

**Eden Series
Born To Enjoy
08/31/19
NN Campus**

Opening

- Eden Series...tonight's topic...
- Legacy Weekend...
- next Saturday prayer and Communion...

King David

-lust is not sexual desire...lust is a selfish desire that is born out of an unhealthy sexual appetite.

-2 Samuel 11:1-4a

• **David stayed: isolation.** If your life isn't immersed in relationships with other Christians...you are vulnerable to the temptation of lust! Personality needs to stop being permission giving in your life!

• **David stared: access.** Today's "rooftop" is technology. If you don't have a plan to limit your access to everything you could see...you are vulnerable to the temptation of lust! Pride needs to stop being permission giving in your life!

• **David sent: entitlement.** Sexual pleasure is not a right; it's a privilege. That privilege doesn't even belong to me. It belongs to my spouse (1 Corinthians 7:3-4) or future spouse! Until you see your capacity for sexual pleasure as a responsibility to protect instead of a desire to satisfy, you are vulnerable to the temptation of lust! Self-pity needs to stop being permission giving in your life!

-So the rest of our time, exploring how we actually protect this responsibility of sexual capacity?

Born To Enjoy

-Genesis 2:23-25

- Innocent but not naïve!
- The text clearly demonstrates desire!
- Did you know that Eden in Hebrew means pleasure!

-FIRST SABBATH...So Adam and Eve wake up on the very first Sunday morning, Eve says, “Hey Adam, God says no working in the garden today, what do you want to do?”

-Important facts that support God’s plan for pleasure...

- **God is eternal... (not old or out dated)**
- **God is intentional... (not accidental or surprised)**
- **God is strategic... (not permissive or passive)**

Enjoyment Through Celibacy

-James 1:14-15 (desire begins in the brain before it gets to the heart!)

-Philippians 4:8 (protect your brain so you can protect your heart!)

- How about the idea of the “helmet of salvation”

-PLAY-DOH...this is your sex brain (Sex, Men, and God by Dr. Doug Weiss), we call it your “imprint” and God tells us to wait because our spouse is supposed to be the first and only imprint which is why the myth of sexual compatibility is such a tragic lie, it actually creates sexual confusion.

-VIRGINITY...any arousing experiences make an impression on your imprint: physical touch, fantasy, and visual.

-MUSCLE MEMORY...any arousing experiences begin patterns of muscle memory...(take for example a teenagers who repeatedly look at pornography, is aroused, masturbates, and reaches climax, not only are they making an impression on their imprint but these repeated arousals establish muscle memory in their body...)

-1 Corinthians 7:3-5

...celibacy in marriage is a commitment that your body, your sexuality is for your spouse alone!!

-Mark 10:8

...sex is both physical AND spiritual...the two really are one!

Enjoyment Through Consecration

-Matthew 6:33

-"Sometimes we feel hungry when all our body really wants is a glass of water. Dehydration is often mistaken for hunger. It's estimated that 75% of Americans go through life chronically dehydrated. Before you grab a handful of chips or other snack, try having a glass of water and see if that calms your hunger down. Water can help calm hunger and help you overeat less."

-APPETITE CONFUSION: emotional and spiritual

-EMOTIONAL DEHYDRATION

- RAM (How To Avoid Falling In Love With A Jerk, Dr. John VanEpp)
- Know, Trust, Rely, Commit, Touch
- Intellectual, Physical, Activity, Aspirational, Volitional, Aesthetic, Verbal, Crisis, Recreation...

-SPIRITUAL DEHYDRATION

-Scripture, prayer, worship, fasting, accountability, relationship, gathering, reaching, generosity, stewardship, service, and rest

-Matthew 4:4 (fasting gives us control over ALL appetites!!!!)

...recognize your many appetites and that when one is neglected, you are vulnerable to the others!

BAND

-One of the most romantic, sensual poems ever to be written was in 965 B.C. by Solomon, inspired by the Holy Spirit, The Song of Solomon...and of all the metaphors God could have chosen to describe our relationship with Christ, we are called His bride...

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