

# **Clean Heart New Start**

*Josh McDowell*

## I. Introduction.

- A. The area of sexual relationship often causes our relationship with God to short circuit.
- B. How do we return to fellowship with God?

## II. Steps. (1 John 1:9)

### A. Call it sin - do not rationalize.

- 1. You do not call sex sin.
- 2. The misuse of sex is sin - outside of God's context of marriage.

### B. We confess our sin.

- 1. We agree with God that it is sin and that it is forgiven.
- 2. The person and life of Jesus Christ is the basis of our forgiveness.
- 3. What about your future sins?
  - a. Even your past sins were future 2000 years ago.
  - b. In Jesus we have forgiveness. (Ephesians 1:7)
  - c. Jesus was pierced for our transgressions. (Isaiah 53:4-5)
  - d. Christ's death is the bases for all of our forgiveness.
- 4. The forgiveness of David after committing adultery. (Psalm 51)
  - a. When we sin against others, we first sin against God.
  - b. David asked god to give him a clean heart.
  - c. David could do nothing to substitute his sin - Jesus had to pay for it.

### C. We acknowledge that we are forgiven. (Psalm 103:12)

- 1. God puts our sins away as far as the east is from the West - it goes on for eternity.

### D. We forgive ourselves.

- 1. When we do not forgive ourselves we produce a guilt that is not from God.

2. We say that our standard is higher than God's standard and deny the power of the cross.

3. It is Satan's deceit to not forgive ourselves.

E. Bring forth fruit in keeping with repentance. (Matthew 3:8)

1. By a decision of our will we make the choice that is indicative that we have truly repented.

2. How would this look?

a. Daniel made a decisive decision not to defile himself.

b. We must make a decisive decision not to continue in the sin. Perhaps you will break up with the person. Perhaps you will make a decision not to be alone with the person.

c. The most powerful sex organ that you have is your mind. (Romans 12:1-2) We must yield the control of our mind to God. This might manifest itself in refusing to look at pornography.

d. Guard your eyes. (Matthew 6) Job made a commitment with his eyes not to look lustfully at a girl. Our eyes are not garbage cans.

e. Avoid situations that are tempting sexually. (Romans 13:14)

f. Find someone to hold you accountable. (Ecclesiastes 4:9-10) Two are better than one. They lift each other up. The Bible is telling us to come together in a relationship with another believer of the same sex to hold us accountable.

F. Go to the other person and ask for repentance.

1. Even if you want to call it love, it is sin.

2. Asking will promote healing.

G. When sin does enter our life though there is no condemnation.

1. The Holy Spirit convicts.

2. The Holy Spirit does not condemn.

3. God loves you.

III. Conclusion.

A. God created sex for marriage.

B. When we break this outside of marriage we have forgiveness.

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## STUDY GUIDE

### *Part 1: What do you see?*

1. Summarize the steps to return to fellowship with God after having committed a sexual sin in your own words.

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2. What does it mean to confess our sin? How might this differ from a popular understanding of confession?

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3. Look up two of the following Scriptural passages on bringing forth fruit in keeping with repentance: Romans 12:1-2; Matthew 6; Romans 13:14; Ecclesiastes 4:9-10. How do these passages give us a picture of the changed heart?

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### *Part 2: What do you think?*

1. Why is it that sex is not a sin, but sex outside of marriage is a sin?

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2. Which of the steps was the most striking to you? Explain.

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3. Why is it that when sin does enter our lives there is no condemnation? What is it about Christ's work that allows for the Holy Spirit to convict instead of condemn us?

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**Part 3: What will you do?**

1. What attitude towards sex do you need to change in light of this message? How and in what circumstances are you to properly think about it?

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2. What attitude towards regaining fellowship with God do you need to change in light of this message? How does Christ's sacrifice for us on the cross relate to this?

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3. Holiness is serious business. What steps will you take to keep yourself from situations that are too tempting? How will you advise others?

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