# Lesson 10 | August 8, 2021 The Bible on Sexuality

**Study Text:** Genesis 1:27–28; 2:18–25; Matthew 19:3–6; Romans 1:20–27; 1 Corinthians 6:9 through 7:5; 1 Thessalonians 4:3–7; 1 Timothy 1:8–11; Hebrews 13:4

Central Truth: The Bible gives clear guidelines for human sexuality.

#### **Key Verse: 1 Thessalonians 4:3**

For this is the will of God, even your sanctification, that ye should abstain from fornication (KJV).

It is God's will that you should be sanctified: that you should avoid sexual immorality (NIV).

#### **Learning Objectives**

- Understand and accept God's view of sex and sexuality
- Sense God's desire that His people live in obedience to His commands regarding morality.
- Choose to honor God with regard to sexual beliefs and behavior.

# **Introducing the Lesson**

**Say:** Every day, we are bombarded with messages about sex, from advertising to news stories to government legislation, and the list goes on. Many of these "in-your-face" messages are promoting sexual relationships that are contrary to the Bible. As believers, we must contend with these issues in our families and among our friends and coworkers. Having a clear understanding of the Bible's message will give us a basis for our responses.

#### **Opening Activity—More Than Marketing**

Ask: What products have you seen advertised, using sexual imaging in the sales pitch, even as those products have absolutely nothing to do with sex?

Sexual sins are an attack on our faith. Our faith is not mind over matter or the power of positive thinking. It is a response to God's faithfulness.

**Say:** Sometimes, we are reluctant to talk about sexuality in the home or in the church. But we can be sure that our children and young people are hearing about it from other sources. As Christian leaders, it is important that we teach, both by words and example, a healthy and biblical view of sexuality. (Share your highlights from the following text.)

There is a great debate today concerning sexuality in our secular society. Should sex be limited to married couples? Should homosexuals be able to be married and adopt children?

Should people be able to self-identify their gender and use whatever bathroom they choose? Fortunately the Bible addresses most of these issues. We, as Christians, can be prepared to inform our society as to those biblical teachings.

#### How the Devil Works.

First, he gets us to question what God really says. Then he tempts us once we are confused about the truth.

In His Image – All of us are special to God. We are made in His image. Dr. Michael Brown said its not about issues, it is about people created in the Image of God. It is a sin to hate someone in the Image of God. We have to see them the way Christ does. We don't compromise we Love.

Steven Black lived a homosexual lifestyle. First Stone Ministries. He was abused by a family member at 6 and raped at 10. He was mistreated by those against homosexuality. He was introduced to the gay community. As a teenager he came to know Christ. He read in Leviticus where it says homosexually is an abomination.

Denise Shick Help4Families. Her father was transgender. At the age of 9 he told her he wanted to be a woman. At 28 her dad left her mother to become a woman.

We are made in the image of God to reflect our creator. Men and women are different. The world defines men and women different than God defines men and women.

Even science says there is no genetic basis for homosexual behavior.

We must listen and be ready to offer truth. Start at the beginning of human creation.

# Part 1— Sexuality Created by God Sex Was God's Plan

Genesis 1:27-28; 2:18-25

[Gen 1:27-28 KJV] 27 So God created man in his [own] image, in the image of God created he him; male and female created he them. 28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

[Gen 2:18-25 KJV] 18 And the LORD God said, [It is] not good that the man should be alone; I will make him an help meet for him. 19 And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and brought [them] unto Adam to see what he

would call them: and whatsoever Adam called every living creature, that [was] the name thereof. 20 And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him. 21 And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; 22 And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. 23 And Adam said, This [is] now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. 24 Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. 25 And they were both naked, the man and his wife, and were not ashamed.

**Say:** Obviously, the idea of sex did not begin in Hollywood or in the advertising industry. God created sexuality in the beginning. Genesis 1:28 says, "God blessed them [Adam and Eve] and said to them, 'be fruitful and increase in number" (NIV). It is interesting to note that the command is given in the context of a blessing from God. (Share your highlights from the following text.)

Sexuality was God's idea. From the beginning of time, God intended to have two genders, male and female, which would complement one another. Both of these genders were made equal in value, as they were both made in the image of God (Genesis 1:27).

The first command given by God to human beings centered on the relationship between Adam and Eve—a command that would include sexuality. God commanded them to be fruitful and increase in number. **This command, in the form of a blessing, reminds us that God blesses sex within the correct context** (verse 28).

It is natural for a man to want to be in relationship with a woman. That said, a woman does not complete a man, nor does a man complete a woman. Each person is complete and can stand alone, if God directs them to do so. Each spouse in a marriage brings all of his or her talents and abilities into the relationship. Together, they make a stronger team than if each of the individuals were alone. The man and the woman were created to help one another accomplish the tasks that God has assigned to them (Genesis 2:18–24).

Christians should not be ashamed of a sexual relationship within the marriage context. Sex is a good gift, given to humanity by God. Scripture records that God placed Adam in a deep sleep, then created woman from one of Adam's ribs. Adam awoke and discovered his bride, they both looked at one another and

neither of them were ashamed, even though they were naked. Their relationship was natural and good. They had nothing to hide from one another (Genesis 2:25).

#### **Discuss**

? How might the way you were raised have impacted your own view of sexuality as an adult? Was this impact positive or negative? (Allow students to respond only as they feel comfortable doing so.)

? How can believers stay true to God's blessing of sexual relationships within a society that endorses wrong sexual behaviors?

#### Sex Is Still God's Plan

Matthew 19:3-6

[Mat 19:3-6 KJV] 3 The Pharisees also came unto him, tempting him, and saying unto him, Is it lawful for a man to put away his wife for every cause? 4 And he answered and said unto them, Have ye not read, that he which made [them] at the beginning made them male and female, 5 And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? 6 Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder.

**Say:** The misuse of sexuality did not begin in modern times. Early in the Old Testament, people were punished for defiling this blessing from God. **Even God's people looked for ways to get around God's command for a lifelong sexual union between a husband and wife.** (Share your highlights from the following text.)

As Scripture clearly teaches, Jesus endorsed the divine plan for sexuality between a husband and wife. In Matthew 19:3–6, the Pharisees tried to trip Him up on a technicality involving the Law. In Jesus' day, there was much debate over what constituted proper grounds for divorce. Some felt that just cause could be found in rather minor instances. Others strongly disagreed. And so, the Pharisees who approached Jesus hoped to entangle Him in one of their very sensitive disputes. But Jesus instead simply appealed to the teaching of Scripture regarding the Creation story: In marriage, the two become one flesh. In doing so, Jesus affirmed that marriage and the sexual relationship was God's idea at the beginning, and it continued to be His plan. Sex had not become a "necessary evil" of the flesh, as some philosophies of the time had conjectured.

Marriage, and the sexual union between a husband and wife, is an outward or physical illustration of the union that occurs between God and His followers. The act of sexual relations between spouses is a means of declaring their allegiance to one another and their commitment to never leave one another or forsake one another. This is

the same commitment God has given to Christians—that He would never leave us nor forsake us (Hebrews 13:5; see Deuteronomy 31:6).

#### Resource Packet Item 1: The Bible and Sexual Morality

Distribute the work sheet. Have students complete it individually or in groups. Then discuss their results, focusing especially upon the discussion question at the bottom of the sheet.

#### **Discuss**

? Why do you think it is difficult for some people to talk about sex with their children? How might this be overcome?

? Why might it be valuable for Christians to teach, both in the home and in church, biblical teachings on sex?

# Part 2— Chastity and Fidelity Required Say No to Immorality

1 Corinthians 6:18 through 7:5

[1Co 6:18-20 KJV] 18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. 19 What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

[1Co 7:1-5 KJV] 1 Now concerning the things whereof ye wrote unto me: [It is] good for a man not to touch a woman. 2 Nevertheless, [to avoid] fornication, let every man have his own wife, and let every woman have her own husband. 3 Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. 4 The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. 5 Defraud ye not one the other, except [it be] with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

**Say:** When we look around at our society, it's easy to feel that immorality is rampant and that it is probably worse than ever before. But Paul dealt with blatant immorality in the church at Corinth and clearly taught them that sex as God intended it is a good thing

and that they must avoid anything that led them into practices that deviate from God's plan. (Share your highlights from the following text.)

The city of Corinth was known for sexual immorality. Indeed, it contained temples devoted to Greek gods, in which the act of sex with temple prostitutes served as a mode of worship. Thus, there were few mores that would restrict a person from indulging in their sexual desires. With sexual immorality so rampant and commonplace, the church there was understandably confused concerning how to best handle the issues of biblical sexuality in such a corrupt culture. Paul gave them guidance that continues to have relevance to Christians today.

Paul's first directive was to make a choice to stay as far away from sexual immorality as possible. The term translated as "sexual immorality" (1 Corinthians 6:18, NIV; "fornication," KJV) comes from the Greek word *porneia*. *Porneia* refers to illicit sexual intercourse. The English word "pornography" is derived in part from this Greek word. When Paul told Christians to flee from sexual immorality, he was telling them to stay away from anything that would cause them to lust and desire sex outside of marriage (1 Corinthians 6:18).

Paul reminded the Corinthians that God redeemed them when they became Christians. In doing so, He also purchased their bodies. When Christians accept Jesus as Savior, they give all of themselves to Him to be used as He sees fit. When God tells Christians that they cannot be involved in immoral sexual relationships, it is a command to be obeyed (verses 19–20).

Paul also sought to assist those who were struggling to stay pure (7:1–3). There was a faction within the church that celibacy was a superior way of life, even within marriage. (Greek philosophy and religion contained a teaching that the body was inherently bad, so perhaps as a result of this influence, some believers were saying that a spiritual person would focus only on the spiritual.) But Paul certainly did not forbid marriage (note 1 Timothy 4:1–3). Indeed, because some of the people in the church struggled to control their sexual appetites, believers were not to withhold sexual relations from their spouses (1 Corinthians 7:3). Paul explained the context in which sex should occur. He stated that marriage is to be between one man and one woman.

#### Joseph ran when tempted.

Once a couple is married, sex should be willingly given as a gift to one's spouse. Sex should not be used to manipulate one's spouse. Sex should not be withheld for selfish reasons. Sex should focus on the needs of the partner. If there is a time of refraining from sex, it should not be for a long time, for that would give Satan the opportunity to use temptation against the couple (verses 3–5).

#### **Discuss**

? How would you respond to someone who said sex outside of marriage is acceptable for the Christian in certain circumstances?

### Say Yes to God

1 Thessalonians 4:3-7; Hebrews 13:4

[1Th 4:3-7 KJV] 3 For this is the will of God, [even] your sanctification, that ye should abstain from fornication: 4 That every one of you should know how to possess his vessel in sanctification and honour; 5 Not in the lust of concupiscence, even as the Gentiles which know not God: 6 That no [man] go beyond and defraud his brother in [any] matter: because that the Lord [is] the avenger of all such, as we also have forewarned you and testified. 7 For God hath not called us unto uncleanness, but unto holiness.

[Heb 13:4 KJV] 4 Marriage [is] honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

**Say:** While Satan uses temptations of every kind in an attempt to get believers to disobey God, it seems that he is especially adept at luring people into sexual sin. However, we have the power of the Holy Spirit within us to help us resist temptation. As we trust in the Spirit's power, we will grow in our faith, and we will find better success in resisting temptation. We must always be on our guard because Satan is persistent in his efforts to get us to sin. (Share your highlights from the following text.)

Christians are to be sanctified to God. The word "sanctified" is a reference to being set apart for God's exclusive use. Christians should not be in a sexual relationship that is not approved by God. God makes it clear that He approves of sex between two people of opposite genders who are married to each other. Anything else is sin. When Christians become involved in any type of sexual immorality, they are violating their commitment to God (1 Thessalonians 4:3).

Christians have the choice to say "no" to their lustful desires because the power of the Holy Spirit lives inside of them. This ability to say "no" to sexual desires is a learned process. Christians must actively resist sin. Over time, the ability to say "no" to lustful desires will become more natural to them (1 Thessalonians 4:4–5).

Paul also stated that Christians should not take advantage of a brother or sister in Christ. Throughout Scripture, we see God condemning the use of power to deal unjustly or harm to who are weak. Satan uses this technique on his targets. Paul clearly taught that God will punish those who prey on those who are broken or susceptible to sexual temptation (1 Thessalonians 4:6).

When God calls a person to follow Him, He desires for them to be whole and holy. He does not want those who follow Him to attempt to find their fulfillment in anything other than Him. Christians who live impure lives do so because they refuse to be content in what God has given to them. Satan seeks to pervert the gift of sex. Satan desires to destroy marriages and undermine relationships through lust, but God calls us instead to lives of purity (1 Thessalonians 4:7).

God wants believers to understand that the sexual relationship between a husband and wife is honorable. There will be temptations to engage in extramarital relationships. The author of Hebrews pleads with his readers to say "no" to these temptations and to honor God with a healthy and holy marriage (Hebrews 13:4).

#### **Resource Packet Item 2: Flirting with Danger**

Divide your class into small groups and distribute the case study. Give the groups a few minutes to read it and answer the accompanying questions. Then discuss the responses as a class.

#### Discuss

? What are ways that Satan attempts to draw people into sexual sin?

? How can Christians overcome the temptations toward immorality and infidelity?

# Part 3—What About Homosexuality? The Root of Homosexuality

Romans 1:20-27

[Rom 1:20-27 KJV] 20 For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, [even] his eternal power and Godhead; so that they are without excuse: 21 Because that, when they knew God, they glorified [him] not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. 22 Professing themselves to be wise, they became fools, 23 And changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things. 24 Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves: 25 Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen. 26 For this cause God gave them up unto vile

affections: for even their women did change the natural use into that which is against nature: 27 And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompence of their error which was meet.

**Say:** Perhaps no other type of sexual sin is more emphasized or talked about today than homosexuality. Almost everyone has a friend or loved one impacted by issues such as gay marriage. Our response to these family members and loved ones is critical. We must pray for wisdom as we respond. (Share your highlights from the following text.)

Romans 1:18–25 describes how all people should know that God exists simply by looking at the world around them, but they do not recognize Him and live in spiritual darkness. Rejection of God as Creator is often motivated by pride, as people want to do things the way they want to do them. They do not want restrictions placed on them because they want to decide for themselves what is right. This results in futile thinking and foolish hearts. God does not force people to serve Him; there comes a point at which He allows the rebellious to reap the consequences of their decisions. When humans are left to live according to their own desires, the result will inevitably be destruction. They make gods in their own image rather than submitting to the one true God that made them in His image (Romans 1:20–25).

One form of rebellious living is named as homosexual behavior. **Paul described** homosexual relations as deviating from what is natural. Nature itself testifies to the error in thinking that homosexuality is godly and appropriate (Romans 1:26–27).

#### Resource Packet Item 3: Forgiven?

Distribute the case study and read it, either in small groups or as a class. Then discuss the accompanying questions.

#### **Discuss**

? What is your response when you see people involved in same-sex relationships? Anger? Disgust? Compassion? Love for their souls?

? How does homosexual behavior reflect rebellion toward God?

#### A Redeemable Offense

1 Timothy 1:8-11; 1 Corinthians 6:9-11

[1Ti 1:8-11 KJV] 8 But we know that the law [is] good, if a man use it lawfully; 9 Knowing this, that the law is not made for a righteous man, but for the lawless and disobedient, for the ungodly and for sinners, for unholy and profane, for murderers of fathers and murderers of mothers, for manslayers, 10 For whoremongers, for them that defile themselves with mankind, for menstealers, for liars, for perjured persons, and if there be any other thing that is contrary to sound doctrine; 11 According to the glorious gospel of the blessed God, which was committed to my trust.

[1Co 6:9-11 KJV] 9 Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, 10 Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. 11 And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

# The World wants the verb changed in verse 11. "Some of your "Were" or "Once lived like that". This verb occurs 441 times in 404 verses

Say: It is sometimes easy to forget that God loves the practicing homosexual just as much as He loves every other sinner—and as much as He loves you and me. He desires that all people would come to know Jesus. As believers, we would do well to remember that Jesus died for those who participate in sexual sin just as He died for those who commit every other sin. We must present the whole of God's Word to those around us, doing our best to reach those who do not know Him. (Share your highlights from the following text.)

The Bible is clear that homosexuality is a grievous sin. Paul placed it in the same category of a person who murders his parents, the sexually immoral, liars, and perjurers (1 Timothy 1:8–11). As a result, we are wise to remember that while it is a grievous sin, homosexuality, like other sins, is redeemable. There is hope for the homosexual, just as for those tangled in any other sin.

In 1 Corinthians 6:9–11, Paul reinforced the fact that those who practice homosexuality will not inherit the kingdom of God. This declaration is an offense to many in our world, but God sets the rules for citizenship in His kingdom. Yet in that same passage is found a message of great hope: "And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God" (verse 11, NIV). Some in the church at Corinth

had been tangled in the sin of homosexuality. But now they were brothers and sisters in Christ, living under the discipleship of the apostle and other Christian leaders.

This is good news for the homosexual. Some of the very people Paul was writing to had lived a homosexual life before they accepted Jesus as Savior and were set free from their rebellion, and forgiven of their sins. Let us pray that God will help us deliver the good news of salvation to all those entangled in sin, so that they, too, can be justified, sanctified, and saved (1 Corinthians 6:11).

#### Discuss

? How would you respond to a person who asked, "Why would God be so unfair as to keep homosexuals from living together in a loving homosexual relationship?" What if a fellow Christian asked you this question?

? What do you think God's attitude toward the homosexual is, and how should this shape our attitudes?

### What Is God Saying to Us?

**Say:** Sexuality is a gift from God, and He specified how that gift is to be used. Sadly, after the Fall of Adam and Eve in the Garden of Eden, people desecrated this gift from God. As believers, we must recognize the right and wrong way to use this gift. We must also hold up a standard for what is right, and do all we can to help others find and follow the way of the Lord..

### **Living It Out**

### **Ministry in Action**

- Pray for someone who is involved in sexual sin, whether you personally know that person or not.
- Examine your own entertainment and other activities to see if you are opening yourself up to sexual temptation.
- If you have friends or family members involved in sexual sin, look for opportunities to show them God's love.

## **Daily Bible Readings**

#### Monday:

Wickedness of Perversion. Genesis 19:1–13

[Gen 19:1-13 KJV] 1 And there came two angels to Sodom at even; and Lot sat in the gate of Sodom: and Lot seeing [them] rose up to meet them; and he bowed himself with his face toward the ground; 2 And he said, Behold now, my lords, turn in, I pray you, into your servant's house, and tarry all night, and wash your feet, and ye shall rise up early, and go on your ways. And they said, Nay; but we will abide in the street all night. 3 And he pressed upon them greatly; and they turned in unto him, and entered into his house; and he made them a feast, and

did bake unleavened bread, and they did eat. 4 But before they lay down, the men of the city, [even] the men of Sodom, compassed the house round, both old and young, all the people from every quarter: 5 And they called unto Lot, and said unto him, Where [are] the men which came in to thee this night? bring them out unto us, that we may know them. 6 And Lot went out at the door unto them, and shut the door after him, 7 And said, I pray you, brethren, do not so wickedly. 8 Behold now, I have two daughters which have not known man; let me, I pray you, bring them out unto you, and do ye to them as [is] good in your eyes: only unto these men do nothing; for therefore came they under the shadow of my roof. 9 And they said, Stand back. And they said [again], This one [fellow] came in to sojourn, and he will needs be a judge: now will we deal worse with thee, than with them. And they pressed sore upon the man, [even] Lot, and came near to break the door, 10 But the men put forth their hand, and pulled Lot into the house to them, and shut to the door. 11 And they smote the men that [were] at the door of the house with blindness, both small and great: so that they wearied themselves to find the door. 12 And the men said unto Lot, Hast thou here any besides? son in law, and thy sons, and thy daughters, and whatsoever thou hast in the city, bring [them] out of this place: 13 For we will destroy this place, because the cry of them is waxen great before the face of the LORD; and the LORD hath sent us to destroy it.

#### Tuesday:

Sexual Immorality Prohibited. Leviticus 18:10–17

[Lev 18:10-17 KJV] 10 The nakedness of thy son's daughter, or of thy daughter's daughter, [even] their nakedness thou shalt not uncover: for theirs [is] thine own nakedness. 11 The nakedness of thy father's wife's daughter, begotten of thy father, she [is] thy sister, thou shalt not uncover her nakedness. 12 Thou shalt not uncover the nakedness of thy father's sister: she [is] thy father's near kinswoman. 13 Thou shalt not uncover the nakedness of thy mother's sister: for she [is] thy mother's near kinswoman. 14 Thou shalt not uncover the nakedness of thy father's brother, thou shalt not approach to his wife: she [is] thine aunt. 15 Thou shalt not uncover the nakedness of thy daughter in law: she [is] thy son's wife; thou shalt not uncover her nakedness. 16 Thou shalt not uncover the nakedness of thy brother's wife: it [is] thy brother's nakedness. 17 Thou shalt not uncover the nakedness of a woman and her daughter, neither shalt thou take her son's daughter, or her daughter's daughter, to uncover her nakedness; [for] they [are] her near kinswomen: it [is] wickedness.

#### Wednesday:

Perversion Forbidden. Leviticus 18:21–24

[Lev 18:21-24 KJV] 21 And thou shalt not let any of thy seed pass through [the fire] to Molech, neither shalt thou profane the name of thy God: I [am] the

LORD. 22 Thou shalt not lie with mankind, as with womankind: it [is] abomination. 23 Neither shalt thou lie with any beast to defile thyself therewith: neither shall any woman stand before a beast to lie down thereto: it [is] confusion. 24 Defile not ye yourselves in any of these things: for in all these the nations are defiled which I cast out before you:

#### Thursday:

Source of Sexual Immorality. Mark 7:14–23

[Mar 7:14-23 KJV] 14 And when he had called all the people [unto him], he said unto them, Hearken unto me every one [of you], and understand: 15 There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man. 16 If any man have ears to hear, let him hear. 17 And when he was entered into the house from the people, his disciples asked him concerning the parable. 18 And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, [it] cannot defile him; 19 Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? 20 And he said, That which cometh out of the man, that defileth the man. 21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, 22 Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: 23 All these evil things come from within, and defile the man.

#### Friday:

Walk in the Spirit. Galatians 5:16–25

[Gal 5:16-25 KJV] 16 [This] I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. 17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. 18 But if ye be led of the Spirit, ye are not under the law. 19 Now the works of the flesh are manifest, which are [these]; Adultery, fornication, uncleanness, lasciviousness, 20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, 21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told [you] in time past, that they which do such things shall not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, 23 Meekness, temperance: against such there is no law. 24 And they that are Christ's have crucified the flesh with the affections and lusts. 25 If we live in the Spirit, let us also walk in the Spirit.

#### Saturday:

Guard Against Sensuality. Hebrews 12:14–17

[Heb 12:14-17 KJV] 14 Follow peace with all [men], and holiness, without which no man shall see the Lord: 15 Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble [you], and thereby many be defiled; 16 Lest there [be] any fornicator, or profane person, as Esau, who for one morsel of meat sold his birthright. 17 For ye know how that afterward, when he would have inherited the blessing, he was rejected: for he found no place of repentance, though he sought it carefully with tears.