



SERIES: APRIL – YES, YOU CAN! OVERCOMING YOUR STRUGGLES

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Monday, 04/18/2022

Scripture: Psalm 101:1-4

TITLE: Not an Option

After going through some challenges at the beginning of our marriage, my wife and I decided there were some non-negotiables. For example, we had a “never use the ‘d’ word” rule. What’s the “d” word? Divorce. We wouldn’t say it because it was never an option. There was a commitment between the both of us to never consider it to the point of even saying it.

And now, 17 years later, we have not said it about our marriage. It simply is not an option.

From the feedback you share, many of you are struggling with lust. For the guys, it can be looking at porn, gawking at women, or watching and dwelling on things that cause you to stumble. For the gals, it can be fantasizing over a could-be relationship, dreaming through your reading or show watching, and yes, even watching porn.

Regardless of how lust manifests itself, you have said that you want to stop. King David has some foundational advice for us today. This is what he said in Psalm 101:1-4.

I will sing of faithful love and justice; I will sing praise to you, LORD. I will pay attention to the way of integrity. When will you come to me? I will live with a heart of integrity in my house. I will not let anything worthless guide me. I hate the practice of transgression; it will not cling to me. A devious heart will be far from me; I will not be involved with evil.

If I could summarize what David just said, “not an option.” I like how the ESV translates verses 3-4. It says, “*I will not set before my eyes anything that is worthless. I hate the work of those who fall away; it shall not cling to me. A perverse heart shall be far from me; I will know nothing of evil.*”

For David, to set his eyes on something vile and evil was not an option. But we also know that David would do some horrible things. Yes, he did. He committed adultery and committed murder.

We all stumble. We all make commitments that we do not fulfill. King David meant well and had the right intent. And he fell. But when he sinned and broke this commitment, he repented of his sin and turned back to God. In Psalm 51, David owns his sin asks God for grace and cleansing. And it was in his brokenness that he found freedom from his sin.

So here’s my challenge for you today:

You may be in a constant battle today with lust and sin. God loves you. He has a way out. It starts with determining that today marks a new day. Paul says when temptation does come, we don't have to give in. God will provide a way if we are willing to run. And should you sin, turn to God like David, and He will restore you to try again.

Remember, King David was a man after God's own heart. Not because of what David did but because of God's mercy and grace in the life of a repentant man.

So today, declare that sinning is not an option. Ask God for help, and then in His power, win the day.