

# **ABBA'S DELIGHT**

*Established April 2008 Daniel Mingo, Min. Director*  
An Exodus International Member Ministry

Ministry Newsletter June 2011  
P O Box 991752 Louisville, KY 40269  
A Referral Ministry of ROCK

THIS MONTH'S MEDITATION SCRIPTURE: *Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, (you) let your mind dwell on these things. Phil. 4:8*

## **Sexual Purity**

If you are a breathing born-again individual reading this Newsletter, then Paul's words above are for you and about you. Each one of us is subject to temptations with lust and sexual purity challenges. Some very little; some more than others; for many, you feel you probably experience more than your share; and for another segment, your share and maybe a share of other peoples', too, would be your norm.

Many persons, even some who identify themselves as Christians, devise a standard for themselves as to what will constitute sexual purity in their own lives, and then strive to live up to that standard. Some set the bar so low, there's really not much to live **up** to. Only having sex with someone they really care about, rather than engaging in a friends-with-benefits situation, a casual hook-up, or a one night stand may be one's idea of purity. Or for the married individual, refraining from having any kind of sexual liaison with someone other than your spouse is all that gets required.

And then, there is the "M" word. (Now I'm meddling!) Masturbation is a topic that is so divisive, many just avoid talking about it altogether. I have heard it fervently defended among believers as being a natural and God-given practice (to avoid the pitfall of fornication, as one example), and I have heard it flatly condemned among believers as a tool that our enemy uses to perpetuate lust in the life of an otherwise godly individual. And don't even get me started on masturbation's companion, pornography. With the thousands upon thousands of internet opportunities for viewing all manner of pornography, you can indulge in just about any perversion you want.

There are many, many other examples I could cite of what we allow ourselves to believe concerning sexual purity. The list is quite extensive. The problem with these examples is that they are me-established, me-focused, me-serving, and me-authorized. These are not based on Father's relational and Biblical standards; they are based on what I can live with and what will not inconvenience me too awfully much. But one of the worst things about these self-pronounced boundaries is that it misses the whole point of establishing sexual purity in one's life. These all deal with behaviors, but God is after our minds.

If we are going to live sexually pure lives in Christ, we must begin to rein/reign ourselves in long before we get to the “activity” stage. This month’s memory verse in Philippians above tells us how best to use our minds. Jesus taught that looking on someone to lust after them already produced an adulterous act in his heart. In James’ epistle, he details how temptation is initiated and where lust and sin take place when he writes, “But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death. Do not be deceived, my beloved brethren.” 1:14-16 In all of these passages, we can see that the battle begins in our minds and our thoughts, not our actions. If we think the sin has occurred only when we act on a thought, we’ve missed God’s will and highest for us. We don’t get to always choose what thoughts enter our minds, but we certainly get, and have the responsibility, to choose what we allow our minds to think on, in what direction we allow our thoughts to go.

Any sexual or impure thought that shows up in our minds, whether unintentional (we are caught by surprise, ambushed) or intentional (we entertain, welcome), has the potential for us to turn it into lust. We have that choice each and every time. Something that has worked for me over the last several years to deal with these kinds of thoughts when they present themselves in my mind, has been to make a declaration out loud using a verse from Paul in 2 Cor. 10. He is talking about our battle not being primarily one of the flesh, but in spiritual warfare. “We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ...v5. Impure, lustful, unhealthy sexual thoughts are those which our enemy would love for us to raise up against our knowledge of God and what He desires for His children. So, when these thoughts come to me, my practice is that I immediately declare verbally out loud that I am taking that thought captive to the obedience of Jesus, and I add that that thought is not part of my inheritance in Him. This practice has helped me tremendously in dealing with impure thoughts, overcoming sexual temptations, and keeping my mind free of garbage from the devil. As a side note, I found it to be so successful with sexual thoughts, I began using this practice to deal with other ungodly thoughts I face throughout my day.

If we as believers can get ahold of the fact that the battle is truly in our minds, and that’s where we must engage in the initial, and sometimes strongest warfare, we will see our lives transformed. Our minds are renewed by the Word; we must use Scripture as the sword that it is to our advantage in our warfare. As our thoughts go, so go our words; as our words go, so follow our actions. We will either glorify God or serve our own flesh.

Another effective tool we have in finding and maintaining sexual purity is learning to freely communicate our thoughts, struggles, temptations and sins with one another. When we finally choose to share, when these matters are brought out into the light with someone we love and trust, they no longer have the power over us that they can when they are ammunition for Satan to use isolated only in our minds.

I alone have the ability to choose what I allow my mind to dwell on, as do you. May we always choose what is true, honorable, right, pure, lovely, of good repute, excellent and worthy of praise!

**Upcoming Ministry Meetings**

Overcomers Support Group: Thursday, June 30, 2011; Thursday, July 14, 2011; Thursday, July 28, 2011

Family & Friends Support Group: Tuesday, July 5, 2011; Tuesday, July 19, 2011

**"Reconciliation" Movie Public Showing**

By way of an update, we have one church already committed to hosting one showing, and I am in the process of trying to secure another, so that we can have two different showings in two different parts of town on two nights of the same week end. If we can accomplish this, there is a chance the writer/director of the film, Chad Ahrendt, will come to Louisville for the event. We are still in negotiations; please pray for the Lord's will and His timing. Go to [www.reconciliationmovie.com](http://www.reconciliationmovie.com) for information about the film. Locally, you can purchase you own copy at WalMart and LifeWay Christian Bookstore.

**36<sup>th</sup> Exodus International Annual Freedom Conference**

On June 8<sup>th</sup>, two of our ministry overcomer participants, Brandon and Robert, along with me and Fran, all went down together to the Ridgecrest Retreat Center, just outside of Ashville, NC for the conference. This was the first freedom conference for all of my companions, and it was my 5<sup>th</sup>. Several people who have been attending for many more years than I stated that it was one of the best ever held. Highlights for me included observing close to a thousand broken individuals worshipping together their Savior and Healer; Sheila Walsh sharing about her life, testimony and victory in the life battles she has faced; divine encounters that Fran and I experienced with different individuals and couples; hearing again from Christopher Yuan, my friend, brother and co-author of the book "Out of a Far Country," about which I wrote last month. Next year's conference is scheduled to be held in Minnesota.

**Financial Support of Abba's Delight**

Your financial contributions to Abba's Delight go a long way to meet our ministry expenses. We have been blessed by several one-time gifts, and are hopeful that the Lord will speak to some of you to become monthly contributors to the work He has called us to do. All gifts are tax-deductible, and we are truly thankful, and gladly receive, any amount to which you can commit. If you would like to become a monthly donor, please do not hesitate to call or email me to establish your pledge. Thank you again!

If you do not wish to receive the Abba's Delight Ministry Newsletter any longer, please let me know. If you do wish to continue to receive it, please be certain to put our email address in your address book, so that this mailing does not go to your spam, and report to your carrier. Thank you.

*Now unto Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority, before all time and now and forever. Amen. Jude 24, 25*