

Two "Levels" of Counseling

Specific Issues

•Role of Husband •Parenting •Work Ethics

•Role of Wife •Finances

•Communication •Ministry

•Goal •Denying Self

•Humility •Contentment

•Trusting God •Holiness

•Lust of the flesh, lust of the eyes, and pride of life

Big Picture

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James 4:1-3

- 1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members?
- 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask.
- 3 You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.

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James 4:1-3 Source of Conflicts

◆ "Pleasures that wage war in your members" (v.1)

- "pleasure" is the Greek word "hedonon" ("hedonist" / "hedonism" comes from this word)
- Means: gratification of sensual, natural, fleshly desires
- It is the selfish, uncontrolled, personal need to fulfill every passion that promises sensual satisfaction and enjoyment.
- 2 Tim 3:2-4 "lovers of pleasure rather than lovers of God"
- NT usage is always negative, ungodly.

◆ "Lust"

- "Lust" is the Greek word, "epithumeo"
- Means "over-desire"
- It is a controlling, ruling desire.

◆ "Envious"

- "Envious" the Greek word "Zeloo" ("zealous" comes from this word)
- Stronger brother (synonym) of "epithumeo"
- Means: stronger, more compelling feeling of desire than lust.

Summary: Something's wrong... and that "something" is in the heart.

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Desire

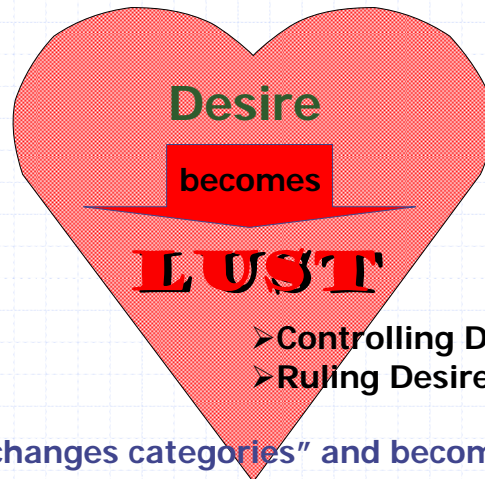
Examples:

1. Happy Marriage
2. Promotion at Work
3. Nice Clothes
4. Get Married

There is nothing inherently wrong with desiring these things.

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The Problem: In the heart...



Desire “changes categories” and becomes **LUST**

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What is LUST?

- ◆ You are not happy / content if you don't get what you want
- ◆ You are willing to disobey God to get what you want.

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James 1:13-16 explains lust

13 Let no one say when he is tempted, “I am being tempted by God”; for God cannot be tempted by evil, and He Himself does not tempt anyone.

14 But each one is tempted when he is carried away and enticed by his own **lust**.

15 Then when **lust** has conceived, **it gives birth to sin**; and when sin is accomplished, it brings forth death.

16 Do not be deceived, my beloved brethren.

→ ALL SIN IS RELATED TO LUST

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Separating Desires from Lusts

**How do you know if
what's in your heart is
desire or lust?**

Practical Test:

**How do you respond
when you don't get what you want?**

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Desire vs. Lust

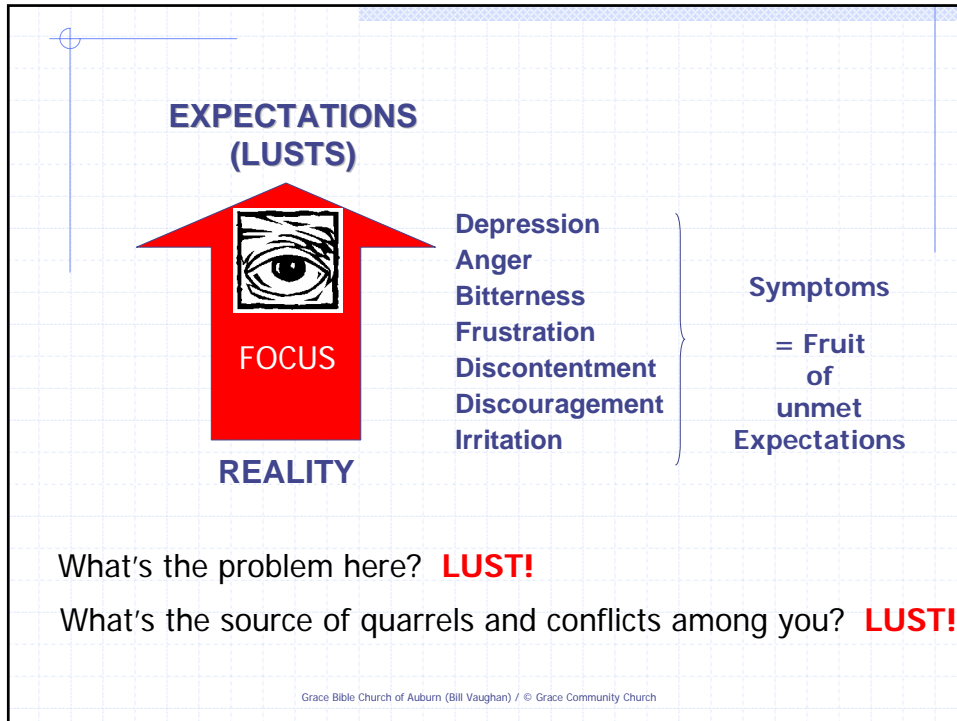
<p>Desire for God > Desire for "something"</p>	<p>Desire for "something" > Desire for God</p>	
<p>What happens ...</p> <p>✦ When you don't get your desire?</p> <ul style="list-style-type: none"> ✦ You are Content ✦ You say, "God knows the best for me" <p>✦ When you do get your desire?</p> <ul style="list-style-type: none"> ✦ You acknowledge God as giver ✦ You could give it up and honor/glorify God ✦ You are thankful 	<p>What happens ...</p> <p>✦ When you don't get your desire?</p> <ul style="list-style-type: none"> ✦ You are not Content ✦ You are willing to disobey God to get your lust <p>✦ When you do get your lust?</p> <ul style="list-style-type: none"> ✦ You serve it rather than God ✦ Lust controls, rules you 	
<p>Responses:</p>	<p>Examples:</p> <ol style="list-style-type: none"> 1. Happy Marriage 2. Promotion at Work 3. Nice Clothes 	<p>Responses:</p>
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4. Get Married

Expectations

- ◆ Heard often in counseling...
 - "I expected my wife to..."
 - "I expected my husband to..."
 - "I really expected my job to be different than this."
 - "I expected _____"
- ◆ Used in this manner, Expectations are simply a substitution for LUST.
- ◆ "Pre-meditated disappointments" – set yourself up by allowing expectations to set in.

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The Problem with Expectations

- ◆ We get our eyes focused on our expectations
- ◆ We compare our expectations to where life really is
- ◆ The wider the gap, the more pronounced the associated symptoms will be.

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What is God's solution to this?

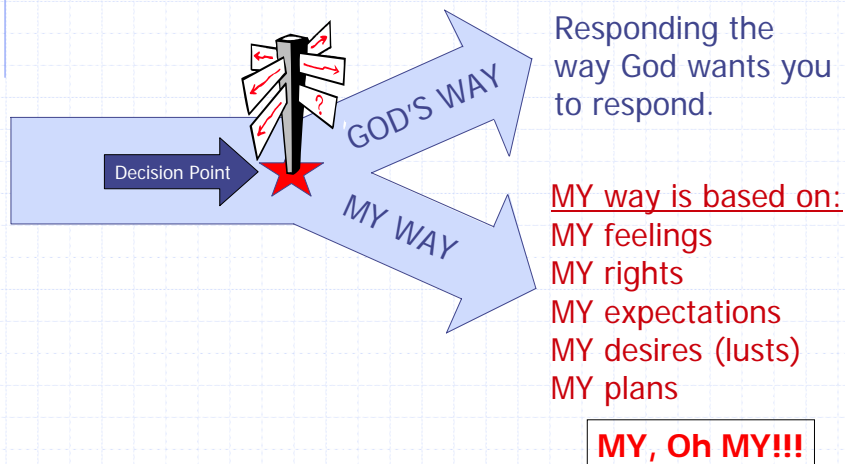
◆ Repentance

- Acknowledge it
- Confess it
- Conviction of the heart / Sorrow (2 Cor. 7:10)
- Put off

◆ What do you confess?...

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What needs to be confessed to God?



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What is the dynamic of "My Way?"

- ◆ What is going on at the moment of decision to go "My Way?"
 - Is it merely impatience, anger, frustration, etc?
 - NO – at that moment of decision there is something more important than God.
 - ◆ Something has been elevated above God.
 - ◆ That "something" is "Me"
 - Whatever we place above God – that is what we worship
 - What do we call anything we place above God?

IDOLATRY

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Desire

vs.

Lust

Desire for God > Desire for something

Desire for something > Desire for God

What happens ...

✦ When you do get your desire?

- ✦ You acknowledge God as giver
- ✦ You could give it up and honor/glorify God
- ✦ You are thankful

✦ When you don't get your desire?

- ✦ You are Content
- ✦ You say, "God knows the best for me"

What happens ...

✦ When you do get your lust?

- ✦ You serve it rather than God
- ✦ Lust controls, rules you

✦ When you don't get your desire?

- ✦ You are not Content
- ✦ You are willing to disobey God to get your lust

ME

GOD

= IDOLATRY

Instead of Loving God –
I LOVE MYSELF!
 I want my way.
 I don't get it.
 And I'm not Happy!

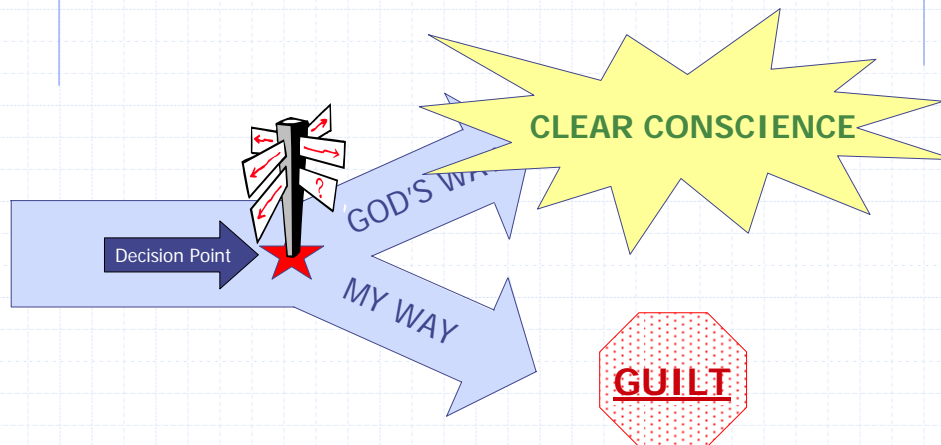
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Bottom Line

- ◆ There is something going on here that is much bigger than just a simple list of expectations.
- ◆ THERE IS A SINFUL DYNAMIC THAT HAS BEEN ALLOWED TO GROW IN THE HEART – **LUST WHICH IS IDOLATRY.**
 - Self-Love
 - Self-Motives
 - The “Self” Life
- ◆ What is waiting for this person?...

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What waits at the end of each path?



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What is God's solution to this?

◆ Repentance

- Acknowledge it
- Confess it
- Conviction of the heart / Sorrow (2 Cor. 7:10)
- Put off

◆ **REPLACEMENT** = The "put on" half of Biblical Change.

- Put on NEW THINKING
- Put on NEW BEHAVIOR that flows out of New thinking

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What New Thinking Should be Put On?

**EXPECTATIONS
(LUSTS)**

GRATITUDE

FRUIT ASSOCIATED WITH
A FOCUS ON
WHAT I DESERVE

REALITY



FOCUS

REPLACEMENT

What do I really deserve?

Hell

Eternal Damnation

Judgment

Misery

No desires ever met

No plans ever working

WHAT I REALLY DESERVE

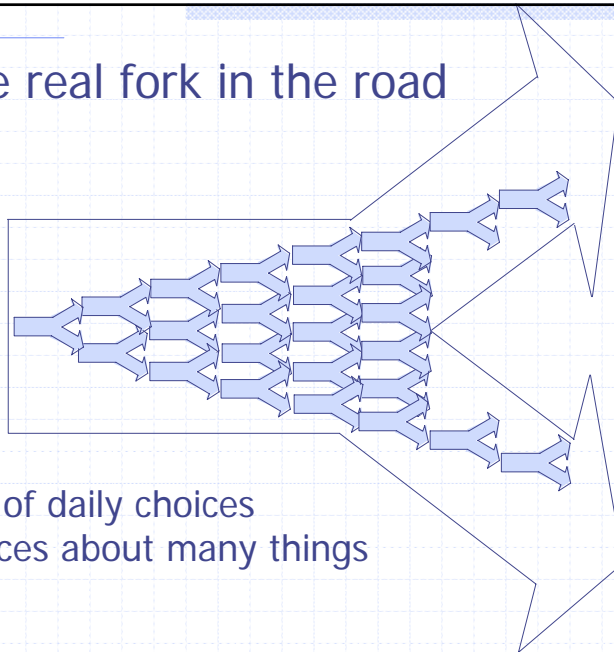
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Gratitude for what?

- ◆ Your sins are forgiven
- ◆ We are only here for a short time in this life compared to eternity
 - There's a limit to what we can accomplish and fulfill here!
- ◆ Set your mind on things above and be grateful! Have the eternal perspective!

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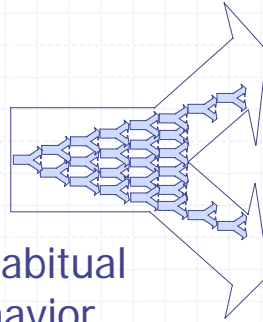
The real fork in the road



- † Lots of daily choices
- † Choices about many things

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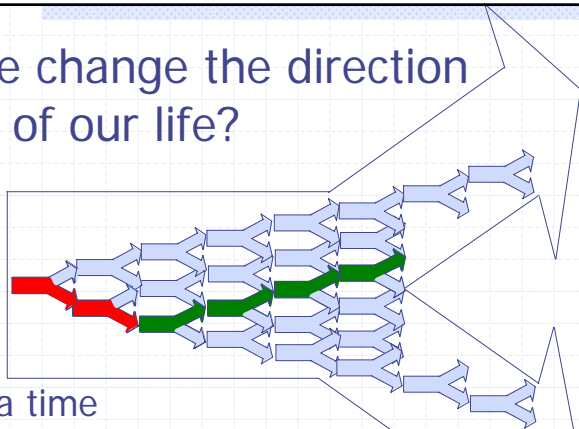
The real fork in the road



- ◆ We are creatures of habit- habitual patterns of thinking and behavior
- ◆ How did we develop those habits?
- ◆ Do we just wake up one morning an anxious person?
 - ✦ No, we develop this over many small decisions
 - ✦ Small decisions, habits to worry instead of building habits to trust God

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How do we change the direction of our life?



- ◆ One choice at a time in the God-ward direction
- ◆ Small, daily choices to give up our expectations, our "rights"
- ◆ Give up lusts one choice at a time and put on meeting the needs of your spouse – deferring to your spouse

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