

# Joseph: Don't Give In

*Sexual sin is a cancer running rampant through our culture and through our churches. It threatens to destroy our marriages and sideline a whole generation of believers. But we can learn to resist. Discover four strategies from Joseph that will help you say "no" when temptation comes calling. Learn it, apply it, and then teach it to your children.*

**Joseph proves that God can save countless lives with just one believer who's willing to say "no" to sin.**

## Stats on Sexual Sin

- In 41% of marriages one or both spouses admit to a physical or emotional affair
- By age 20, 75% of Americans have had premarital sex
- 64% of men and 18% of women use porn weekly – it's an addiction
- 51% of boys and 32% of girls have seen porn *before age 13*

**If we don't learn to resist and teach our children to resist, sexual sin will sideline a whole generation of God's people.**

## Joseph Tempted

- Genesis 39:1-12
- It's forceful & in-your-face (v7)
- It's incessant (v10-11)
- **We live in a world where Potiphar's wife is never more than a click away**

## 4 strategies that Joseph used to overcome sexual temptation...

### 1. Refuse to make excuses

- *My life stinks!* (Gen 37:3-4,23-27)
  - Joseph is a slave; not only that but he is a slave because his brothers kidnapped him and sold him. His life circumstances are bad, but he doesn't use that as an excuse
- *I'm expected to say yes.*
  - Potiphar's wife has authority over Joseph. She can (and will) make his life miserable if he refuses her
- *I deserve a little fun.*
  - Joseph didn't wallow in self-pity; he worked hard for his new master
- We must choose to believe that **there's NEVER an excuse for sin**
- When temptation comes knocking, it will grab hold of any excuse it can find

### 2. Remember God's blessings

- 39:8-9a – Joseph's not bragging; he's remembering God's blessings in his life

- Why rehearse God’s blessings when temptation comes?
  - Because in light of God’s blessings – sin feels unreasonable
- The power of sexual temptation lies in the belief that we’re missing out
- Ingratitude **inflames** temptation; gratitude **suffocates** temptation
- When tempted to indulge a sinful craving: list 5 things you’re grateful for

### 3. Recognize the Cost

- 39:9b – Joseph recognizes the physical and spiritual costs of adultery
- Temptation always tries to diminish the cost of giving in. Don’t believe the lie!
- Sexual sin...
  - Is a great evil against God
    - Not because God hates sex, but because he hates that we’re robbing ourselves of one of His greatest gifts
  - Can lead to unintended pregnancy & disease
  - Creates addiction
    - Particularly pornography – stimulates brain just like heroin
  - Destroys marriages
    - The American Academy of Matrimonial Lawyers reports that 56% of divorce cases involve one party having “an obsessive interest in pornographic websites”
    - Men’s Health, “what we watch becomes our definition and even our expectation of normal sex.”
  - Supports an enslaving industry

### 4. Remove yourself from the source

- Avoid temptation whenever possible (v10)
  - Remove the source of temptation from your home
  - Or create boundaries that protect you from feeling tempted
- Run when it is not (v12)
  - Literally get up and leave; go for a walk, jog, drive
  - Run to a friend for prayer and help

## Sexual sin is NOT inevitable

### If you feel guilty...

- You are not alone
- You are not beyond forgiveness
  - Jesus died on the cross to pay the price of every sin
  - That’s the **GOSPEL!**