

OVERCOMING THE POWER OF SEX

勝過性的權勢

Money, Sex, and Power – Series

「金錢、性與權力」系列

Review from last week...上週回顧

1. God **CREATED US** 神創造了我們
2. God **CREATED SEX** 神創造了性
3. Sex is **POWERFUL** 性是強大的
4. God sets the **GUARDRAILS** for how sex should be experienced.
神為應該如何體驗性設置了護欄

Debunking The Two Extremes 揭穿兩個極端

1. Sex is **NOT EVERYTHING** 性不是一切

You can get a large audience together for a strip-tease act. Now suppose you came to a country where you could fill a theatre by simply bringing a covered plate on to the stage and then slowly lifting the cover so as to let every one see, just before the lights went out, that it contained a mutton chop or a bit of bacon, would you not think that in that country something had gone wrong with the appetite for food? - CS Lewis (Mere Christianity, 1952)

你可以召集大批觀眾一起觀看脫衣舞表演。現在假設你來到了一個國家，在那裡你只需要通過簡單地把一個有蓋的盤子帶到舞台上然後慢慢地掀開蓋子讓每個人在燈光熄滅之前看到裡面裝著一塊羊排或一些煙肉，就可以讓劇院座無虛席，你會不會認為那個國家的人對食物的胃口出了問題？—魯益師(返璞歸真，1952)

*Now concerning the matters about which you wrote: “It is good for a man **not** to have sexual relations with a woman.” But because of the temptation to sexual immorality, each man should have his own wife and each woman her own husband. - 1 Corinthians 7:1-2 (ESV)*

關於你們所寫的事，你們說「男人不碰女人是好事」；不過為了避免淫亂的事，每個男人都應當有自己的妻子，每個女人也應當有自己的丈夫。—哥林多前書 7:1-2

2. Sex is **NOT NOTHING** 性並非不算什麼

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. - Hebrews 13:4 (ESV)

婚姻當受所有人尊重，床也不可玷汙，因為神將要審判淫亂和通姦的人。—希伯來書 13:4

It's not casual because when you have sex with somebody, and it's pleasurable, it drives up the dopamine system in the brain. That can push you over the threshold into falling in love.

And when you orgasm, there s a flood of oxytocin and vasopressin. Those neurochemicals are linked with the attachment system in the brain.” - Helen Fisher, PhD

“這不是隨便的，因為當你和某人發生性關係時，它是愉快的，它會推動大腦內的多巴胺系統。這會讓你跨過墜入愛河的門檻。當你達到性高潮時，催產素和加壓素就會大量湧入。這些神經化學物質與大腦中的依附系統有關。” — 海倫·費舍爾，博士

The Problem and Solution 問題與解決方案

Doing **NOTHING** can ruin **EVERYTHING** 什麼都不做會毀了一切

And we must not engage in sexual immorality as some of them did, causing 23,000 of them to die in one day. Nor should we put Christ[c] to the test, as some of them did and then died from snakebites. And don t grumble as some of them did, and then were destroyed by the angel of death. These things happened to them as examples for us. They were written down to warn us who live at the end of the age. If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. - 1 Corinthians 10:8-13 (NLT)

我們也不可淫亂，像他們有些人那樣，一天就死了二萬三千人。我們也不可試探主，像他們有些人那樣，結果就被蛇咬死了。你們也不可發怨言，像他們有些人那樣，就被那毀滅者所滅。這些事發生在他們身上，作為鑒戒，並且記下來，為了要警戒我們這些末世的人。所以，那自以為站得穩的，應當謹慎，免得跌倒。你們所受的試探，無非是人受得起的；神是信實的，他必不容許你們受試探過於你們承受得起的，而且在受試探的時候，必定給你們開一條出路，使你們能忍受得住。—哥林多前書 10:8-13

PRACTICAL TIP #1: Consider the **CONSEQUENCES**

實用小秘訣#1:考慮後果

PRACTICAL TIP #2: **AVOIDING** temptation is easier than **RESISTING** temptation

實用小秘訣#2: 躲避誘惑比抗拒誘惑更容易

In the spring of the year, the time when kings go out to battle, David sent Joab, and his servants with him, and all Israel... But David remained at Jerusalem. - 2 Samuel 11:1, 2b (ESV)

第二年春天，諸王又要發動戰爭。大衛差遣約押率領眾將領和以色列大軍出征，自己卻留在耶路撒冷。—撒母耳記下 11:1、2 下

PRACTICAL TIP #3: Seek **ACCOUNTABILITY**

實用小秘訣#3: 尋求責任承擔

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! - Ephesians 4:9-10 (ESV)

兩個人總比一個人好，因為二人勞碌同得美好的成果。一人跌倒，總有同伴相扶。但孤身一人，跌倒了無人相扶的真悲慘！—傳道書 4:9-10

PRACTICAL TIP #4: Pray **CONSISTENTLY**

實用小秘訣#4: 不斷禱告

PRACTICAL TIP #5: Avoid CYCLES OF SHAME

實用小秘訣#4: 避免羞恥的循環

*The Bible says: There is therefore now no condemnation for those who are in Christ Jesus.
- Romans 8:1 (ESV)*

聖經說：所以現在，那些在基督耶穌裡的人，就不被定罪了。—羅馬書 8:1

Scan for Accountability Software and Content Blockers:

掃碼獲取問責制軟件和內容攔截器：



Discussion Questions: 問題討論：

1. What are some practical steps you can take to avoid sexual temptation in your life?
你可以採取哪些實際步驟來躲避生活中的性誘惑呢？
2. The speaker talked about accountability, who could be a safe person for you where accountability can thrive in your life?
講員談到了問責。誰能成為你可信靠人，讓問責在你的生活中茁壯成長？
3. How can prayer help with the struggle of temptation?
禱告如何幫助抗拒誘惑？
4. Do you agree with “sex is nothing” or “sex is everything”? why or why not?
你同意“性不算什麼”或是“性是一切”？為什麼或者為什麼不？