind with the things of God in replacement for ungodly TV shows, books, or movies?

---

---

You might choose to listen to teaching tapes in the car by Christian authors. You can check your church library for your pastor's teachings on CD for listening to in your car. You might pick up a good Christian book at the bookstore. Consider getting involved in a women's Bible study through a local church. I promise as you begin to replace the worldly things with the things of God you will not be disappointed. Satan is always trying to offer counterfeits to the things of God. If you indulge in the counterfeits, they will eventually leave you unsatisfied every time! The enemy wants you to believe the things of God are boring, nothing could be further from the truth.