

Developing a Clean Thought Life

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Main Scripture Text: Matthew 5:27–28

“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”

MATTHEW 5:28

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Introduction

Would you take God’s Word and turn, please, to Matthew chapter 5. We’ve been on a journey throughout the Sermon on the Mount. The general title of this series is “Building on the Rock.” Today, we come to a very pertinent passage of Scripture—Matthew chapter 5, verses 27 and 28. Sunday before last, we spoke about verse 27. And now we move into verse 28. But I want to read both of them together: *“Ye have heard that it was said by them of old time, Thou shalt not commit adultery: but I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”* (Matthew 5:27–28)

Now the Lord Jesus Christ is showing us here the heart of the problem. So what I want to speak to you about today is “Developing a Clean Thought Life.” Jesus Christ

points out that the great pollution problem is not in the air, or in our streams, or in our forests, or in our fields, but in our hearts, or minds, or souls. And to be happy, to be useful, we must be pure and we must be clean on the inside.

Now it's very important that you understand that it is what is in you that really counts. It has well been said that the child delights in what he has, a youth delights in what he does, and an adult delights in what he is. May that be true about us today—and especially those who are mature Christians. It is far more important to be something than it is to have something or to do something, and that thing that you are to do and to be is to be pure. You have got to change the inside before you can change the outside. It's what's on the inside that motivates you.

Vance Havner wrote a book called *The Hidden Persuaders*. And do you know what he said? He said more than ninety percent of the things that you buy, those purchases are based on emotion and impulse. Now that's an amazing thing—more than ninety percent. There is a hidden persuader that is on the inside. What you think determines what you do.

That's the reason that the biggest bunch of hypocrites in the world are these social scientists who tell us what a person sees does not affect them. If that is so, my dear friend, why will somebody pay one and a half million dollars for one minute of advertising in the Super Bowl? Would you pay 500,000 dollars for sixty seconds, if what people see does not affect what they do? Of course it does!

And Jesus knows that. And so our Lord here speaks about what happens on the inside. Now, my dear friend, we in America today have reached the bottom of the garbage can so far as pornography and solicitous materials is concerned. Madonna has recently released a \$49.95 book entitled, I think, *Sex*. It's a coffee table book, so I've heard. It has been said that it is something you put on your coffee table. More than 800,000 copies were released in the first printing; six languages; placed on the market.

James Dobson, our dear brother in Christ, who is the principal founder and speaker of Focus on the Family, said the Madonna book “is, without question, the most outrageous single event that has occurred in my lifetime...”—now that's not just anybody saying that: that's what James Dobson said—“the most outrageous single event that has occurred in my lifetime, with reference to teenagers especially.” “It is not just about airbrushed nudity,” Dobson said. “It's not just soft-core pornography... It's filled with perversions of the most explicit type...full frontal nudity cast in homosexual settings...sadoomasochistic behavior with whips, knives, and chains...and clearly implied bestiality and pedophilia”—that is, sexual perversion with children. James Dobson said, “I am angry about those who are doing this to the younger generation.” Dobson noted that this book will be “seen by literally millions of kids” and will stir them “to do things that ultimately will destroy the family.” Dobson went on to say, “This is not just some

porno queen.” He notes that millions of youth will “imitate Madonna—she has such influence with them.”

This is the problem of what is in the heart and what is in the mind. And that is the reason the Lord Jesus said, *“Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”*

I. What Is Wrong with Pornography?

Now, what is wrong with pornography?

A. Psychological Poison

Well, number one: It is psychological poison. It poisons the mind. Dr. Victor Klein, who is professor of psychology at the University of Utah, said there are four steps in pornography—and this is how the devil gets a claw in somebody’s brain. First of all, there is an addiction effect. Pornography is addictive like a drug is addictive. The individual—and it’s almost always a male—gets hooked on pornography. But it moves from addiction to escalation. And what he means by that is, it takes, in time, more deviant behavior, more explicit materials, for the person to get his kicks. Just like a drug, he has to go deeper and deeper, and move into more hard drugs, as he moves into more hard-core pornography: first, addiction; then, escalation; and then, thirdly, the person is desensitized. Dr. Klein said, “What was originally shocking; what was seen originally as anti-social; what was seen originally as depressing, becomes now acceptable, and the person is no longer shocked, no longer offended, by this material.” That is the third step. And then, he says, the fourth step is this: Almost invariably, the individual is tempted, and many times does act out what he sees. Now he may try to act that out with his partner, his wife; sometimes, other members of his family; sometimes, his children; to engage in sexual activities, many of which are deviant.

B. Social Sickness

It is psychological poison: first of all, addiction; then, escalation; and then, desensitization; and then, finally, dear friend, the acting out of this thing. But not only is it psychological poison; it is a social sickness. No less than a Harvard professor wrote a book in which he sees Americans as victims of a sex mania, and he says, as malignant as cancer.

Now there are those that will tell you, the eggheads will tell you, that pornography is a legitimate outlet to release tensions. Now if you believe that, you also believe, my dear friend, that you cure drug addicts with drugs; and you believe, dear friend, that you cure alcoholics with liquor; and you also believe that you put out a fire with gasoline. It is absolute nonsense to say such things.

Statistics tell us now that in America one out of every four baby girls will be sexually

abused by an adult male. One baby boy in ten will be sexually abused by an adult male. A trained policeman said this: “Not everyone who reads pornography is a sex deviant. But every sex deviant reads it.”

C. Domestic Damage

Not only is there the psychological damage; not only is there the social damage; but, my dear friend, there is the domestic damage. Homes are being torn apart by this kind of thing. Dr. Robert J. Stoller, a psychiatrist, said this: “Hostility is the essential dynamic of all pornography.” God meant the sex act to express love between the man and his wife. And he uses that to show the great holy love of Christ toward us. And then Dr. Stoller said this: “If a man saturates his mind with pictures and stories of rape, torture, and murder in connection with sex, how is he likely to treat his own wife? What will he do to his children?” Any counselor can tell you the heartache, the devastation, to the home that has come through pornography. There is the domestic damage.

D. Spiritual Destruction

But, my dear friend, the most important thing is the spiritual destruction that comes by pornography and lust. James chapter 1, verses 14 through 16: *“But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.”* Then James said, *“Do not err, my beloved brethren.”* (James 1:14–16) This is why Jesus Christ said, *“Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”* It is something that brings spiritual death. When it gets into your heart, it’s going to be expressed one way or another.

II. How Can You Keep Your Mind Pure?

Now people have tried all kinds of ways to be able to conquer lust. People have tried all kinds of ways to deal with this problem, because it is all around us. And, my dear friend, you cannot practice isolation, so you had better learn some kind of insulation, and you had better learn something that is going to protect you in this day when, as I have said, we have reached the absolute bottom of the garbage can. How can you keep your mind pure? Men have searched in caves and deserts, and remote islands and jungles and mountain peaks; they have sat, they have knelt, they have lain prostrate, they have swung from ropes, they have pierced themselves through with lances, they have endured all kinds of self-inflicted punishment, trying to get pure, trying to be pure, to no avail.

A little boy was asked to complete this proverb: “Cleanliness is next to...” He completed it this way: “Cleanliness is next to impossible.”

Well, maybe you feel that way. But, thank God, there is hope. The Lord Jesus Christ

would never have given such a warning had there not been a way to escape. Our Lord said, *“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”*

Now having said that, I want us to leave the Sermon on the Mount and I want us to go to Psalm 119. And I want to show you from Psalm 119 how to do what Jesus says that you must do. And I want to give you three steps to keeping a pure heart. Now these are things that I have learned from the Word of God and tested by experience. Psalm 119, and I’m going to begin with verse 9. I want every dad to listen to this, because this is what you need to teach your son. I want every mother to listen to this. I want every teenager to listen to it. I want every grandparent to listen to it. We are dealing, my dear friend, with a very, very, very serious matter in America today. The battle today is for the mind, the heart, the soul—that is, the citadel. Now here is what David said in Psalm 119: *“Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word. With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee. Blessed art thou, O LORD: teach me thy statutes. With my lips have I declared all the judgments of thy mouth. I have rejoiced in the way of thy testimonies, as much as in all riches. I will meditate in thy precepts, and have respect unto thy ways. I will delight myself in thy statutes: I will not forget thy word.”* (Psalm 119:9–16) Now, my dear friend, beyond any shadow of any doubt or peradventure, the subject here is how to have a clean thought life. Beyond any doubt, look in verse 9: *“Wherewithal shall a young man cleanse his way?”*

Now I want to give you three steps, and I pray God the Holy Spirit will etch these things upon your consciousness and upon your mind. If you don’t need them, somebody you know needs them. And if you’re not having a problem with sexual lust, you can apply what I’m going to say to the problem of anger, or pride, or gluttony, or any other kind of problem. The principle is the same. So, let’s see what our Lord has to say.

A. Admit Your Problem and Get Clean

Number one: Admit your problem and get clean. Look in verse 9: *“Wherewithal shall a young man cleanse his way?”* Now when he says his way has to be cleansed, that means that he knows that the way is dirty. He must cleanse his way. Now, look at the word *way*. Do you see it? *“Wherewithal shall a young man cleanse his way?”* Do you see the word *way* there? The Hebrew word here has the idea of a rut—like a rut in a dirty road. It’s a groove. It is something that is a groove in one’s mind. A person with a filthy mind has a groove in his mind; he has a one-track mind. He has a muddy rut in his mind. And his thoughts always run in that way, just like the wagon wheels get down in the rut in a road. That’s what he’s talking about. He has a way.

Now you have to admit that there is something there that is wrong. It may be pornography. Or you may not be using pornography. It may be some thought process. It may be lusting after some secretary in your office. It may be your neighbor's wife. Whatever it is—it may be some secret fantasy—but you must admit that you have this problem. If you don't admit that you have the problem, if you do have the problem, you are never, never going to get help. You must admit your problem, and then get clean.

Now God will never cleanse an excuse, and God will never cleanse an alibi, but God will always cleanse a sin. And you can be clean. You can be clean today. I don't care what your addiction has been. I don't care what your problem has been. I don't care what you've been looking at. I don't care what you've been thinking. I don't care what you've been feeling. I don't care what you have been doing. You today can be as clean as the driven snow by God's Word.

Now, listen: *"Wherewithal shall a young man cleanse his way? by taking heed thereto according to [the Word of God]."* The instrument of cleansing is the Word of God. Now, my dear friend, if you don't first of all get clean, you are never going to win the war. First of all, you must admit your problem and get clean. Jesus Christ said in John chapter 15 and verse 3, "You are clean. You are clean through the word which I have spoken unto you." (John 15:3) And the word *clean* there is the word *katharos*. It is the word that we get *catharsis* from. Do you know what a catharsis is? A catharsis is a cleansing on the inside. Now Jesus will make you clean on the inside through His Word. "You are clean through the word which I have spoken unto you."

Now I want you just to picture today the cleansing tides of Calvary and the fresh breezes of the Holy Spirit just blowing through you and washing over you and making you absolutely clean. First John chapter 1 and verse 9 says this: *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all"*—not some, but all—*"unrighteousness."* (1 John 1:9) Every man, woman, boy, and girl here today can be absolutely, totally, perfectly, clean.

Imagine the Lord Jesus Christ coming into your temple and doing spring cleaning. Imagine the Lord Jesus Christ just coming in and cleansing your heart, your mind, your life; just cleaning it completely, and leaving it absolutely spotlessly, squeaky clean. Do you see? Before you can stay clean, you've got to get clean. There is no reason that anybody who's listening to me today should not be absolutely, totally, pure and clean, for 1 John 1:9 says, *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."*

Have you ever cleaned your garage? Once or twice, anyway? Or the storage room, or whatever that room is that tends to accumulate all those things? And one Saturday you go out there and you put it all up, and you sweep it out, and you get it just right, and it looks just right. And once it gets clean, then it's so much easier to keep it clean. But if

it's not clean, then you just dump anything into it.

B. Affirm Your Purpose to Stay Clean

Now that's what our Lord is saying here. First of all, you must get clean in order to stay clean. First of all, admit your problem. Say, "I do have a problem, Lord. I have a secret addiction. I have an inward moral impurity. It is there. I admit it is there. I know that I know that I know that your blood is sufficient. Your Word, your promises, the authority of God's Word will cleanse me and make me clean." That is step number one. If you don't take step number one, the rest of what I have to say will do you absolutely, totally, no good. Step number one: Admit your problem and get clean. Step number two: Affirm your purpose to stay clean. Admit your problem and get clean. Step number two: Affirm your purpose to stay clean. Look in verse 10: "*With my whole heart have I sought thee: O let me not wander from thy commandments.*" (Psalm 119:10)

Now the scourge of the twentieth century is half-hearted Christians. My dear friend, if you don't get clean, then you're not going to stay clean. But you can get clean and not stay clean unless not only do you admit your problem, but you affirm your purpose. You say with all there is of you and in you; every inch, every ounce, every nerve, every fiber, every corpuscle; with your whole heart, you seek God. Look in verse 10: "*With my whole heart have I sought thee: O let me not wander from thy commandments.*" Being halfhearted is an insult to God, and it does no good. There is a battle for your mind; and if you're halfhearted, you're going to lose it.

Listen to these verses. James chapter 1 and verse 8: "*A double minded man is unstable in all of his ways.*" (James 1:8) James 4, verse 8: "*Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.*" (James 4:8) Listen to this. I am talking about a whole heart now. Deuteronomy chapter 4 and verse 29: "*But if from thence thou shalt seek the LORD thy God, thou shalt find him, if thou seek him with all thy heart and with all thy soul.*" (Deuteronomy 4:29)

Have you ever made up your mind, young man, that you're going to get clean and stay clean? I mean, have you ever said, "I will, by the grace of God"? In Daniel chapter 1 and verse 8, the Bible says, "*Daniel purposed in his heart that he would not defile himself.*" (Daniel 1:8) Have you ever purposed in your heart? Have you ever said, "With my whole heart I am determined; by the grace of God I am determined I will not behave this way"? The Bible says in Job chapter 31 and verse 1—Job speaking, and he said—"I have made a covenant with my eyes. Why then should I look upon a maid?" (Job 31:1) What Job did was this. He said, "I have determined; I made a covenant with my eyes, I'm not going to do it."

I want to tell you, I travel a lot. I go into hotel rooms and motel rooms. I don't have to keep on making up my mind whether or not I'm going to watch pornography on

television. I don't have to keep making up my mind. I have made a covenant with my eyes. I have determined I will not do it. With my whole heart I have determined I will not do it. My dear friend, you have to come to that place. If you don't come to that place, you are going to go down. You cannot be halfhearted about this thing. You and you alone must make a decision, and nobody else can make that decision for you. I am telling you, my dear friend, you must admit your problem and get clean. And, secondly—listen—you must, dear friend, affirm your purpose to stay clean. It must be a matter of your whole heart.

I read some years ago about the little ermine. The ladies had these ermine coats. The fur of the ermine is snow white. And years ago they would go into the wild to hunt the ermine and they would use dogs to hunt the ermine. And first of all, they would find the lair, the den, where the ermine would stay. And there would be a little small aperture, a hole, that the ermine would crawl into. They would find that place, and they would daub it with mud and filth and put it around the mouth of that den. And then when the dogs would come and trace that little animal, when he would come and he would see that filth there around his home, rather than running underground, he would turn and face the dog and fight to the death, because he would not defile himself; he would not defile his white coat with that filth. Isn't that an amazing thing, that he would not defile himself? He would rather die than defile himself.

I wonder if you are that way. I wonder how important it is to you to be pure? Young man, do you really want to be pure? Young lady, do you want to be pure? Mister, do you want to be pure? Have you said what David said: "*with my whole heart*"? If you don't say that, just forget it, my dear friend. You must admit your problem and get clean. And then, my dear friend, you must affirm your purpose to stay clean. If you don't do it, you're going down. And if there were ever a day, a generation of people that will go down, this is the day, and this is the generation.

C. Apply Your Protection to Keep Clean

Number three—here's the third step: Not only must you admit your problem and get clean; number two, not only must you affirm your purpose to stay clean; but you must, number three, apply your protection to keep clean. It's not enough to get clean. It is not enough to determine to stay clean. My dear friend, you need help, and you must apply your protection to keep clean. Now your protection is the Bible, the Word of God. Verse 9: "*Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.*" (Psalm 119:9)

Now, let me tell you how to use the Bible as an antidote against pornography. Let me tell you how to use the Bible as an antidote against lust. Let me tell you how to use the Word of God to purify your heart and to keep your heart clean and pure. Jesus said,

“Sanctify them through thy truth: thy word is truth.” (John 17:17)

Now, how? All right, here are the steps.

1. Memorize the Word of God

Number one: You must memorize the Word of God. Look in verse 11: *“Thy word have I hid in mine heart, that I might not sin against thee.”* (Psalm 119:11) Do you see it? That is black print on white paper, my dear friend. *“Thy word have I hid in mine heart, that I might not sin against thee.”* The Bible is your one true protection. If you do not load up on the Word of God, even though you may purpose to stay clean, you will not stay clean.

*These hath God married, and no man shall part:
Dust on the Bible, and sin in the heart.*

My dear friend, you need to get into the Word of God.

Question: Do you have a daily quiet time with God? Do you have a time when you get alone with God? Do you have a time when you’re taking mega-doses of the Word of God? If not, no wonder that you are failing. No wonder that you are going down. You say, “Oh, the Bible is *this*; the Bible is wonderful; the Bible is good; the Bible is great.” I want to ask you a question. What is worth more: a gold nugget or a dime? You say, “Well, a gold nugget.” All right, let’s put them on the bottom of the ocean floor. Now, which one is worth more? Practically neither one. I mean, the Word of God is worth no more to you than a ten-cent novel, if you’re not reading it; I mean, if you’re not putting it in your heart and in your mind. You should memorize the Word of God. Get it down in your heart.

Now, why does that change you? Well, listen to Philippians chapter 4 and verses 8 and 9. Don’t turn to it. Just listen to it: *“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”* And all of those things are found in the Word of God. That’s a description of the Lord Jesus Christ. And then Paul said, *“Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.”* (Philippians 4:8–9) God says, “Listen. Fill your mind with that which is right.”

I have told you many, many times from this pulpit that the gracious and good and wise God has made us where we can’t think two thoughts at one time. And if you’re thinking what you ought to think, you cannot be thinking what you ought not to think. And what you ought to think is the Word of God. And you must hide God’s Word in your heart: things that are pure, just lovely, virtuous things. *“If there be any praise, think on these things.”* You are to load up on the Word of God; and not just read it, but memorize it. Commit it to memory.

Now there is an ocean parasite that feeds on plants and mollusks and these things. And first of all, that parasite attacks the shell, the muscle that holds the shell tight, and it weakens that muscle. And then, when the muscle is relaxed, it goes in and feeds on the animal itself. An impure thought is like that parasite.

And, my dear friend, you've got to have an antidote; you've got to have something that you are thinking. Load up on the Word of God. I try every night; as I go to sleep, my last thoughts are the Word of God. I take a verse of Scripture and I think about it and I meditate it on it. And when I wake up in the morning, my first thought generally is the Word of God and a word of praise to our Lord. You must, my dear friend, memorize the Word of God.

2. Personalize the Word of God

Secondly, not only must you memorize the Word of God; you must personalize the Word of God. Look in verse 12: *"Blessed art thou, O LORD: teach me thy statutes."* (Psalm 119:12) What good is it to memorize it, if you don't understand it? My dear friend, not only must you memorize it; you must personalize it. Facts from the Bible are not enough—even wonderful facts. You cannot separate the Word of God from the God of that Word. And God must take that Word and teach it to you. And He will teach it to you.

I heard of a new Christian who had a friend named Charlie. And Charlie was his discipler and teaching him what the Bible said. And this man would go and sit at Charlie's feet, and Charlie would say, "It means this," and Charlie would say, "It means that." And Charlie was a good Bible teacher. And one day the man was reading the Bible, and he didn't understand it, and he said, "Oh, I wish Charlie were here." And he said, "It seemed like the Holy Spirit said, 'Why don't you ask me? I'm the one who taught Charlie.'"

My dear friend, listen. God wants to teach you the Word of God. If you would pray this prayer, "O God, teach my thy Word; Lord, I want to know your Word"—it's not enough to memorize it; my dear friend, personalize it. Let me give you five little steps as you read any passage. Just ask yourself: Is there a lesson to learn? Is there a sin to avoid? Is there a blessing to enjoy? Is there a promise to claim? Is there a new thought to carry with me? If you'll just use those five questions, almost any passage of Scripture will just burst aflame. "Teach me, O God, thy Word."

3. Verbalize the Word of God

You must memorize the Word of God. You must personalize the Word of God. Number three: You must verbalize the Word of God. Look in verse 13: *"With my lips have I declared all the judgments of thy mouth."* (Psalm 119:13) Now, my dear friend, when you memorize it, and when you personalize it, then begin to share it. Begin to verbalize it. Begin to speak it.

Do you see confession and possession are linked? Take the Word of God. When everybody else is cursing and swearing and telling dirty stories, begin to articulate the Word of God. Use it in your prayer. Use it in your praise. Use it in your testimony. Speak to yourself, and God's Word will move from your heart to your lips, and from your lips back to your heart again. And the more of the Word of God you give away, the more the Word of God will stick to you. This is what the Bible calls in the book of Revelation the word of our testimony. And the Bible says concerning the devil, "They overcame him with the word of their testimony." (Revelation 12:11) That is the reason that Brother Jim teaches us to sing Scripture, to have these Scripture songs that we sing. That is the reason we encourage you to give your testimony: to memorize the Word of God, to personalize the Word of God, so you can verbalize the Word of God.

We need to speak, share, and sing the Word of God. The Psalmist said, "*His praise shall continually be in my mouth.*" (Psalm 34:1) And you say, what is all of this about? My dear friend, it's about staying clean and pure in a vile and a filthy world. That's what it's about.

4. Vitalize the Word of God

Memorize the Word. Personalize the Word. Verbalize the Word. Number four: Vitalize the Word. Look, if you will, in verses 14 and following: "*I have rejoiced in the way of thy testimonies, as much as in all riches.*" Is that true to you? Do you really rejoice in God's Word? Does God's Word mean more to you than any other possession that you could possess? David said so: "*I have rejoiced in the way of thy testimonies, as much as in all riches. I will meditate in thy precepts, and have respect unto thy ways.*" Do you stand in awe of the Word of God? Do you have respect unto God's ways? Look in verse 16: "*I will delight myself in thy statutes: I will not forget thy word.*" (Psalm 119:14–16) Now, look at these words. Verse 14: *rejoice*. Look in verse 15: *respect*. Look in verse 16: *delight*. What I'm trying to say is just vitalize the Word of God. Just understand how wonderful it is.

Do you know what an impure mind is? Do you know what it is? It is the mind trying to find contentment some other place. I mean, you have bought into the devil's lies that, "This is where the joy is; this is where the fulfillment is; this is where the riches are; and if you don't get to this place and do these things, then you are going to miss out." My dear friend, you are not going to miss out when you have the Lord Jesus Christ.

Don't feel sorry for me because I'm a Christian. Hey, kids, don't feel sorry for me because I don't do these things. And by the way, you say, "Well, you're just an old fogey; you're just so old: it doesn't make any difference to you." I want to tell you, when I was a teenager living for Christ in high school, I was the president of my high school class; I was the captain of my football team. And I don't say that to brag, but I want to tell you, my dear friend, I was living for Jesus then and leading my schoolmates in

prayer; and I stayed pure and went to the marriage altar pure—and I'm glad I did. And I'll tell you why. All of these years I have found joy and fulfillment in the Lord Jesus Christ. To have a respect unto God's Word, to rejoice unto God's Word, to know the riches of God's Word, my dear friend, vitalize it. Don't you sell out too cheap. And don't you sacrifice the important upon the altar of the immediate. So, find fulfillment in the Lord Jesus.

5. Internalize the Word the God

Now, here's the last thing. Now, listen. Not only do you vitalize it; but, oh, my dear friend, you must internalize it. Look in verse 15 now: *"I will meditate in thy precepts."* (Psalm 119:15)

Do you see that? Do you know what meditation is? It has two ideas. One is the idea of rumination, or chewing the cud. They say a cow has four stomachs, and it will go out there in the field and load up on alfalfa and hay and clover and Bahia and whatever, and put these things in various stomachs. And then the cow goes out and will lie down under a tree and get to thinking about that clover, and say, "Clover, please," and some clover comes up, and he chews that clover. And then he says, "Alfalfa, please," and that comes up, and he chews that. You've seen the cow just ruminating and chewing the cud, because the cow, she has assimilated that: it is down there to be drawn upon.

Or again, the word meditate has the idea of humming. Have you ever had a tune get into your head and you just couldn't get it out, and you go around all day long just humming a tune? The Word of God is to be that way.

How important is meditation? Look, if you will, in Psalm 119, verse 23: *"Princes also did sit and speak against me: but thy servant did meditate in thy statutes."* (Psalm 119:23) Look, if you will, in verse 48: *"My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes."* (Psalm 119:48) Look, if you will, in verse 97: *"O how I love they law! it is my meditation all the day."* (Psalm 119:97) Look in verse 148: *"Mine eyes prevent the night watches, that I might meditate in thy word."* (Psalm 119:148)

Meditate! Meditate! Meditate! That, my dear friend, is when you internalize the Word of God. And for you to meditate, it takes time. It takes quietness. It takes concentration. And that is why you need that quiet time. But not only do you do that in your quiet time; then it stays with you all the day long.

Have you ever driven a stick-shift automobile? When you first get that stick-shift automobile, you say, "Now, what is this? That's first, second, third, fourth. How does it work?" You know, you're just going through that thing of remembering to put the clutch in and all that. But after a while, if you drive an automobile like that, you never think about that anymore; it's just second nature. You can't even tell yourself that you are shifting gears; you're just in there putting in the clutch, doing this and that. Just a

second nature thing, isn't it?

You get to be a second-nature Christian when you meditate on the Word of God. You don't even stop and say, "Now, why am I doing this? What must I do, and what must I not do?" You just have the Word of God. It's such a part of you that you don't even have to say, "I will," or, "I won't": you just do because the Word of God is in you. You have internalized the Word of God. The Word of God is such a part of you that, my dear friend, your mind is under the blood, your mind is empowered by the Spirit, and your mind is filled with the Word of God. And then you are a victorious person. And then, my dear friend, you can practice what the Lord Jesus teaches you to practice—and that is a godly Christian home: one man for one woman till death do them part.

Conclusion

And all this junk about "safe sex" is a crock. Listen to me, my dear friend. That's like talking about safe sin. There is no such thing. It is sacred sex—which is the best sex. And God says, "*Thou shalt not commit adultery.*" (Exodus 20:14) He's not trying to keep sex from you; He's trying to keep sex for you. God loves you. It is one of His greatest gifts. And don't mess it up. And don't you blow it. And if you have, my dear friend, admit your problem and get clean. And then, dear friend, affirm your purpose to stay clean. And then, apply your power to keep clean, which is the Word of God. Get that Word of God in your heart. Let it flow through you. And don't tell me it won't work if you haven't tried it. "*Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.*" (Psalm 119:9)