



CELL GUIDE 2015

Theme	Wings & Weights
Topic	Wings & Weights (Part 1)
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Message Summary

Put on Wings to Flee Sins and Get Rid of Weights that Pull Us Down

We live in a world where we will experience troubles (John 16:33) and indeed, these troubles will only increase (Matt 24:8). Yet in the midst of this, we need to remember that Jesus has already overcome the world. And so we are called to set ourselves apart from the world and pursue holiness (2 Tim 2:22). There is a loud call from God for us to live victorious lives and this sermon details how we can do so.

How to Walk Victoriously

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

The first thing for us to be sure of as we seek to walk victoriously is to be aware of the company that we hang out with. This goes beyond the friends we keep, it extends to the websites that we visit and the music that we enjoy – all that we partake of ought to be holy and blameless. Psalm 1:1 is even more direct, saying that “blessed is the one” who does **not** hang out with the ungodly; i.e those with no regard for God in their life, plans or decisions.

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

John Piper’s web ministry, Desiring God has an article titled, “Sometimes Flight is the Best Fight” (<http://www.desiringgod.org/articles/sometimes-flight-is-the-best-fight>) which tells us that the human heart is not ruled by our own will or by reason, but by our desires which are ruled by whatever we believe will bring us the most pleasure or the least pain.

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

We are tempted when we are drawn away and enticed by our own desires. And when desire has conceived, it gives birth to sin, and brings forth death when fully grown (Jam 1:15). Being tempted is not sin, but we sin only when we give in to temptation.

b. **Our desire must be circumscribed by Justice and Righteousness**

Our desires rule our will power. So we must see that our earthly desires are tamed by competing heavenly desires – God’s righteousness and justice (Jer 9:24, Psa 97:2). When our desire for heavenly delight is greater, only then, can our will can act to help us fulfil those desires.

- i. **Our desire for food:** The Bible reminds us not to make our belly into a god (Phil 3:19), and not to be like Esau, who sold away his birthright for one morsel of food (Heb 12:16).
- ii. **Our desire for sex:** Sex within marriage is undefiled, but sex outside marriage will be judged (Heb 13:4). Leviticus 18 also reminds us of other unlawful sexual relations that offend God.



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- iii. **Our desire for *money*:** Money in and of itself is not a sin, but the love of money is. (1 Tim 6:10)
- iv. **Our desire for *love and companionship*:** We are made to desire love and companionship, yet we need to know the kind of love that the Bible has described for us (1 Cor 13:4-8a), lest our desires lead us to ungodly temptations.

3. **Plan to walk victoriously from the start**

Living a victorious life is not something that we can do on the spur of the moment. It is deliberate and intentional. We plan for it and seek it. There are things that we can do to walk victoriously:

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

Firewalls are an important aspect of internet security that prevent malicious compromise of important data. In the same way, we need to build firewalls around our lives to prevent compromise of important, godly values.

- i. **Daily consecrate areas of our lives to God:** We are not to present any part of ourselves as instruments of wickedness, but of righteousness (Rom 6:13). Daily, dedicate all aspects of our life to God in prayer. Pray against sin and temptation. Ask God to cleanse our minds and keep us from setting our mind on earthly things (Phil 3:19).
- ii. **Grow spiritually:** We are to be “hot” for God, never lacking in zeal, but always keeping our spiritual fervor as we serve the Lord (Rom 12:11). Develop a hunger and thirst for God. Ask ourselves if we have grown overfamiliar with our God and His word.

b. **Form biblical values in your heart**

We should also seek to populate our heart with biblical values so that we might not sin against God (Ps 119:11). As 2 Tim 2:22 reminds us, some of these values include righteousness, faithfulness, love, peace, and fellowship with believers.

c. **Take captive every thought and suggestion in obedience to Christ (2 Cor 10:5)**

In particular, we need to pay careful attention to our thought-life. Every thought, idea, suggestion or proposal comes from one of three sources: the devil, man, or God. We do not entertain ungodly thoughts but quickly take captive every thought and make it obedient to Christ. We resist the devil that he might flee from us (James 4:7).

d. **When tempted – *Flee like Joseph (Gen 39) and do not be like David (2 Sam 11)***

Other sins are committed outside the body, but whoever sins sexually, sins against their own body. The biblical example here is Joseph and Potiphar’s wife. In fleeing from sin, we can choose to flee from proximity (away from temptation) or flee into visibility (accountability to minimize the temptation). Joseph did both as he fled away from being alone with Potiphar’s wife, out of the house and into full view of others.

The biblical negative example for not fleeing can be found in King David when he saw Bathsheba bathing. Instead of acting as Joseph did and fleeing from proximity or into visibility, David lingered and eventually yielded to temptation.



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e. Develop a band of brothers / band of sisters accountability group

One way to “flee into visibility” is to keep a strong band of brothers or sisters. This is a function that the cell group serves. It is where we can be responsible to each other for accountability and covering, through prayer and communication.

f. If married, grow in intimacy with your spouse and if unmarried, rejoice in your single-ness and have a core of deep friendships

By growing in intimacy with our spouses, we are less likely to sin against them. In singlehood, deep friendships remind us of biblical definition love (1 Cor 13:4-8), we are less likely to sin against God and others.

The Bottom-Line

In the end, sin holds no more power over us as we are not under law, but under grace (Rom 6:14). We do not despair as men without hope, but in following the truths given to us, we can flee youthful lusts and pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

Questions

What are some things mentioned in the sermon that will help us walk victoriously in Christ?

2 Timothy 2:22 exhorts us to flee from youthful lusts and to pursue God. What is one ungodly desire, thought, company or situation which you need to flee from? What are the roles of desire and will in this context?



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With regard your situation in the earlier question, what will you do to walk victoriously in righteousness today? Other than prayer, how else can this group help you?
