

Deleavening your Home, Marriage and Soul

 sightedmoon.com/deleavening-your-home-and-marriage-and-soul-which-can-die-if-you-do-not/

By Joseph F. Dumond

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News Letter 5847-051

16th day of the 12th month 5847 years after the creation of Adam
The 12th Month in the Second year of the third Sabbatical Cycle
The Third Sabbatical Cycle of the 119th Jubilee Cycle
The Sabbatical Cycle of Earthquakes Famines, and Pestilences

March 10, 2012

Shabbat Shalom Brethren,

From Last week's News Letter we have the following emails and posts;
Something interesting i discovered some time ago in the Aramaic NT, Therefore let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth. (I Corinthians 5:6-8 our translations) The Aramaic – Therefore let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness; but with the leaven of sincerity and truth. (I Corinthians 5:6-8) Not all leaven is bad as we see in Mat 13:33. We are to put out old leaven, malice and wickedness, but we are to let sincerity and truth grow/spread (as does se'or) within us. (Don't stop reading yet!)

The usage of the term “old leaven” fascinates me. What does it mean? I have never done sour dough lumps for a long length of time. Am wondering if it renews for about a year, then you must start anew, with a new “lump”. When they talked of “leaven” in those days they were talking about the “lump” of fermented dough they put into the new bread-to-be. That is what “se'or” was/is. Not the yeast we today buy in packets. (But i do think we should put those out at this time, they are today's se'or for most of we bread makers.)

Another interesting point is that they would need to start new “se'or” each year because they would have got rid of that fermenting lump. So how did they do that? Several possibilities, but we know that yeast spores are carried by the air/ wind, if you may, the “ruach”, (what gems might we find in that fact?) and they would enter unprotected, unfermented dough, or a sourdough like mixture, and spread in that medium. i read once it takes about a week (7 days:)) for that process to happen. i tried it many years ago, my dough ended up going bad. Need to do that experiment again. There are so many lessons we can learn just from the process, as it would have been done at that time.

So i can see the possibility of the Aramaic version as teaching for that week that we do not put se'or in the bread we make, we use up the old lump before the feast. Then we can start with a

“new lump”, new fermenting agent after those 7 days. Another lesson i see is to be careful what we let in our lives, as we are careful in making our bread.

Do a study of how fermentation/yeast works. You will find it is alive and it spreads. That is not true of the other leavening agents we have in our day. And you cannot get the true lesson by “putting out” these agents. As i said above, the leavening agent is a fermenting agent, and it is pictured by the leavened “lump”. “Barm” would be another term to check. Consider a deeper study of how and why “se’or” works, what is the lesson, not what the finished product looks like (you know Greek vs Hebrew reasoning :). Baking powder and soda do “puff up”, as does yeast/se’or, but they do not spread/grow on their own. (if you don’t get them mixed evenly in the batter, you have an uneaven/lumpy finished product.) There is the lesson, the spreading. When i first came to realize that yeast works differently than baking powder and soda, there wasn’t much info on the net. Now there is a lot that points to a more correct understanding of what Abba had in mind. And there are many other facets i haven’t addressed here.

As a side note – Devorah from kulturedkaraite pointed out to me that the usage of leaven and leavened is only used in the context of grain products (i think she also refrains from beer and grain alcohols at this time) in scripture. I looked up all the references and found more correctly that it has to do with baked grain products. So even though term “bread” is attached to haMatzot when it isn’t in the text, we know flour is meant, and that produces breads of different types.

One last point, one year at Sukkot a nurse brought out that if we would go without “yeast” products for about a week every year, we would have much fewer problems with yeast infections that so many deal with. How wise is our Abba. He knows all. He gives us lots of “perks” as we follow His instructions.

Shabbat Shalom, sandie b. in AZ

I have never deleavened my home, so this is of ultimate interest to me...as I thought it was something that we just did in our hearts and lives. Thanks Joseph. Pamala Davida Lindaman

Thank you Joe, Why should Christians celebrate the Feast of Unleavened Bread?

The apostle Paul told Christians to keep this festival. What does the Feast of Unleavened Bread mean for Christians today?

Answer: God instituted the seven-day Feast of Unleavened Bread, which immediately follows the Passover (Leviticus 23:6-8). Historically it commemorated the ancient Israelites fleeing from slavery in Egypt in such haste that they didn’t have time to leaven their bread or let it rise (Exodus 12:33-34).

God commanded the Israelites to keep this festival by removing leaven (such as yeast) out of their homes for seven days and to avoid eating any leavened foods during this time. The first

and last days of this weeklong festival are set apart as holy convocations—annual Sabbaths—days devoted to rest and meeting together to be taught and to worship God.

Jesus identified leaven as a symbol of sin (Matthew 16:6-12; Mark 8:15; Luke 12:1). Members of the Church started by Christ continued to celebrate this festival by putting leaven out of their homes for the week as a symbol of the sinless lives and attitudes God desires of His people. Paul, the apostle to the gentiles, even commanded the Church members in Corinth, “Let us keep the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth” (1 Corinthians 5:8).

After accepting Christ’s sacrifice for our sins, we must follow His example in living a life of righteousness, striving to keep sin out of our life.

It was during the Feast of Unleavened Bread that Jesus was raised from the dead—a vital factor for us to be delivered out of sin and on the path to God’s Kingdom. Christians who celebrate this festival see that its meaning leads directly to the meaning of the third festival of God, the Feast of Pentecost.

Charles Paul

This week I have to say something that is going to upset many of you. There is no nice way to say it. I have put off talking about it for so long as I never felt qualified to speak about it.

I am sharing this because it is now time to delevan our homes as we spoke to you last week about, but as we do that we also need to delevan our minds and soul.

We are commanded to go and tell our brother when we see him sinning in both the Torah and Brit Chadasha, New Covenant.

We read in Lev 19 and Mathew something that is related but not obviously so.

Lev 19:17 ‘Do not hate your brother in your heart. Reprove your neighbour, for certain, and bear no sin because of him.

Mat 18:12 “What do you think? If a man has a hundred sheep, and one of them goes astray, would he not leave the ninety-nine on the mountains, going to seek the one that is straying? 13 “And if he should find it, truly, I say to you, he rejoices more over that sheep than over the ninety-nine that did not go astray. 14 “Thus it is not the desire of your Father who is in the heavens that one of these little ones should be lost. 15 “And if your brother sins against you, go and reprove him, between you and him alone. If he hears you, you have gained your brother. 16 “But if he does not hear, take with you one or two more, that ‘by the mouth of two or three witnesses every word might be established.’ 17 “And if he refuses to hear them, say it to the assembly. And if he refuses even to hear the assembly, let him be to you like a gentile and a tax collector.

Let us now read in Clarks commentary what these two verses actually mean.

Clarke’s Commentary on the Bible <http://bible.cc/leviticus/19-17.htm>

Thou shalt not hate thy brother – Thou shalt not only not do him any kind of evil, but thou shalt harbor no hatred in thy heart towards him. On the contrary, thou shalt love him as thyself, Leviticus 19:18. Many persons suppose, from misunderstanding our Lord’s words, John 13:34, A new commandment give I unto you, that ye love one another, etc., that loving our neighbor as ourselves was first instituted under the Gospel. This verse shows the opinion to be unfounded: but to love another as Christ has loved us, i. e., to lay down our lives for each other, is certainly a new commandment; we have it simply on the authority of Jesus Christ alone.

And not suffer sin upon him – If thou see him sin, or know him to be addicted to anything by which the safety of his soul is endangered, thou shalt mildly and affectionately reprove him, and by no means permit him to go on without counsel and advice in a way that is leading him to perdition. In a multitude of cases timely reproof has been the means of saving the soul. Speak to him privately if possible; if not, write to him in such a way that himself alone shall see it.

Luke 17:3 So watch yourselves. “If your brother sins, rebuke him, and if he repents, forgive him.

1 John 2:9 Anyone who claims to be in the light but hates his brother is still in the darkness. 1

John 2:11 But whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him. 1

John 3:15 Anyone who hates his brother is a murderer, and you know that no murderer has eternal life in him.

If we do not tell our Brother of their sins when we see it, it is the same as hating our Brother and walking in darkness and the same as if we had murdered him.

In the 613 Mitzvot this command to warn your Brother is found in Mitzvot #30

We studied this on our News letters as we looked at each of the 613 laws.

[http://theownersmanual.net/The Owners Manual 02 The Law of Love.Torah](http://theownersmanual.net/The_Owners_Manual_02_The_Law_of_Love.Torah)

(30) Do not cherish hatred in your heart. “You shall not hate your brother in your heart.” (Leviticus 19:17) Could it be that the rabbis actually got one right? This is apparently a no brainer, the converse of #26, “You shall love your neighbor as you do yourself.” But look at what follows: it almost sounds like a contradiction: “You shall surely rebuke your neighbor, and not bear sin because of him.” In light of this close contextual connection, we shouldn’t automatically assume Moses has moved on to a different subject. Actually, I believe the second phrase defines what it is to “hate your brother.” And the truth that emerges if we make this connection has stunning relevance for us today: we are not to be tolerant of false teaching, but are rather to “rebuke” those in error—to neglect this correction is to hate our brother. Remember the rabbinical mitzvah (#27) that said Do not stand by idly when a human life is in danger? This is the practical outworking of the principal: if your brother is in spiritual error, if he espouses doctrines that Yahweh’s Word says will kill him in the end, then to withhold rebuke

and admonition is to hate him. By tolerating his heresy, you are sending him to hell, like indulging a diabetic's sweet tooth.

What does it mean to "bear" sin? The Hebrew word is nasa, meaning to lift, or carry. It is "used in reference to the bearing of guilt or punishment for sin" leading to the "representative or substitutionary bearing of one person's guilt by another." (B&C) Yahweh did not want false teaching tolerated in Israel because the guilt—and thus the punishment—incurred would eventually be borne by the entire nation. He would have spared them that pain. He would spare us that pain.

This ought to shed new light on Yahshua's confirmation of the principle that loving Yahweh and our fellow man is the path to life. "One day an expert in religious law stood up to test Jesus by asking him this question: 'Teacher, what must I do to receive eternal life?' Jesus replied, 'What does the law of Moses say? How do you read it?' The man answered, 'You must love the Lord your God with all your heart, all your soul, all your strength, and all your mind.' And,

'Love your neighbor as yourself.' 'Right!' Jesus told him. 'Do this and you will live!'" (Luke 10:25-28 NLT) Friends don't let friends fall prey to false teaching.

Knowing this now and taking on the name of our Father as His children then brings on a whole new understanding of the Commandment in Exodus 20.

Exo 20:7 "You do not bring the Name of ????? your Elohim to naught, for ????? does not leave the one unpunished who brings His Name to naught.

The word naught is Strongs # H7723 ??? ?????o sha?v' shav shawv, shav

From the same as H7722 in the sense of desolating; evil (as destructive), literally (ruin) or morally (especially guile); figuratively idolatry (as false, subjectively), uselessness (as deceptive, objectively; also adverbially in vain): – false (-ly), lie, lying, vain, vanity.

H7722 ????? ?????? ????? sho?' sho?'a?h sho, sho-aw', sho-aw'

From an unused root meaning to rush over; a tempest; by implication devastation: – desolate (-ion), destroy, destruction, storm, wasteness.

You are not to be called the Children of Yehovah and use His name by allowing sin to prevail or not be addressed. And it is this very sin that we want to deleaven now.

We read in Ezekiel 18:4 The Soul who sins shall die

It does not go to hell or purgatory. The Soul that sins dies; plain and simple.

In case you missed it in verse 4, Yehovah repeats it again in Ezekiel 18:20 The soul who sins shall die.

Many Christians will then retort they are New Testament believers. We can read then what Paul said in Romans 6:23 For the wages of sin is death

Knowing that the wages of Sin is death and that this means that our very soul too can die; then it behooves us to learn exactly what is Sin?

1Jn 3:4 Everyone doing sin also does lawlessness, and sin is lawlessness.

I had this newsletter almost done. The I began to hear a series of audios on the radio from Chuck Swindell about Marriage. I do not always agree with Chuck but this week I found his messages very useful. And as death came knocking to our door this week, I may not have had time to complete this article as I wanted. I know I have left many things out. So please do listen to Chucks teaching about Marriage and purge out the leaven that is destroying your marriage.

<http://www.insight.org/topical/marriage>

At this same time Focus on the Family had a series on marriage as well. It was almost as if the Holy Spirit was confirming that this was the subject we needed to discuss this week as we

deleaven our homes and lives. <http://www.focusonthefamily.com/radio.aspx?ID={22DFE82D-46B8-41E4-A986-521A1391F26F}> And

<http://www.focusonthefamily.com/radio.aspx?ID={16E0A456-F4F2-4ED1-922A-93D3AC764124}>

Last week I mentioned about the secret sin of lusting after sex. I have in the past related this to the wolf licking the hunter's knife hidden in the snow.

The hunter will coat the knife in blood and then freeze it and repeat this building up a thick layer of blood on the knife. And then place the knife in the snow so the wolf will find it.

The wolf then begins to lick it, ever checking to see if anyone is coming. After a while the wolf loses all concerns about who is watching as he ravishes his lust of the blood by licking it feverishly. All the time the wolf is cutting his own tongue on the knife and it is after a while his own blood that he is licking up.

The Wolf then slowly bleeds to death and is found by the hunter dead not far from the knife with his tongues sliced to pieces.

Those of you, either men or women who are addicted to sex are this same wolf. You are about to die a slow agonizing death, but have no clue it is coming. Although I am talking about all men and women, I am mostly talking to those who are already married and not so much to those who are single. To those looking outside the marriage to have your sexual lusts filled. Dr Dobson of Focus on the Family did a study a number of years ago and discovered that 80% of all men in all churches are addicted to some sort of pornography. From just looking at the playboy magazine to those who are going out and having affairs or paying for prostitutes. These are those men sitting in your own assembly and fellowship right now. These are not counting the men who are in the world and do not care. No this is talking about the church going supposedly moral men that read the bible. And since this survey, the internet has come on strong and made porn even more available and easily hidden. Hence our secret sins.

Many of the men reading this Newsletter are addicted to porn. Many of the women reading this Newsletter have no Clue. Or do and do not want to confront it.

So I have now just outed almost all of the men and they all want to kill me. And I have also just placed all the women in an uncomfortable position. What to do?

As you all just read, to know that someone is doing something evil and to do nothing is to hate your brother.

So ladies now it is time to understand and not to get pissed off and hate your husband and to give him the cold shoulder to show him just how disgusted with him you are. Even if you are justifiably so.

Yes we are going to talk straight up here so be forewarned. This is not for the Victorian attitudes who lived over 100 years ago. This is for today and how to help each other make it into the Kingdom.

One of the things I have complained about all my spiritual life is the fact that my spouse was not in the faith. Sometimes it was my badge of honour showing me to be the poor martyr. Other times it was for my own pity party.

People who were divorced once or even twice had the gall to want to give me advice on how to fix my marriage. Some of those who were divorced 7 times thought they had all the answers.

Brethren I have managed to be married now for over 34 years with all the roller coaster rides that come with it. So I am not about to take advice from someone who has not lasted past the 7 year itch point. I have done so many of the wrong things and learned how to fix it that I have gained an education at the school of hard knocks that I am not proud of; But I have learned.

So when I see brethren with a mate in the faith and both of them walking this road together I have to admit I am at first jealous. But after a while I get to see just how much these two brethren in the same faith fight and fight worse than I ever did. And that makes me furious. They have no clue what it is that I deal with and what they already have and are wasting away bickering.

So now for some straight talk. If you're not mature enough to read on then don't. If you have it all figured out then you do not need to. But for some of you with a spouse in the faith, you do need to read this.

I have said in all my presentations I am not here to make friends. So if you hate me then pick a number, the list just grows. But if these things I am about to say can help to save your marriage then it is worth the hate mails I am about to get because of this.

First of all you all made a covenant to be married for life. Period. Sickness and in health good times and in bad. Period. NO excuses no escape clause. No yeah butts.

So it did not turn out so good for you. It has not worked out to be the princess in the castle with a fairy god-mother to grant your every wish.

Why? Each of you will point the finger at the spouse in a heartbeat. It is because they did this or that and you will never admit that the whole thing is your own fault. Nor will you ever forgive them for what they did to you.

Need I remind you of what it says in;

Mat 18:21 Then K?pha came to Him and said, "Master, how often shall my brother sin against me, and I forgive him? Up to seven times?" 22 ????? said to him, "I do not say to you, up to seven times, but up to seventy times seven. 23 "Because of this the reign of the heavens is like a certain man, a sovereign who wished to settle accounts with his servants. 24 "And when he had begun to settle, one was brought to him who owed him ten thousand talents, 25 but as he was unable to pay, his master commanded that he be sold, with his wife and children and all that he had, and payment to be made. 26 "Then the servant fell down before him, saying, 'Master, have patience with me, and I shall pay you all.' 27 "And the master of that servant was moved with compassion, released him, and forgave him the debt. 28 "And that servant went out and found one of his fellow servants who owed him a hundred pieces of money. And he laid hands on him and took him by the throat, saying, 'Pay me what you owe!' 29 "Then his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I shall pay you all.' 30 "But he would not, and went and threw him into prison till he should pay the debt. 31 "And when his fellow servants saw what had been done, they were deeply grieved, and came and reported to their master all that had taken place. 32 "Then his master called him and said to him, 'Wicked servant! I forgave you all that debt seeing you begged me. 33 'Should you not also have had compassion on your fellow servant, as I also had compassion on you?' 34 "And his master was wroth, and delivered him to the torturers until he should pay all that was due to him. 35 "So also My heavenly Father shall do to you if each of you, from his heart, does not forgive his brother his trespasses."

When I was a kid Grandma had these long pieces of fly paper that she would catch all the house flies with. When I asked her about it she always laughed and said you can catch more flies with honey than you can a fly swatter. With that she would send me out to hunt flies with the fly swatter. I did not get it then but I get it now.

I have in the past told you here and on the Truth2U radio programs to get the book Love and Respect by Dr. Emmerson Eggrichs. <http://loveandrespect.com/>

If you want your husband to love you then respect him. And Husbands if you want your wife to respect you then love her.

It is exactly that simple.

But both the wife and the husband are built with a mental capacity that fights this information and will not do it no matter what.

Each spouse will say out loud or in their hearts; "I am not going to do a damn thing for that idiot until they first love/respect me." Depending on who is speaking.

Then fine, stay fighting in your present condition and both you and your spouse will die in the coming war.

It is time to grow up brethren. Time is about to run out and you must grow up today or you will not make it. If you do not become the mature one here right now then your spouse will not make it. Which one of you is the mature one; if it is you then you get to start this healing process.

I had a lady with her husband call me one day to thank me for saving their marriage. I asked how I did that. They said it was because of the article Confessions of a sex addict. By reading that I had outed the husband whom the wife confronted.

https://sightedmoon.com/sightedmoon_2015/?page_id=85

She could not understand why her husband was addicted to sex and porn when she was in her own words “a Babe”. She was built like what most men dream about and yet this man still went to look for sex elsewhere. Why?

All men are stimulated through the eyes. This is exactly why women have to wear the Burqa in Middle Eastern countries; because the men can't or won't control their lusting eyes. A speculative and unattested etymology connects b-r-q-? with the Arabic root r-q-?, which means “to patch up” or “to sew up”. The objection to this etymology is that it assumes a pattern b-f-?-l that adds b- to a root f-?-l. The face-veil portion is usually a rectangular piece of semitransparent cloth whose top side is sewn to corresponding portion of the head-scarf, so that the veil hangs down loose from the scarf, and it can be turned up if the woman wishes to reveal her face (otherwise the whole face would be covered). In other cases, the niq?b part can be a side-attached cloth that covers the face below the eyes' region. according to the persian writer[3] burqa is arabisized word of purda or pardah ,(Arabic do not have “P” in their language so a Persian word purde should be arabisized as burqa) Purde in persian meaning “curtain” or covering also means hidden or secret. in persian language , purda or parde is generally referred to all kind of curtains[1] specially a kind of curtain that is covering all half part of ladies from head to breast.in persian parde also means covering and also means niq?b , covers. The face veil portion is also called purdah ([p?rd?a?]), meaning “curtain”[4]

When I came into the Hebraic Roots movement in 2005 I saw women who at services would cover their hair and put on a blue jean type dress that went from neck to ankle. It seemed to me to be like Mennonite women. In their pursuit to be modest they have created something else.

Then when I saw them at home they dressed normal. I thought they were hypocrites.

Men like to look upon beautiful things. And Yehovah made women to be beautiful. IN fact Adam was so enamored with Eve that all he could say was WOW. And this is why wowmen are called so today.

So if Yehovah called this good then why in His heavenly name are we always trying to hide it? It is because the men crave it and do not know how to train their eyes not to lust. So instead of

training the men, the men then force the women to cover up and dress down, by wearing something compared to a canvas tarp. I have seen men who make their wives dress this way. I have also seen some women who are so beaten up emotional that they will not and do not interact with any man in a conversation. I call this mental wife abuse.

I have also seen many beautiful women who do dress modestly and look great. Their husbands walk in and are proud to have them on their arms. They have dressed nice to make their husbands proud. The husband opens the car door and treats her like a queen and not a sack of potatoes.

Guess what the side benefit is of dressing up for you man? They will be looking at home to have their sexual desires met. But you women must be willing to provide this and not use it as a weapon in the battle of the sexes. Keep in mind what Grandma said about honey.

I have an image of my wife from over 30 years ago in my mind and I can remember it as if it was yesterday.

I had driven home from working out of town all week and as the sun was setting that Friday night (this was before I knew about Shabbat) I could see her standing in the doorway with the orange glow of the sun setting on her. She was wearing mid-thigh length fur coat and I was getting mad because I knew we could not afford a fur coat. But she was beautiful as I walked up to the door. As I opened the door I was about to begin to argue with her about it when she stepped back and opened up the fur coat to show me all the curves of her beautiful body. She was stunning!!!!

I do not need to explain any more than that. I forgot all about the fur coat and I have never forgotten that day or that mental picture. Men are visual in how they are stimulated. Whatever my wife wanted that weekend I did like a young puppy eager to please its owner.

Honey; Ladies always remember the honey. If you do then you can help your husband stop looking at the porn sites. He will not want to or need to escape the nagging at home, instead he will want to be at home.

I have a couple of articles to help you to understand this process.

Women if you want your husband to love you then you have to respect him with your mind and body and actions. No more rolling the eyes or slamming doors or giving him the silent treatment.

Husbands if you want your wife to respect you then you have to love her and listen to her and spend time with her doing things that you consider a waste of time. Just spend time sitting with her and listening.

Whichever one starts to do their part first after a while the other one will begin to do their part.

Ladies do you want to do an experiment? Go up to your husband and whisper in his ear just how much you respect something that he did recently and then go into the other room and

wait. You will not be able to count to 100 before he comes in to get some more of this respect thing. We thrive on it and when we do not get it we fight over it.

On the job most fights happen when one man does not treat another with respect. We will tolerate almost any other bad behaviour, but disrespect us and we will punch each other's lights out.

And when we do not get respect at home we go to the strip clubs where we get it from those who use this simple trick to get our money and we gladly give it to these women because they are making us feel important. So why not do the exact same thing at home to get the love you desire and need from your husband. Once you stroke his ego he will begin to clean the rooms and get all those chores done that you used to nag about. Just tell him how much you admire the hard work he does for the family on an ongoing basis with no one thanking him for it.

Want to go on that cruise? Tell him how great he has been at something. Want to be loved by him then do the same thing. Tell him how much you appreciate what he said the other day and then remember what he said.

Want to be left alone night after night and ignored and despised, then keep on nagging and belittling him with your eye rolling and slamming doors. As Dr. Phil says "How's that working out for ya?"

Husband want to make love to your wife like you used to when you were first married. Turn off the TV and talk to her. Listen and do not fix anything. Take her to the girly movie. Try picking up the clothes and putting them away. Take her for a walk every night and listen to her tell you about her day. And keep your mouth shut. Do not spoil it by talking.

Do I profess to have it all figured out. Not at all. But some things I do and I continue to work on the other areas.

http://www.porn-free.org/freedom_journey.htm <http://www.porn-free.org/eyes.htm>

Train Eyes

Previous page in Freedom Journey: Break Secrecy

Our eyes are powerful receptors that can quickly corrupt our thoughts with evil. If we fill our eyes with porn, the images become the memories we lust over. We can be porn addicts long after we stop looking at porn! Jesus explained, "The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light. But when your eye is bad, your body also is full of darkness. Therefore take heed that the light which is in you is not darkness. If then your whole body is full of light, having no part dark, the whole body will be full of light, as when the bright shining of a lamp gives you light." (Luke 11:34-36 NKJV). When we look at evil things with our eyes, our minds are filled with that evil and our reflection of Jesus is obscured.

High standards: Consider God's standard for his own eyes. Habakkuk said of God, "Your eyes are too pure to look on evil; you cannot tolerate wrong" (Habakkuk 1:13 NKJV). As God's adopted sons in Christ (Romans 8:14-17), we are called to his standard of purity for our eyes.

Peter wrote, “as He who called you is holy, you also be holy in all your conduct” (1 Peter 1:15 NKJV). Since God commands us to be holy, we really have no excuse for filling our eyes with evil. Disobeying God with our eyes is tantamount to pride, i.e. that we think we know better than God. When we allow pride to creep into our life, we cut ourselves off from God’s help. James 4:6-7 says, “God resists the proud, but gives grace to the humble” (NKJV). We need God’s help in order to walk in freedom!

Television, movies, magazines and computers can easily fill our eyes and ears with unlimited depictions of evil. These depictions cause memories that will hinder or block our progress toward obeying God. We must shut them off! Isaiah said, “...[He]who stops his ears from hearing of bloodshed, and shuts his eyes from seeing evil: he will dwell on high; his place of defense will be the fortress of rocks; bread will be given him, his water will be sure” (Isaiah 33:15-16 NKJV). If we want to live in God’s favor and blessing, we will have to remove the sources of evil we are viewing.

Change our plans: We can eliminate many temptations by simply not planning to do things that will feed our lusts. Romans 13:14 says, “But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.” Each of us has certain triggers that can lead us into addictive behavior. The key is to recognize the triggers and avoid them ahead of time. Some examples:

- If you know you’ll be alone tonight and will be able to surf for porn on the net, invite a friend over so you don’t have the opportunity to get into trouble.
- If you are headed to the beach and are prone to lusting after people in swimsuits, try going when there will be few people, or leave your glasses at home (if you wear glasses), or just stay home.
- If you lust over the magazine covers at the supermarket checkout area, pick something to focus your eyes on in the checkout area that will keep you from looking at the magazine covers.
- If you are tempted by the magazine rack at the convenience store check-out counter, go to an alternate store that doesn’t display the magazines where you’ll be tempted (or doesn’t have the magazines at all)
- If you are falling because of porn solicitations on email, switch your email account to a different provider.
- If lunches with your attractive co-worker are causing adulterous thoughts, stop having lunch with him/her and/or invite others to go with you.
- If your drive home from work takes you by an adult video store that you frequent, change your route home to avoid going near the store.
- If your wallet is enabling you to visit massage parlors and/or prostitutes, leave it home or carry only a little cash (and no ATM or credit cards)

Change our viewing habits: This area may be painful for us to bring under control.

Entertainment has become a pillar of our world culture. Doing without it may seem Spartan, but we must ask ourselves how much our purity is worth to us. The underlying question is, are we ready to bring our entertainment habits into submission to God? James 4:7 commands us to “submit to God” and to “resist the devil.” If we fail to bring our entertainment habits into

submission, this could be the stumbling block that keeps us in addiction. Before reading through our suggestions, we encourage you to ask God to convict you of the entertainment sources that need to be reduced or removed from your life.

These are merely suggestions – they won't influence your salvation with God, because your salvation comes through faith in Jesus Christ. These measures will help you close potential doors of temptation. Though implementing such measures may not be easy, God will help you do them.

Television

Reduce or eliminate cable television options: It's a challenge to find wholesome programs on television. The abundance of cable channels seems to only increase the chances of falling to temptation. Many cable companies offer porn as well as movie channels that feature less explicit sexual depictions. I encourage people to reduce their cable service to exclude the movie and porn channels at a minimum. In our home, we cancelled our cable service and bought a basic TV antenna. The reception isn't that great, so we don't watch much TV as a result. At first we missed having all the things to watch, but later we found other things to do with our time. We've noticed that the lack of TV has helped keep our thoughts cleaner and has increased the peace in our home. When we do watch an occasional program, we find that our minds have been re-sensitized for purity. Program content and even the commercials often are promoting some worldly value that doesn't line up with following God. This further strengthens our resolve to continue to reduce our "TV intake."

Don't stay up late watching TV alone: Staying up late watching TV is asking for trouble. Late night TV offers some more risqué themes, along with the phone chat advertisements, Psychic hotlines and other solicitations. When we're tired, we have a tendency to let our spiritual guard down. We're more susceptible to getting in to trouble. For example, one of my accountability partners was falling to sexual temptation by watching HBO and Cinemax after his wife went to bed each night. He finally mustered the courage to explain to her that he was being tempted by the HBO and Cinemax. They agreed to reduce their cable service to exclude those channels. He also committed to not watching TV after she went to bed. The results were that he no longer fell to sexual temptation in that area and he started getting a better night's sleep.

Don't channel surf: I like the fishing analogy of trolling to illustrate the danger of channel surfing. Certain types of fish are best caught by driving your boat very slowly with the hooked bait trolling in the water. Channel surfing is like trolling in that we're moving slowly through the channels looking for something interesting. With the many channels out there, we're almost guaranteed to find something juicy to feed our eyes on. Even without cable television, I find flipping through the channels dangerous. Whether it's somebody shooting another person or two people having sex, or some other sin depiction, I'm better off going to the program guide instead of flipping through the channels.

Movies

The “adults only” lie: In *A Way of Escape*, Dr. Neil Anderson pointed out that many people are buying into the adults only lie. It goes something like this: “I am old enough to handle the mature subject theme of what I am watching.” Though we may understand the “mature theme” better than a younger person, our minds are still affected negatively. In fact, our understanding of what is going on may make the damage even deeper in our minds than in a child’s. A friend of mine adopted a movie/TV policy for his family that I think is a good safeguard addressing the adults only lie. They agreed that if a program was not suitable for the kids, the parents wouldn’t watch it either. I encourage you to adopt the same policy in your home.

My wife and I decided to stop seeing rated “R” movies several years ago. At first, it was difficult to give up the action-packed kind of movies I loved. I had to die to that hunger for violent entertainment. The pangs slowly subsided. As we went to see the “PG” rated movies, we noticed more and more objectionable elements in them as well. After seeing a few things that really bothered our consciences, we agreed to read a Christian movie review before going to see any movie. Armed with the truth about the things we wanted to see, we decided not to go to many of movies we read the reviews on. Even when we did go to the movies, the graphic previews of other movies gave us some bad feelings. We’re at the point now that we hardly ever go to the movies. Some of the benefits are that we have saved some money, we have more time together as a family and our thoughts are less cluttered with worldly themes like violence and sex sin.

Consider shredding your movie card: While some people may not find it hard to stop going to the movies, I’m guessing that many people will have difficulty surrendering their movie rental cards to God. The movie rental stores are usually mirror images of the movie theaters with an added temptation: the video covers. After God brought me out of sex addiction, I began to notice how sexually explicit many of the video covers were in the rental store. It was like 7 out of 10 covers featured some type of sexual theme. Like channel surfing, walking around the movie rental store was trolling for trouble. I realized that this was a not a good place for me to be spending time looking around. The clincher was that it was becoming increasingly difficult to find wholesome movies to rent. Some places were courting the homosexual audience with “alternative lifestyle” rental sections and the porn audience with soft core porn themes. As a result, my wife and I decided to shred our “Blockbuster” rental card as a sacrifice to God and a step towards purity. It was a painful few weeks after we shredded our movie card. We found other things to do and now don’t miss our Blockbuster days.

Read a Christian movie review before deciding to go: Christian movie reviews will help arm you with truth regarding the movie you want to see. As I mentioned above, we found the reviews helpful in weeding out the bad movies. Focus on the Family’s Unplugged site provides helpful Christian reviews of movies, television and music.

Computers

Get a filtered service provider: Whether you’re free or addicted, filtered internet service makes good sense. There are increasingly easy ways to end up at porn sites on the net. A filtered provider removes many of these avenues to porn. There are several providers offering

inexpensive filtered service ranging from free to \$19 per month. How much is your visual purity worth to you? If you sign up for one of these services, be sure to give your password to a friend, so you are not tempted to take a peek. See our filters page for suggested sources. Set up PC Accountability: This is a great tool to help you stay off tempting websites. Covenant Eyes offers a monthly service where a list of every website you visit is emailed to your accountability partner automatically.

Other ideas:

- Ask a friend to check your computer files at random times each month
- Don't surf the net alone
- Keep the door open when you're surfing the net
- Keep the computer monitor viewable from doorway of your computer room
- Minimize open searches on search engines: Search engines are powerful tools for finding information, but can be dangerous for pulling up unwanted sites featuring porn and other sin themes. Find a Christian search engine if possible for the searches that you have to do.
- Stay away from personal ads and chat rooms

Magazines / Print material

Communicate with your spouse or roommate: Tell your spouse/roommate about any of their magazines that are causing you to fall to temptation. You may ask them to secure or discard the magazines so that you won't see them. Examples: women's glamour magazines, Victoria's Secret catalogues, clothing catalogues, porn, etc.

Reduce/eliminate hobby magazines with sexual overtones: Hobby magazines for men often feature sexy girls in the advertisements and subject articles. Sex sells, especially to men. How important is your hobby? Is it more important than your journey to freedom from sexual addiction?

The above measures may seem extreme, but I propose that we have to do some extreme things to reverse the effects of the extreme things we've viewed. It takes strength and determination to resist the flow of our worldly culture and live as a "counter-culture" Christian. God will help us do this and realize the benefits of keeping our eyes in purity. One of the biggest benefits of keeping our eyes pure will be realized in our thoughts. We'll have less temptations for our minds to dwell on and fantasize about.

Personal Application Questions

- Please take an inventory of the things you're viewing that are sources of sexual temptation and other sinful depictions.
- Next to each item, please write the reasons why you are viewing those sources.
- Go to the Lord in prayer with your list. Ask the Lord for forgiveness for the sinful things you have allowed your eyes to see. Ask the Lord to strengthen your resolve to die to pleasures associated with each item on your list. Ask the Lord to begin the purification process of all the

memories of the evil things you have seen. Ask the Lord to strengthen you to train your eyes to look away from temptation sources.

- Please write down the actions you will take to eliminate or minimize your exposure to visual temptations.

Control Thoughts

<http://www.crosswalk.com/family/marriage/living-ephesians-5-wives-respect-yourhusband-1384728.html>

My husband, Ron, admits that he used to be a jerk, but I discovered a secret formula that turned him into a loving husband: I started treating him like a VIP. Ron always wanted me to respect him, but I thought he had to earn it and I had to feel it, before I could do it. Wrong.

We women are very good at pointing out our husbands' faults and failures and punishing them for not meeting our needs, but that only leads to discontent and distance in our marriages. We all know that yelling, nagging, and belittling are disrespectful and ineffective. So I'm suggesting a radical concept: Treat him like a king, and eventually, he will begin to treat you like a queen.

Instead of waiting for him to earn your respect, behave respectfully and watch him grow into the man God designed him to be.

Twenty five years ago, our marriage was on the brink of divorce. I was controlling, critical and disrespectful so Ron was defensive and angry. We were both Christians but neither of us was living a sprit-filled life. I was letting my emotions determine my actions and thought it was Ron's job to make me happy. But through a series of miracles (read my book for the whole story) we made a decision to rebuild our marriage.

We went to a Christian counselor who read Ephesians 5:33 "Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband" and said "Nancy, the only way you will win Ron back and stay married is if you begin to respect your husband."

I knew he was right so I swallowed hard and came up with a plan. Here are three of the ways I began to respect Ron: They are easy to remember because they spell out the goal — to treat him like a V.I.P.

Respect him Verbally, Intellectually, and Physically.

Verbally

Cut out (ok...cut back) complaining and add in compliments.

If you want to have a peaceful, happy marriage, learn the art of the compliment. Compliments are like magnets and the more you compliment your husband the more he will be attracted to you. Begin to notice when he does it right and verbally encourage him by complimenting him at least once a day. If you are having a hard time thinking of anything to admire, consider these

categories: physical traits, mental skills, financial strengths, spiritual growth, or healthy relationships with others (children, parents, or friends).

You may be asking “Hey, why should I compliment him when he NEVER compliments me?” Because, if you want your marriage to grow and bloom, you’ll have to water it with kindness and encouragement. Then, as he sees your sincere efforts, he will begin to change too. Don’t give up.

If you do need to bring up a difficult issue, place it between two compliments, also known as a “Compliment Sandwich.” Here’s an example, “Honey, I know how hard you work for our money and that Sally’s braces will be expensive, but I need your decision before her appointment tomorrow. I hope we can do this for her, but if you want to wait, I trust your judgment. What should I tell the orthodontist? ”

Intellectually

Men like to solve problems and fix things. So appeal to his intelligence by asking him to help you solve a problem. Instead of saying “This garage is a mess, clean up your camping stuff!” Try, “I’d like your help with something. Could you figure out a storage system for all the camping supplies?”

Don’t imply that he isn’t smart. Instead of saying “I think you are wrong about...” Say, “I’m confused about...please explain it again” (Remember to keep your tone of voice sarcasm free.)

Request his help on Spiritual matters too. Ask him to explain a passage of Scripture or ask him to pray for you when you are going through a difficult time. If your husband is not the spiritual leader in your home, continue to pray for him and ask him if there is anything you are doing that is hindering his relationship with God.

Men don’t give a lot of weight to feelings — show them facts and they’ll be more likely to listen. For example: if he wants to buy a car that you think is too expensive, don’t launch into a hissy fit, write out your monthly expenses and ask him what other things should be cut out in order to buy his car. Let the facts speak for you.

When you cannot reach an agreement, instead of trying to wear him down by nagging or crying say, “Is that your final decision or can I still try to convince you?” If it’s his final decision, then honor it. It’s freeing — let him carry the responsibility of your family.

Physically

Physically — ask what he would like you to do and then, do it. Find out what his top three needs are. Ron likes the laundry done, physical intimacy a least twice a week (guaranteed) and he likes me to keep my “girly-make-up stuff” off of the bathroom counter. If these top needs are met, he’s content and easy to get along with. I know it sounds simple, but each of

us have different things that make us feel loved and appreciated. You won't know what he wants unless you ask him.

Be aware of your body language. You can communicate disrespect by rolling your eyes, crossing your arms, or slamming doors. Reflect your new decision to respect your husband in your heart, mind, and body.

Change your attitude and actions

Respect is both a verb and a noun: an action and an attitude so begin today to respect your husband in thought, word, and deed. He will be more willing and able to give you the love and affection you need if he is respected and admired. When I began to respect my husband, he was skeptical at first. However as he saw that I was committed to change, he began to treat me differently — lovingly. We now teach at couples' events, helping others discover the blessings of true love in action.

Ask the Lord to strengthen you as you obey His word.

Philippians 4:13 I can do all things through Christ who strengthens me.

Adapted from *Avoiding the Greener Grass Syndrome: How to Grow Affair Proof Hedges Around Your Marriage* (Kregel Publications 2004)