

GRACE BIBLE CHURCH LORTON

Holding Things Loosely: Loosening Our Grip on Our Desires

Various Scriptures

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We all have desires, things we like or dislike, things we accept or reject. Some of our desires are for righteousness and some are for evil, and some may be good, but become idolatrous by how we crave them. The Bible speaks to the power of our desires and the need for us to hold them loosely.

Our desires reflect our likes and our dislikes, the things we accept and the things we reject.

The ability to desire, to choose, and to will, are all part of how God made us. The capacity to desire – to want something – is part of our nature.

We struggle with evil desires, but also with idolatrous cravings for things that may be good, in and of themselves.

"Idolatry is taking a good thing and making it the best thing or only thing." Craig Troxel

Three Ways to Hold Our Desires Loosely

1. Admit the price and power of our desires (James 1:14-15)
2. Believe that we are not powerless over our desires (Titus 2:11-13)

3. Fan the flames of desire for Jesus Christ and the gospel (1 Corinthians 10:31; Romans 14:8; Galatians 2:20)

Questions to Consider

1. Over the last couple of days, how did your desire for something (or desire against something) lead you to struggle with sin?
2. What does the Bible say about the connection between your heart and your desires?
3. Looking back on when you were saved by the gospel of Jesus Christ, what's one clear way that your desires changed?
4. If "idolatry is taking a good thing and making it the best thing or only thing," is there something that you are struggling with because of how you crave it?
5. How does Scripture make it clear that you are not powerless over your desires, and that you must bring them into submission?
6. What are some practical ways that you can fan the flames of your own heart's desire for Christ and for His gospel?

Recommended reading: *With All Your Heart: Orienting Your Mind, Desires, and Will toward Christ* (2020) by Craig Troxel.