

# Fleeing Youthful Lusts and Pursuing Purity by the Power of the Gospel

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*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 (NASB)*

## **General resources on purity and lust:**

*Not Even a Hint: Guarding Your Heart Against Lust*, Josh Harris (also republished as *Sex is not the Problem*)  
*The Purity Principle: God's Safeguards for Life's Dangerous Trails*, by Randy Alcorn

## **Resources for pornography struggles from a gospel perspective:**

*Finally Free: Fighting for Purity with the Power of Grace*, by Heath Lambert (\*best book I'm aware of)  
*Help! He's Struggling with Pornography*, by Brian Croft and Paul Tautges (short booklet)  
*Pornography: Slaying the Dragon*, by David Powlison (Resources for Changing Lives booklet series)  
*Closing the Window: Steps to Living Porn Free*, by Tim Chester  
*Sexual Detox: A Guide for Guys who are sick of porn*, by Tim Challies

## **1. The \_\_\_\_\_ - v. 22a "Now ..."**

The Framework - \_\_\_\_\_ : v. 1 'You therefore, my son, be strong in the grace that is in Christ Jesus.'  
Other verses to study and apply: 1 Pet 5:12, Rom 5:2, 20-21, 6:14, Titus 2:11-14

**1 Peter 5:12** "...this is the true grace of God. Stand firm in it!"

**Romans 5:2, 20-21, 6:14** "...we have obtained our introduction by faith into this grace in which we stand...where sin increased, grace abounded all the more, so that, as sin reigned in death, even so grace would reign through righteousness...For sin shall not be master over you, for you are not under law but under grace."

**Titus 2:11-12** "For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age ..."

The Fight - \_\_\_\_\_ : v 4 'No soldier in active service entangles himself in the affairs of everyday life, so that he may please the one who enlisted him as a soldier...[for our weapon see v. 15, Eph 6:17]

Other verses to study and apply: 1 Tim 6:12, 2 Cor 10:3-5, 1 Pet 2:11, Ps 119:9, 11, 1:1-2, Jn 17:17

**1 Timothy 6:12** "Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses."

**2 Corinthians 10:3-5** "...the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ"

**1 Peter 2:11** "... abstain from fleshly lusts which wage war against the soul."

**Psalms 119:9, 11** "How can a young man keep his way pure? By keeping it according to Your word ... Your word I have treasured in my heart, That I may not sin against You."

**Psalms 1:1-2** "How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the LORD, And in His law he meditates day and night."

**John 17:17** "'Sanctify them in the truth; Your word is truth.'

The Focus – \_\_\_\_\_ : v. 8 'Remember Jesus Christ, risen from the dead...according to my gospel'  
Other verses to study and apply: Titus 3:3-7, 2 Pet 1:3-4, Eph 5:1-8, Col 1:5-6, 23, 3:1-3

**Titus 3:3-5:** "For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. But when the kindness of God our Savior and His love for mankind appeared, He saved us ... by the washing of regeneration and renewing by the Holy Spirit."

**2 Peter 1:3-4** “seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.”

**Ephesians 5:1-8** “Therefore be imitators of God, as beloved children; and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma. But immorality or any impurity or greed must not even be named among you, as is proper among saints; and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks. For this you know with certainty, that no immoral or impure person or covetous man, who is an idolater, has an inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not be partakers with them; for you were formerly darkness, but now you are Light in the Lord; walk as children of Light”

**Colossians 1:5-6, 23** “...the word of truth, the gospel which has come to you ... is constantly bearing fruit and increasing, even as it has been doing in you also since the day you heard of it and understood the grace of God in truth ... if indeed you continue in the faith firmly established and steadfast, and not moved away from the hope of the gospel that you have heard, which was proclaimed in all creation under heaven, and of which I, Paul, was made a minister.”

**Colossians 3:1-3** “Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God.”

The Foundation - \_\_\_\_\_: v. 19 Nevertheless, the firm foundation of God stands, having this seal, “The Lord knows those who are His,” and, “Everyone who names the name of the Lord is to abstain from wickedness.”... <sup>21</sup> Therefore, if anyone cleanses himself from these things, he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work.

Other verses to study and apply: 1 Cor 6:19-20, 2 Cor 5:9-10, 14-17, Titus 2:14

**1 Corinthians 6:19-20** “Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”

**2 Corinthians 5:10, 14, 17** “Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him. For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad...For the love of Christ controls us, having concluded this, that one died for all, therefore all died; and He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf ... Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.”

**Titus 2:14** “[Christ] gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.”

**2. The \_\_\_\_\_ - v. 22a “... flee youthful lusts ...”**

Actual running/escaping – study and apply Gen 39:7-12, Prov 6:5, 1 Cor 6:18, 10:13-14

**Genesis 39:7-12** “It came about after these events that his master’s wife looked with desire at Joseph, and she said, “Lie with me.” But he refused and said to his master’s wife, “Behold, with me here, my master does not concern himself with anything in the house, and he has put all that he owns in my charge. “There is no one greater in this house than I, and he has withheld nothing from me except you, because you are his wife. How then could I do this great evil and sin against God?” As she spoke to Joseph day after day, he did not listen to her to lie beside her or be with her. Now it happened one day that he went into the house to do his work, and none of the men of the household was there inside. She caught him by his garment, saying, “Lie with me!” And he left his garment in her hand and fled, and went outside.”

**Proverbs 6:5** “Deliver yourself like a gazelle from the hunter’s hand And like a bird from the hand of the fowler.”

**1 Corinthians 6:18** “Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body.”

**1 Corinthians 10:13-14** “No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it. Therefore, my beloved, flee from idolatry.”

Avoiding – study and apply 1 Thess 4:3-8, Prov 5:8, 7:25-27, Rom 13:13-14, Ps 1:1, Job 31:1

**1 Thessalonians 4:3-8** “For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel in sanctification and honor, not in lustful passion, like the Gentiles who do not know God; and that no man transgress and defraud his brother in the matter because the Lord is the avenger in all these things, just as we also told you before and solemnly warned you. For God has not called us for the purpose of impurity, but in sanctification. So, he who rejects this is not rejecting man but the God who gives His Holy Spirit to you.”  
**Proverbs 5:8** “Keep your way far from her [the immoral woman/temptress] And do not go near the door of her house”  
**Proverbs 7:25-27** “Do not let your heart turn aside to her ways, Do not stray into her paths. For many are the victims she has cast down, And numerous are all her slain. Her house is the way to Sheol, Descending to the chambers of death.”  
**Romans 13:13-14** “Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality ... But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.”  
**Psalms 1:1** “How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners ...”  
**Job 31:1** “I made a covenant with my eyes not to look lustfully at a girl” (NIV)

Actively cutting off – Matt 5:27-30, Rom 6:6, 6:11-12, 8:13, Col 3:5

**Matthew 5:27-30** ““You have heard that it was said, ‘YOU SHALL NOT COMMIT ADULTERY’; but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart. “If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell. “If your right hand makes you stumble, cut it off and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to go into hell.”  
**Romans 6:6, 11-12, 8:13** “knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin ... Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts ... for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.”  
**Colossians 3:5** “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed [or covetousness], which is idolatry.” (NIV)

Abhorring sin (not just hating its consequences) – Ps 97:10, Ps 101:2-4, Pr 8:13, Rom 7:15, 7:20-25

**Psalms 97:10** “Hate evil, you who love the LORD ... He delivers them from the hand of the wicked.”  
**Psalms 101:2-4** “I will give heed to the blameless way. When will You come to me? I will walk within my house in the integrity of my heart. I will set no worthless thing before my eyes; I hate the work of those who fall away; It shall not fasten its grip on me. A perverse heart shall depart from me; I will know no evil.”  
**Proverbs 8:13** The fear of the LORD is to hate evil; Pride and arrogance and the evil way And the perverted mouth, I hate.”  
**Romans 7:15, 20-25** “For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate ... But if I am doing the very thing I do not want, I am no longer the one doing it, but sin which dwells in me. I find then the principle that evil is present in me, the one who wants to do good. For I joyfully concur with the law of God in the inner man, but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. Wretched man that I am! Who will set me free from the body of this death? Thanks be to God through Jesus Christ our Lord!

**3. The \_\_\_\_\_ - v. 22b “... and pursue righteousness, faith, love and peace,...”**

**Parallel: 1 Timothy 6:11** “But flee from these things, you man of God, and pursue righteousness ... faith, love ...”

“pursue righteousness” – study and apply Eph 4:22-24, Prov 15:9, 1 John 1:9

**Ephesians 4:22-24** “in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth.”  
**Proverbs 15:9** “The way of the wicked is an abomination to the LORD, But He loves one who pursues righteousness.”  
**1 John 1:9** “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

*“pursue...faith”* – study and apply 1 Tim 4:12, Mark 9:24, Heb 12:1-2

**1 Timothy 4:12** *“Let no one look down on your youthfulness, but rather in speech, conduct, love, faith and purity, show yourself an example of those who believe.”*

**Mark 9:24** *“Immediately the boy’s father cried out and said, “I do believe; help my unbelief.””*

**Hebrews 12:1-2** *“Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”*

*“pursue...love”* – study and apply 1 Cor 14:1a, 13:5, 1 Pet 1:22, 1 Tim 5:2, Prov 5:15-23

**1 Corinthians 14:1, 13:5, 11** *“Pursue love...love...does not act unbecomingly; it does not seek its own...”*

**1 Peter 1:22** *“Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart”*

**1 Timothy 5:2** *“... [treat and view] the younger women as sisters, in all purity.”*

**Proverbs 5:15-23** *“Drink water from your own cistern And fresh water from your own well. Should your springs be dispersed abroad, Streams of water in the streets? Let them be yours alone And not for strangers with you. Let your fountain be blessed, And rejoice in the wife of your youth. As a loving hind and a graceful doe, Let her breasts satisfy you at all times; Be exhilarated always with her love. For why should you, my son, be exhilarated with an adulteress And embrace the bosom of a foreigner? For the ways of a man are before the eyes of the LORD, And He watches all his paths. His own iniquities will capture the wicked, And he will be held with the cords of his sin. He will die for lack of instruction, And in the greatness of his folly he will go astray.”*

*“pursue...peace”* – study and apply Heb 12:14, Rom 14:19, 1 Pet 3:10-11, Phil 4:7-9, 4:11-13

**Hebrews 12:14** *“Pursue peace with all men, and the sanctification without which no one will see the Lord.”*

**Romans 14:19** *“So then we pursue the things which make for peace and the building up of one another.”*

**1 Peter 3:10-11** *“For, “THE ONE WHO DESIRES LIFE, TO LOVE AND SEE GOOD DAYS, MUST KEEP HIS TONGUE FROM EVIL AND HIS LIPS FROM SPEAKING DECEIT. “HE MUST TURN AWAY FROM EVIL AND DO GOOD; HE MUST SEEK PEACE AND PURSUE IT.”*

**Philippians 4:7-9, 11-13** *“And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you ... Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.”*

**4. The \_\_\_\_\_ - v. 22c “... with those who call on the Lord from a pure heart.”**

*“with those...”* – study and apply Prov 18:1, Titus 2:3-7, 1 Pet 5:5-11, Heb 13:7, 17, 1 Cor 16:15-16

**Proverbs 18:1** *“He who separates [ESV 'isolates'] himself seeks his own desire, He quarrels against all sound wisdom.”*

**Titus 2:3-7** *“Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored. Likewise urge the young men to be sensible; in all things show yourself to be an example ...*

**1 Peter 5:5-11** *“You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with humility toward one another, for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE. Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.”*

**Hebrews 13:7, 17** “Remember those who led you, who spoke the word of God to you; and considering the result of their conduct, imitate their faith ... Obey your leaders and submit to them, for they keep watch over your souls as those who will give an account. Let them do this with joy and not with grief, for this would be unprofitable for you.”

**1 Corinthians 16:15–16** “Now I urge you, brethren (you know the household of Stephanas, that they were the first fruits of Achaia, and that they have devoted themselves for ministry to the saints) [KJV ‘they have addicted themselves to the ministry’], that you also be in subjection to such men and to everyone who helps in the work and labors.”

Principles of effective accountability (Heath Lambert, *Finally Free*, chapter 3):

1. it doesn't rely exclusively on accountability
2. it is involved early rather than late.  
‘You will not experience dramatic change in your struggle as long as you use accountability to describe your sins instead of declaring your need for help in the midst of temptation.’
3. it involves someone with maturity (Gal. 6:1-2)
4. it involves someone with authority
5. it should avoid explicit details
6. it places the responsibility for confession on the person with the problem
7. it must actually hold people accountable

“who call on the Lord” (prayer, worship) – study and apply Ps 66:18, Ps 51, Rom 12:1-2

**Psalm 66:18** “If I regard wickedness in my heart, The Lord will not hear;”

**Psalm 51** “For the choir director. A Psalm of David, when Nathan the prophet came to him, after he had gone in to Bathsheba. Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity And cleanse me from my sin. For I know my transgressions, And my sin is ever before me. Against You, You only, I have sinned And done what is evil in Your sight, So that You are justified when You speak And blameless when You judge. Behold, I was brought forth in iniquity, And in sin my mother conceived me. Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom. Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. Make me to hear joy and gladness, Let the bones which You have broken rejoice. Hide Your face from my sins And blot out all my iniquities. Create in me a clean heart, O God, And renew a steadfast spirit within me. Do not cast me away from Your presence And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation And sustain me with a willing spirit. Then I will teach transgressors Your ways, And sinners will be converted to You. Deliver me from bloodguiltiness, O God, the God of my salvation; Then my tongue will joyfully sing of Your righteousness. O Lord, open my lips, That my mouth may declare Your praise. For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering. The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.”

**Romans 12:1-2** “Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind ...”

“from a pure heart” – study and apply Ps 51:10, Matt 5:8, 1 John 3:2-3, 2 Cor 3:18

**Psalm 51:10** “Create in me a pure heart, O God, and renew a steadfast spirit within me.”

**Matthew 5:8** ““Blessed are the pure in heart, for they shall see God.”

**1 John 3:2-3** “Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is. And everyone who has this hope fixed on Him purifies himself, just as He is pure.”

**2 Corinthians 3:18** “But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit.”

Tim Challies, p. 80-81: 'allow all the resources of God's grace to motivate you toward moral purity. Key among these are the Bible, prayer, and a reliance on God's grace and power for the exercise of self-control. Keep in the forefront of your mind that Jesus Christ had all your sexual sin load upon him at the cross. He faced the just punishment for that sin and he faced the full fury of God's wrath for it; he faced the death your sin demands. By rising from the dead, he showed that he had triumphed over death. He now offers life and he offers freedom - freedom from sin, freedom from even the desire...'

## ANTHEM: Strategies for Fighting Lust, by John Piper

I have in mind men and women. For men it's obvious. The need for warfare against the bombardment of visual temptation to fixate on sexual images is urgent. For women it is less obvious, but just as great if we broaden the scope of temptation to food or figure or relational fantasies. When I say "lust" I mean the realm of thought, imagination, and desire ... here is one set of strategies in the war ... in the form of an acronym, A N T H E M.

A – AVOID as much as is possible and reasonable the sights and situations that arouse unfitting desire. I say "possible and reasonable" because some exposure to temptation is inevitable. And I say "unfitting desire" because not all desires for sex, food, and family are bad. We know when they are unfitting and unhelpful and on their way to becoming enslaving. We know our weaknesses and what triggers them...*Flee youthful passions...*

N – Say NO to every lustful thought within five seconds [Titus 2:11-12 '*the grace of God...teaches us to say "No" to...worldly passions*' NIV]...say it with the authority of Jesus Christ. "In the name of Jesus, NO!" You don't have much more than five seconds. Give it more unopposed time than that, and it will lodge itself with such force as to be almost immovable. Say it out loud if you dare. Be tough and warlike. As John Owen said, "Be killing sin or it will be killing you." Strike fast and strike hard. "*Resist the devil, and he will flee from you*"

T – TURN the mind forcefully toward Christ as a superior satisfaction. Saying "no" will not suffice. You must move from defense to offense. Fight fire with fire. Attack the promises of sin with the promises of Christ. The Bible calls lusts "*deceitful desires*" (Ephesians 4:22). They lie. They promise more than they can deliver. The Bible calls them "*passions of your former ignorance*" (1 Peter 1:14). Only fools yield. "*All at once he follows her, as an ox goes to the slaughter*" (Proverbs 7:22). Deceit is defeated by truth. Ignorance is defeated by knowledge. It must be glorious truth and beautiful knowledge. This is why I wrote Seeing and Savoring Jesus Christ. We must stock our minds with the superior promises and pleasures of Jesus [see also Hebrews 11:25-26, John 15:11, Psalm 16:11 -> Acts 2:28]. Then we must turn to them immediately after saying, "NO!"

H – HOLD the promise and the pleasure of Christ firmly in your mind until it pushes the other images out. "*Fix your eyes on Jesus*" (Hebrews 12:2). Here is where many fail. They give in too soon. They say, "I tried to push it out, and it didn't work." I ask, "How long did you try?" How hard did you exert your mind? The mind is a muscle. You can flex it with vehemence. Take the kingdom violently (Matthew 11:12). Be brutal. Hold the promise of Christ before your eyes. Hold it. Hold it! Don't let it go! Keep holding it! How long? As long as it takes. Fight! For Christ's sake, fight till you win! If an electric garage door were about to crush your child you would hold it up with all your might and holler for help, and hold it and hold it and hold it and hold it.

E – ENJOY a superior satisfaction. Cultivate the capacities for pleasure in Christ. One reason lust reigns in so many is that Christ has so little appeal. We default to deceit because we have little delight in Christ. Don't say, "That's just not me." What steps have you taken to waken affection for Jesus? Have you fought for joy? Don't be fatalistic. You were created to treasure Christ with all your heart — more than you treasure sex or sugar. If you have little taste for Jesus, competing pleasures will triumph. Plead with God for the satisfaction you don't have: "*Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days*" (Psalm 90:14). Then look, look, look at the most magnificent Person in the universe until you see him the way he is.

M – MOVE into a useful activity away from idleness and other vulnerable behaviors [Eph 4:28]. Lust grows fast in the garden of leisure. Find a good work to do, and do it with all your might. "*Do not be slothful in zeal, be fervent in spirit, serve the Lord*" (Romans 12:11). "*Be steadfast, immovable, always abounding in the work of the Lord*" (1 Corinthians 15:58). Abound in work. Get up and do something. Sweep a room. Hammer a nail. Write a letter. Fix a faucet. And do it for Jesus's sake. You were made to manage and create. Christ died to make you "*zealous for good works*" (Titus 2:14). Displace deceitful lusts with a passion for good deeds.