

At the immediate moment of temptation, F.L.E.E. from lust to God!

Christ Fellowship Bible Church

Now *flee* from youthful lusts, and *pursue* righteousness, faith, love and peace, with those who call on the Lord from a pure heart.

— 2 Timothy 2:22

Godly men need game plans. God commands His servants to not imitate what is evil but what is good. True men of God need helpful reminders put in place *before* the moment of temptation strikes. Here is a very brief *and memorable* game plan for you to FLEE from lust to God at the very moment of temptation. Commit these to memory *before* the temptations arise.

1. FLEE and run from sin.

When that temptation arises, men of God must act quickly to run away from sin. Do not entertain the thought. For if you do, you'll soon justify it somehow and indulge. You must immediately put to death the inception of the thought and flee from it! Acknowledge your complete allegiance to God and put on loving thoughts and actions. Get out of or vary the situation immediately (2 Timothy 2:22).

2. LEAN on God.

Call on God for strength to honor Him. Draw near to God and He will draw near to you (Psalm 37:5; James 4:8). Call upon God in your distresses and God will hear and God will save you from them. God is kind and eager to rescue His own from the moment of hardship. After all, Christ was there and He can relate. He suffered and was tempted in all ways. He can come to your aid and provide the way of escape. Lean on God. Call on God. Seek God.

3. ENTERTAIN right thoughts.

Rehearse those things for which you are grateful and thankful and remember to give thanks in all circumstances. Put off bad ways of thinking and replace it with diligent, intentional, deliberate, and regular thoughts of godliness and purity (Philippians 4:8-9). You must act upon what you *know* is right. You must get rid of impure thoughts and replace them with Godly thoughts. You must put on the Lord Jesus Christ (actively, intentionally, deliberately) and make *no provision* for the flesh with regard to its lusts. Entertain the right thoughts. Memorize Scripture and chew on it.

4. EAGERLY pursue love.

Continue to pursue love and righteousness. The opposite of lust is love. Lust is selfish and self-motivated and self-gratifying/self-fulfilling. True love is self-giving, others-motivated, and focused on fulfilling and serving them. Don't look back. Look to your 'ways to love and serve'. Engage yourself in giving (Proverbs 21:21). One of the ways to find the way of escape in the moment of temptation is to *actively serve others*. Yes, stop thinking of yourself and certainly do not isolate yourself or minimize your temptations. Seek ways to serve others and then *do it!* Pursue others in love!

— adapted from Stuart Scott, *The Exemplary Husband*, 296.