



Wings & Weights Part 1

Introduction

2 Timothy 2:22 (NKJV) **Flee** also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

2 Timothy 2:22 (NLT) **Run** from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.

Definition - **Wings**

(Noun) either of the **two forelimbs of most birds** and of bats, corresponding to the human arms, that are **specialized for flight**.

(Verb) to **equip with wings**; to enable to **fly**, move rapidly, etc. ...

How to put on **Wings** to Flee Sins and
Get Rid of **Weights** that Pull us Down in Life?
It is about Walking **Victoriously**?

WHY?

John 16:33 - in the world, you will have **tribulation**.

Matthew 24:8 All these are the **beginning of sorrows [NKJV]** / **birthpangs [NIV]**.

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Get Rid of **Weights** that Pull us Down in Life?
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WHY?

Matthew 7:24-25

24 Therefore whoever **hears** these sayings of Mine, and **does** them,
I will liken him to a **wise man who built his house on the rock**:
25 and the **rain** descended, the **floods** came, and the **winds** blew and beat
on that house; and **it did not fall, for it was founded on the rock.**

How to put on **Wings** to Flee Sins and
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WHY?

Hebrews 12:14 Pursue peace with all people, and **holiness**,
without which no one will see the Lord:

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WHY?

Ephesians 5:26-27

26 that He might sanctify and cleanse her with the washing of water by the word, **27** that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

How to put on Wings to Flee Sins and
Get Rid of Weights that Pull us Down in Life?

How to Walk Victoriously?

2 Timothy 2:22 (NKJV) Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.



I. Guard the company we hang out with.

Psalm 1:1 Blessed is the man Who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful;

I. Guard the company we hang out with.



**Miley Cyrus:
From Purity Ring to Perversion**

Miley Cyrus at the 2015 MTV Video Music Awards. (Reuters)



**Miley Cyrus Snubs Christ
with Perverted Performance**

You can see the slow decline of Miley's sweetie-pie persona over at least the past five years. (YouTube)

I. Guard the **company** we hang out with.



Whitney Houston

9 Aug 1963 - 11 Feb 2012

**Whitney Houston's Daughter
Bobbi Kristina**

4 Mar 1993 - 26 Jul 2015



**Ashley Madison Website Hacked.
40 million profiles**

15,000 Government Users

400 Pastors/Church Workers

**Baptist Pastor Who Was Outed
in Ashley Madison Hack
Commits Suicide**

(Courtesy/Christi Gibson/Facebook)





South Korea sees surge in infidelity after law change ending jail for adultery



I. Guard the company we hang out with.

1 Corinthians 15:33 Do not be deceived: "Evil company corrupts good habits."



II. Understand that **desire** is stronger than will power.

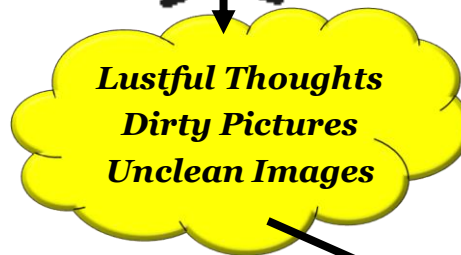
1. Understand **how** a person falls into temptation.

James 1:13-15

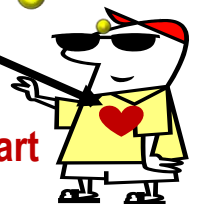
14 But **each one is tempted** when he is **drawn away by his own desires and enticed**. 15 Then, **when desire has conceived**, it **gives birth to sin**; and **sin**, when it is **full-grown**, **brings forth death**.

James 1:14-15

But each one is **tempted** when he is drawn away by his **own desires** and **enticed**. Then, when **desire has conceived**, it gives birth to **sin**; and sin, when it is full-**grown**, brings forth **death**.



Iniquity in heart





2. Our desires must be circumscribed by justice and righteousness.

Jeremiah 9:24 But let him who glories glory in this, that he understands and knows Me, that I am the Lord, exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight,” says the Lord.

Psalms 97:2b ... Righteousness and justice are the foundation of His throne.



2. Our desires must be circumscribed by justice and righteousness.

e.g. 1: For Food

Philippians 3:19 whose end is destruction, whose god is their belly, and whose glory is in their shame—who set their mind on earthly things.

Hebrews 12:16 lest there be any fornicator or profane person like Esau, who for one morsel of food sold his birth-right.



2. Our desires must be circumscribed by justice and righteousness.

e.g. 2: For Sex

Hebrews 13:4 Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.



2. Our desires must be circumscribed by justice and righteousness.

e.g. 3: For Money

1 Timothy 6:6-10

6 Now godliness with contentment is great gain.

7 For we brought nothing into this world, and it is certain we can carry nothing out. **8** And having food and clothing, with these we shall be content.



2. Our desires must be circumscribed by justice and righteousness.

e.g. 3: For Money

1 Timothy 6:6-10

9 But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition. **10** For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.



2. Our desires must be circumscribed by justice and righteousness.

e.g. 4: For Love and Companionship

1 Corinthians 13:4-8a (NIV)

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. **5** It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **6** Love does not delight in evil but rejoices with the truth. **7** It always protects, always trusts, always hopes, always perseveres. **8** Love never fails.

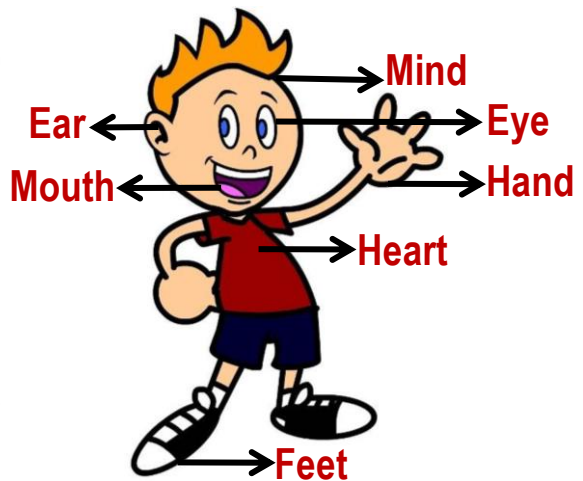
III. **Plan** to walk victoriously from the start:


1. Build a **firewall** around our lives.



- A. Daily **consecrate** the areas of our lives to God as instruments of **righteousness** unto holiness.

Romans 6:13 And do not present your members as instruments of unrighteousness to sin, but **present yourselves to God** as being alive from the dead, **and your members as instruments of righteousness to God.**



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- B. Grow **spiritually** by:
- i. On Going **Prayer** Connect with God.
 - ii. Regular **Word** Intake.
 - iii. Building my altar of **Thanksgiving**, **Praise** and **Worship**.

Romans 12:11 (NIV) **Never be lacking in zeal**, but **keep your spiritual fervor**, serving the Lord.



III. Plan to walk victoriously from the start:

2. Form **biblical** values in your heart [Psalm 119:11]:
 - A. **Righteousness**
 - B. **Faithfulness**
 - C. **Love**
 - D. **Peace**
 - E. **Fellowship** with believers who walk victoriously

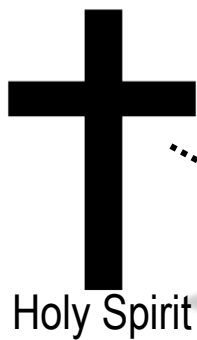
2 Timothy 2:22 (NKJV) Flee also youthful lusts; but pursue righteousness, faith, love, peace **with those** who call on the Lord out of a **pure heart**.



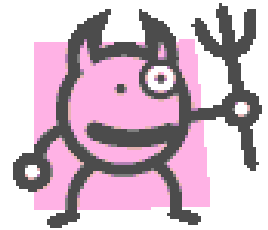
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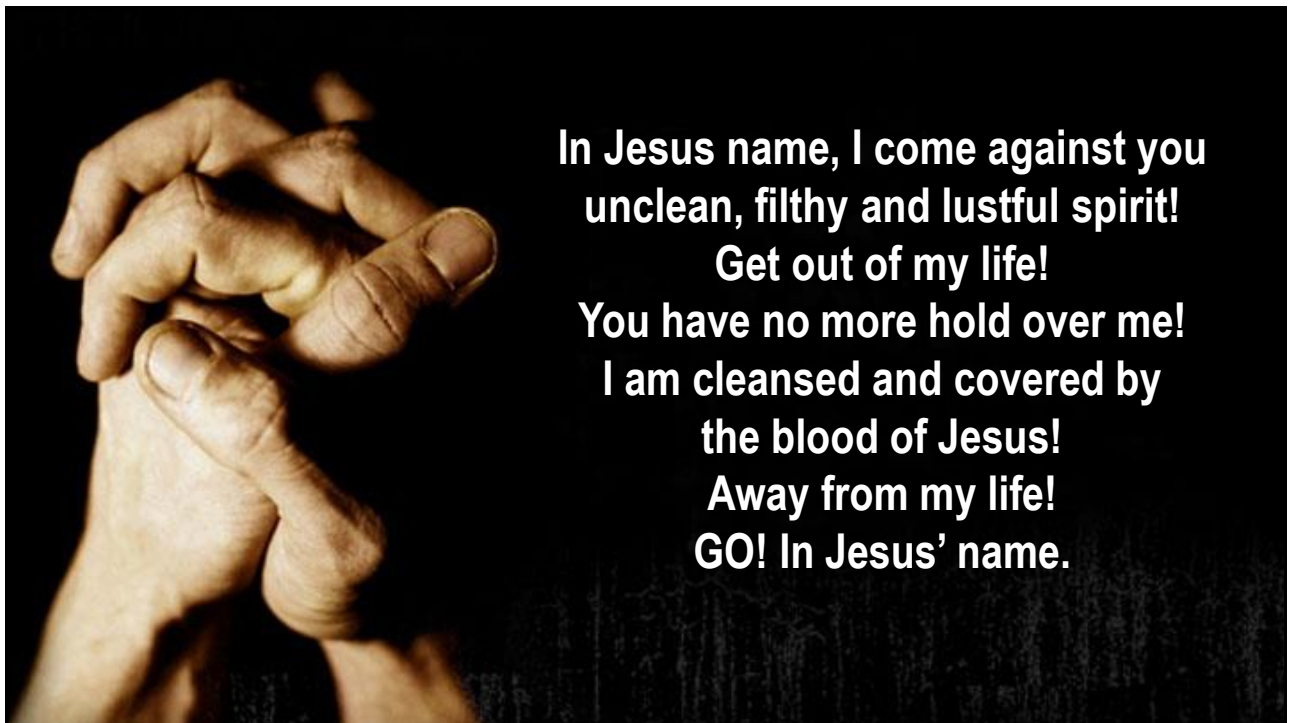
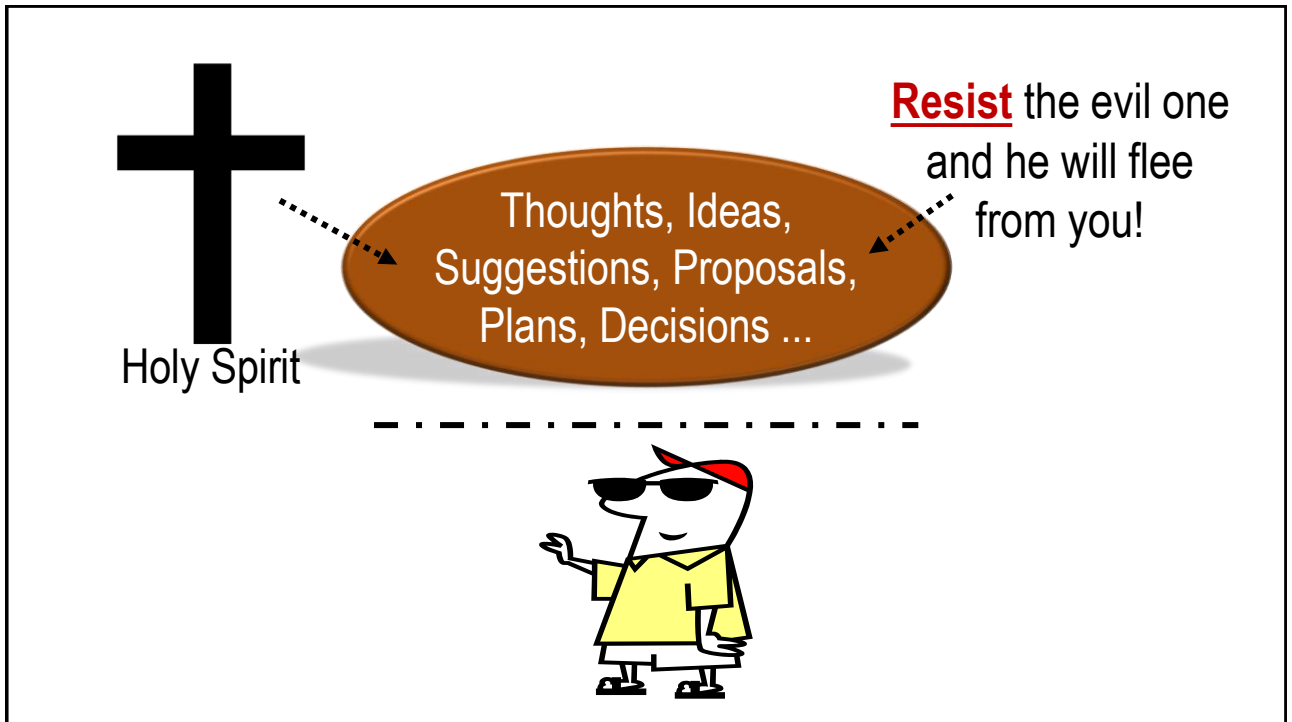
3. Learn to take captive every **thought** and **suggestion** in obedience to Christ.

2 Corinthians 10:5 (NIV) 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**.



Thoughts, Ideas,
Suggestions, Proposals,
Plans, Decisions ...







James 4:7 Therefore submit to God. Resist the devil and he will flee from you.



III. Plan to walk victoriously from the start:

4. When tempted - Flee like **Joseph**.

Genesis 39:6b-12

6 ... Now Joseph was handsome in form and appearance.
7 And it came to pass after these things that his master's wife cast longing eyes on Joseph, and she said, "Lie with me."
8 But he **refused** and said to his master's wife, "Look, my master does not know what is with me in the house, and he has committed all that he has to my hand. **9** There is no one greater in this house than I, nor has he kept back anything from me but you, because you are his wife. **How then can I do this great wickedness, and sin against God?**"



III. Plan to walk victoriously from the start:

4. When tempted - Flee like **Joseph**.

Genesis 39:6b-12

10 So it was, as **she spoke to Joseph day by day, that he did not heed her**, to lie with her or to be with her. **11** But it happened about this time, when Joseph went into the house to do his work, and none of the men of the house was inside, **12** that she caught him by his garment, saying, "Lie with me." But **he left his garment in her hand, and fled and ran outside**.



III. Plan to walk victoriously from the start:

5. When tempted - Do not be like **David**.

2 Samuel 11:1-4

1 It happened in the spring of the year, at the time **when kings go out to battle**, that David sent Joab and his servants ... **But David remained at Jerusalem**. **2** Then it happened one evening that David arose from his bed and walked on the roof of the king's house. And from the roof he **saw a woman bathing**, and the woman was very beautiful to behold.



III. Plan to walk victoriously from the start:

5. When tempted - Do not be like **David**.

2 Samuel 11:1-4

3 So **David sent and inquired about the woman**. And someone said, "Is this not Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite?" **4** Then **David sent messengers**, and **took her**; and she came to him, and **he lay with her**, for she was cleansed from her impurity; and she returned to her house.

2 Samuel 11:27c ... But the thing that David had done **displeased the Lord**.



III. Plan to walk victoriously from the start:

6. Develop a **band of brothers / band of sisters** accountability group.

- A. A & C - **Accountability** & Covering
- B. P & C - **Praying** & Communicating
- C. Decide to be **vulnerable** and **transparent** in this band of brothers / sisters for this to work.



III. Plan to walk victoriously from the start:

7. If married, grow in **intimacy** with your spouse.

Genesis 2:24-25

24 Therefore a man shall leave his father and mother and **be joined to his wife, and they shall become one flesh.**

25 And they were **both naked**, the man and his wife, and were **not ashamed**.

Amos 3:3 Can **two walk together**, unless they are **agreed**?



III. Plan to walk victoriously from the start:

8. If unmarried, rejoice in your single-ness and have a core of deep **friendships**.

1 Corinthians 13:4-8a (NIV)

4 Love is **patient**, love is **kind**. It does **not envy**, it does **not boast**, it is **not proud**. **5** It does **not dishonor others**, it is **not self-seeking**, it is **not easily angered**, it keeps **no record of wrongs**. **6** Love does **not delight in evil** but **rejoices with the truth**. **7** It always **protects**, always **trusts**, always **hopes**, always **perseveres**. **8** Love **never fails**.



Bottom-Line

2 Timothy 2:22 (NKJV) **Flee** also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

Romans 6:14 For **sin shall not have dominion over you**, for you are **not under law** but **under grace [Holy Spirit-Truth]**.

UNDER - ruled by, governed by, dominated by,
led by, directed by.