



“Pleasure – Part One”

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Is anything wrong with pleasure?

Ecclesiastes 2:1-11

- The Book of Ecclesiastes was written by King Solomon. It addresses what happens when we leave God out of the equation. It leads to _____ (emptiness, futility, and a wasted life.)
- **Exodus 20:3** *“have no other gods before Me.”*
 - o In Idol is _____ that replaces God’s rightful place as #1 in our lives.
- **Why is idolatry such a big deal?**
 - o It is a matter of _____.
 - o It is a matter of what is best for us.

When your priorities are out of order it leads to _____.

- Pleasurable things we turn into false gods...

1. _____:

- 4 in 10 American Adults are _____. [CDC = BMI of 30+]
- Does God care what we eat or drink?
 - o I Corinthians 6:19-20.
 - Our bodies are the _____ of the Holy Spirit.
 - o I Corinthians 10:31

Do we eat to live, or live to eat?

2. _____:

- Proverbs 20:1; Ephesians 5:18
- Believers are to be controlled by the _____.

Do they control you, or do you control them?

3. _____:

- Hebrews 13:4
- Pornography:
 - o _____% of Christians view porn at least once a week.
- Romantic Love:
 - o Romans 7:4 = We should be married to _____.

Sex is great the way God intended, but when we get it wrong it leads to pain, not pleasure.

Four Steps to Freedom:

1. _____ Them.

- Ask God to reveal them.
- Ask yourself some questions: When does it cross the line?
 - o **Motive:** Why am I doing what I am doing?
 - o **Control:** Do I control it or does it control me?
 - o **Priorities:** Are my priorities right? (Matt. 6:33)
 - o **Rationalization:** Am I making excuses and justifying?

2. _____ of Them.

- Psalm 24:3-4
- The only way to change at the heart level is through the gospel.

3. _____ Them.

- We need to Burn the Bridge!
- Don’t try to play it close to the line.

4. _____ Them.

- (1) Renew your mind.
- (2) Have a daily God Time.

***“You will show me the path of life; In Your presence is fullness of joy;
At Your right hand are pleasures evermore.” Psalm 16:11***

NEXT STEPS?