

Play Offense (not just defense) against Sexual Temptation

My apologies for the mistimed emails of new posts this week. As I move into a new rhythm with posts on additional God Buddy topics (alongside my journey with lessons from The MANual, my NIV Bible for Men), I've struggled a bit with the technology. However, I think I figured out what happened so I thank you for the grace and understanding!

This week's end-of-the-week post comes from a friend of mine, Kent Evans of Manhood Journey and Father On Purpose. In his post, "Sexual purity: three ways to play offense, not just defense", Kent provides 3 "plays" that help us be on the offensive, rather than just playing defense, against our temptations:

1. God's Word
2. Prayer
3. Positive Hobbies

I really like Kent's reminder of the old saying, "Idle hands are the devil's workshop." That saying suggests being on the defensive about technology, boundaries, internet filters, and friend choices. However, Kent says we must be on the offensive attack to protect our hearts against temptations by using just three "plays."

Sexual purity: three ways to play offense, not just defense

Kent Evans



You might suggest the most success comes from the first play: reading God's Word. The psalmist tells us, "How can a young man keep his way pure? By keeping it according to your word." (Psalm 119:9, NASB). This sets the tone for the others to ensure success.

Gentleman, playing offense against temptation also implies you are part of a team. Get yourself some GodBuddies to be your lineman. They can help protect you and execute the plays properly. They will also hold you accountable for your sexual integrity. A great offensive strategy will help you win the game and defeat sexual temptation.

Now go study God's playbook!

As always, feel free to share my GodBuddy posts with anyone who might find them interesting. You can also subscribe to receive an email at every new post.