

## PLEASURE – THE DEADLY TRAP

### 1 Timothy 5:6, “But she that liveth in pleasure is dead while she liveth.”

This numonic\* may help you remember the reference.

I become like a dead person walking (a zombie) when I live in pleasure. A mighty stronghold is created in my life.

“1” fell into the trap set – I am one person → The book is **FIRST** Timothy

My hands or my flesh sought the pleasure → The chapter is chapter **FIVE**  
(5 fingers on my hand)

The devil now has a stronghold on me → The verse is verse **SIX**  
The devil’s number is 6

(1 Timothy) I made the decision to reach out to pleasure (chapter 5), and thus was trapped by the devil (verse 6).

\*What is a numonic? A numonic uses number association along with verse concepts to remember where to find a verse in the Bible.

The word numonic is not a real word. But it stems from the word mnemonic, a noun which means “a device such as a pattern of letters, ideas, or associations that assists in remembering something.” My husband came up with the word numonic and I found it rather clever.

## Introduction:

In this verse the gender reference is female, "But she that liveth is pleasure..." There are many scriptures that contain either a male or female gender reference. I do not believe God is implying that only women can fall into this trap of pleasure. But I do believe that when He specifically uses a gender reference, He is informing us which gender is more susceptible to fall in a given area. For example, when Proverbs talks about adultery the male gender is used. This does not imply that women can not commit this sin, but that men are generally weaker in this temptation. With this concept in mind, let us pay extra attention to verses which use a reference to our gender.

## Visualizing the Trap Set:

As a young girl, I remember walking in the woods with my father. I watched as he was constantly paying attention to our environment and examining each step along the path. I knew he was looking for evidence of snakes which are common in Tennessee. He was also watching out for hunter traps set for catching rabbits and squirrels. I could never see the evidence of a trap waiting to catch prey in our vicinity. But he had the ability to see the warning signs and evidence of potential danger.

We as Christians need to train our spiritual eyes to see the evidence of traps which Satan has laid along our path in order to prevent danger.

The trap of pleasure bombards our senses every day and can be easily found. Traps of pleasure which are of an evil nature should be avoided at all cost, like ungodly movies and shows, dirty romance novels, etc. These evil traps are easy to see, like an open trap in the woods that has not been hidden.

But there are well hidden traps of pleasure along our paths that can cause us harm. For example, there is nothing evil about playing the game of Sudoku. Many a time, I have practiced patience at the doctor's office playing this game from my phone while I wait much longer than expected. I find it relaxing because I enjoy numbers and I like to solve problems. But when this game becomes something I can't lay down, it has become a pleasure trap.

If reading good books about how to be a Christian keeps you from reading your Bible, it has become a pleasure trap. If talking to other Christian friends on the phone or over social media exceeds the fellowship you have with your Heavenly Father, then your Christian fellowship has become your trap of pleasure.

Proverbs 11:1, "A false balance is abomination to the Lord: but a just weight is his delight." The law required a just weight when buying and selling, no cheating was permitted. Yet many times the people cheated for unjust gain (Amos 8:5 & Micah 6:11). When we get our lives out of balance, don't we cheat God and ourselves?

## How to know if you are Already Trapped:

1 Timothy 5:6 says you are like a walking dead person, alive but in a deep sleep. In this state you allow your senses or flesh to be in control of yourself and you fail to 'muse' over your condition. According to the dictionary, 'amuse' means to detain or engage the attention. Amusement does just that: it takes over our senses and amuses us. Muse means deep thought, paying close attention or contemplating.

Just think about how effective this trap is for Christian women. If we live in a state of seeking pleasure we will be oblivious to the devil's spiritual attacks on our families and to ourselves, like a walking dead person who does not ponder their steps and actions.

Proverbs 19:15, "Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger."

Pleasure is the bait that leads you into another trap, slothfulness and idleness. Slothfulness seems to sedate you so you won't try to escape. Pride then hides the shackles or traps which are dangling off your feet and are hindering your walk with God.

Therefore, seeing yourself in these traps may be difficult. Satan knows that once we see the traps we begin the process of ripping them off and healing our wounds caused by them. 2 Timothy 2:26, "And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will."

To know if you are trapped already by pleasure, slothfulness or idleness, you must be honest with yourself and do an in-depth self-examination of your heart.

Psalms 26:2, "Examine me, O Lord, and prove me; try my reins and my heart." Remember that Satan's plan is to keep the traps hidden from your view, so we need the eyes of God along with our own eyes to see our true condition. God will then show us what I call "red flags waving in the wind" which help us examine ourselves.

The Red Flags Waving in the Wind:



James 5:5a, "Ye have lived in pleasure on the earth, and been wanton..." Wanton means wandering from morals; indulging in sensuality without restraint; lustful.

This I believe is the largest red flag waving. When examining your heart, look to see if there are wanton thoughts present. When that good looking man either walked by or flashed across the screen, did your mind wander about whether he had a muscular chest or arms? May I plug a thought here? I believe Satan loves it when we focus too much on physical beauty. Can't you

see him plotting against us as women? If we place physical beauty too highly, we may reject the one man God has created for us to love, adore, serve and worship together in the Lord while on this earth.

This can also be applied to our warped definition of how a man needs to romance or entertain a woman. For example, we let the world define how a man should propose to a woman. I feel sorry for the man who proposes to a woman with a simple heart felt question, Will you marry me and is rejected because it was not what she considered a sufficient proposal. My husband proposed to me after parking the car at a random store. There was no pre-thought, no balloons, roses and no ring. (I'm not saying those things are wrong, but expecting a dramatic production and loads of money spent over the event can take away from the beauty of the heart felt question.) He simply poured out his heart with nothing else to distract my attention from his question and professed his love for me. When I said "Yes", it was the first time I saw tears in his eyes. I will never forget that precious moment. Women, let us determine to get our eyes and desires off of the physical things and focus on the heart which lasts much longer.



The next red flag waving is slothfulness. Proverbs 19:15a, "Slothfulness casteth into a deep sleep..."

Slothful is defined as sluggish; lazy; indolent; idle. Proverbs 18:9, "He that is slothful in his work is brother to him that is a great waster."

Do you waste time? Has hours and hours of time been sucked up by time spent doing pleasurable things? If Satan can keep you busy having fun, you won't have time to do the things God has called you to do: personal devotions, soul winning, teaching and encouraging others, helping the poor and needy, His specific will for your life, etc. A slothful person is working for the Lord but not at their full potential. It's like they are driving down the interstate going 20 mph. They are moving but slowly like a turtle.

Slothfulness puts us into bondage. When I think of bondage I think of being a slave wearing shackles that restrict my movement. Proverbs 12:24b, "...but the slothful shall be under tribute." So when I'm slothful, who am I paying tribute to? The answer is the one who has me in bondage and set the trap.



Slothfulness leads to idleness. Proverbs 19:15, “Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger.”

Websters 1828 Dictionary ([webstersdictionary1828.com](http://webstersdictionary1828.com)) defines idle as follows:

1. Not employed; unoccupied with business; inactive; doing nothing.  
Matthew 20:6, “...Why stand ye here all the day idle?”
2. Slothful; given to rest and ease; averse to labor or employment; lazy; as an idle man; an idle fellow.
3. Affording leisure; vacant; not occupied; as idle time; idle hours.
4. Remaining unused; unemployed; applied to things; as, my sword or spear is idle.
5. Useless; vain; ineffectual; as idle rage.
6. Unfruitful; barren; not productive of good. Idle weeds.
7. Trifling; vain; of no importance; as an idle story; an idle reason; idle arguments.
8. Unprofitable; not tending to edification.  
Matthew 12:36, “Every idle word that men shall speak, they shall give an account thereof in the day of judgment.”

Idle differs from lazy; the latter implying constitutional or habitual aversion or indisposition to labor or action, sluggishness; whereas idle in its proper sense, denotes merely unemployed. An industrious man may be idle but he cannot be lazy.

As a verb, idle is defined as: to lose or spend time in inaction, or without being employed in business.

To idle away, in a transitive sense, to spend in idleness; as, to idle away time.

Wow! The car on the interstate is no longer going 20 mph, it is at a dead stop!

There seems to be multiple red flags waving in this definition found in Webster’s dictionary:

The red flag of being given to rest and ease, the red flag of leisure, the red flag of an idle sword (the sword is the Word of God – are you idle in wielding this sword to cut away the dead flesh out of your life?), the red flag of uselessness (are you in God’s Will serving Him with purpose?), the red flag of unfruitfulness (I don’t want to be an idle weed!), the red flag of vanity, the red flag of non-edification (Am I not building myself or others by spending time with God each day in His Word and in prayer?)

Ezekiel 16:49-50 lists six things that led to the fall of Sodom. I never want to be so arrogant that I do not think any one of these six things could not lead to my own fall.

“Behold, this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy. And they were haughty, and committed abomination before me: therefore I took them away as I saw good.”

We all know about the sexual sins that were prevalent in the days of Sodom and how God rained fire from Heaven to destroy them. But have you ever thought about these other sins which led to her fall? Notice that idleness in her and in her daughters is included in the list.

Now that we see that idleness, slothfulness and pleasure are all playmates in the same sand box, evaluate how much time you or your children spend in the sand box of pleasure. Is it more than the time you spend with God and serving Him? Do you see a red flag waving?



Some other red flags may be as follows:

Apathetic	Proverbs 12:27, Proverbs 26:15
Extravagance – waster	Proverbs 18:9
Conceit	Proverbs 26:16
Poverty	Proverbs 20:4, Proverbs 24:34
Busybody – tattling, gossip and meddling	1 Timothy 5:13
Full of excuses	Proverbs 26:13, Proverbs 22:13
Starvation – your soul	Proverbs 19:15, Proverbs 24:34
Hungers for spiritual food	
Lack of Understanding of The Bible	Daniel 12:10, Psalm 82:5
Produces Disappointment	Proverbs 13:4, Proverbs 21:25



I personally think this next red flag is the most serious one. Proverbs 24:30-34 talks about the slothful person loving sleep, verse 33. They enjoy where they are spiritually so much that they refuse to change. At this point God has no choice but to dispense punishment in hopes of pulling them out of their backslidden state, verse 34.

## How will God judge His People Trapped in Pleasure?

Remember that Satan is your enemy and not God. Satan tries to blatantly destroy our lives but he also acts in deceptive ways and simply leads us to our own self-destruction. Pleasure, slothfulness and idleness are all self-destructive traps.

Ecclesiastes 7:16-17, "Be not righteous over much; neither make thyself over wise: why shouldst thou destroy thyself? Be not over much wicked, neither be thou foolish: why shouldst thou die before thy time?"

It is less effort on Satan's part to have a Christian self-destruct than to kill him by force. If Satan can get us addicted to pleasure, he knows that we may wield our own swords, cutting ourselves in an act of self-destruction and slowly bleeding into an early death. He also knows that our addictions are easily picked up by others around us: our husband, our children, our family and friends.

Seeing the seriousness of this self-destructive addiction helps us to understand why God warns and judges it so severely.

Ecclesiastes 10:18, "By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through."

When I reflect on this verse, I picture a house that has slid down a cliff side or down into a sinkhole. My slothfulness does not affect just me, but everyone around me – my whole house.

Hebrews 6:11-12 tells us that my slothfulness can keep me from inheriting God's promises. That's like shooting myself in the foot! I want all God desires to give to my family while on this earth. We desperately need these promises.

Ezekiel 14:3-5, "Son of man, these men have set up their idols in their heart, and put the stumblingblock of their iniquity before their face; should I be enquired of at all by them? Therefore speak unto them, and say unto them, Thus saith the Lord God; Every man of the house of Israel that setteth up his idols in his heart, and putteth the stumblingblock of his iniquity before his face, and cometh to the prophet; I the Lord will answer him that cometh according to the multitude of his idols; That I may take the house of Israel in their own heart, because they are all estranged from me through their idols."

Note that in these verses it talks about idols *in their heart*. These were not the normal idols they placed over the mantel at home and bowed and worshipped. These were idols they had allowed to be placed on the mantels in their hearts.

I noticed four things in Ezekiel concerning idols in your heart.

Verses 3-4, they are a stumblingblock. It is difficult for us to see this idol in our heart.

Verse 3, they hinder our prayers.

Verse 4, God will send punishment our way.

Verse 5, the idols cause us to be estranged from God.

Serving pleasure can definitely become an idol in your heart.

2 Corinthians 10:3-6, "For though we walk in the flesh, we do not war after the flesh; (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high things that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled."

The previous verses define strong holds: they are imaginations or false ideas, anything that goes against the Word of truth or anything that takes control of your thinking so you do not think about spiritual things. This can definitely be applied to the trap of pleasure. The results found from this addiction, follows the definition of a strong hold.

Judges 19:11-30 give us an example of how pleasure can distort your thinking. What is wrong seems right. The men of Gibeah had strong homosexual desires and committed rape and murder. The old man lived satisfied in the midst of this crowd, willing to sacrifice his innocent daughters to be ravished by these wicked men. The traveler's thinking was also distorted: alcohol was a means of pleasure, women were just a possession and he allowed his wife to be abused and thought nothing of cutting her up into pieces.

If Satan can make us view wrong as right, he has a stronghold on our minds.

Proverbs 5:22-23, "His own iniquities shall take the wicked himself, and he shall be holden with the cords of sins. He shall die without instruction: and in the greatness of folly he shall go astray."

Strongholds are deadly!

Idols in your heart are abomination to God and considered fornication in His eyes. We commit adultery with our minds when we let anything exalt "itself against the knowledge of God."

Revelation 2:21-23, "And I gave her space to repent of her fornication; and she repented not. Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation except they repent of their deeds. And I will kill her children with death, and all the churches shall know that I am he which searcheth the reins and hearts: and I will give unto every one of you according to your works."

Refusing to change our behavior in this area will result in great tribulation!



Isaiah 47:8, "Therefore hear now this, thou that art given to pleasures, that dwellest carelessly, that sayest in thine heart, I am, and none else beside me, I shall not sit as a widow, neither shall I know the loss of children."

Note that the verse uses the female gender, widow not widower. May this verse put as much fear in you that it has put in me in regards to the trap of pleasure. I may find myself in the trap, but I don't want to stay there. The costs are too high! The thought of God having to take away those whom I love just to wake me up frightens me.

Proverbs 16:6, "By mercy and truth iniquity is purged, and by the fear of the LORD men depart from evil."

## How to break the bondage

- 1) Remember that your pride can deceive you. Psalm 19:13-14, "Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression (PRIDE). Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer." *Note: When God lists the sins he hates, pride is the first one on the list. Proverbs 6:16-19, Proverbs 8:13, Ezekiel 16:49-50*
- 2) You must be honest with yourself. You may be wearing blinders to your true condition. Seek an honest evaluation of your heart through the eyes of God. Here's a good test to check your heart. Watch how you respond to the next question. Can I go without this for 40 days? If your heart is already bulking at the idea, you are addicted. If the spiritual side of you said, "Well, of course I can go without it for forty days." Then test your heart by taking the challenge to fast from the activity for forty days. In the end you will either verify the truth of your statement or find you did have a stronghold that needed to be broken.
- 3) Know that God already has a plan for how to break the bondage. If you try to break the bondage by your method, be prepared for failure. James 4:7
- 4) Dust off your thinking cap. When you have developed a habit of being amused you tend to not think or ponder. This state of amusement minus thought becomes comfortable. While trying to break your addiction, you may seek "amusement comfort" from other sources. So, be watchful. You may find yourself wiping off the mud of pleasure from your boots only to turn around and walk into another mud hole. Proverbs 4:26-27
- 5) Pleasure places us in a "sleep" state making us it's captive. When we try to escape, it lures us back to sleep with more enticing pleasure. Jeremiah 48:10, "Cursed be he that doeth the work of the LORD deceitfully, and cursed be he that keepeth back his sword from blood." The sword is the Word of God which we must use to cut away the sin. Blood will issue out because this stronghold will hurt while being cut away. Proverbs 9:6 tells us that we must forsake the foolish and live. Romans 8:13 says we have to mortify or destroy the deeds of the body so we can live. You will never be much for Christ until you have self-control and wield your sword.

- 6) God wants you to break free. It's okay to ask for help from your pastor or a strong Christian that can pray for you and offer some guidance.  
 2 Timothy 2:24-26, "And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, In meekness instructing those that oppose themselves; If God peradventure will give them repentance to the acknowledging of the truth; And that they may recover themselves out of the snare of the devil, who are taken captive by him at his will."
- Notice several truths in these verses:
- a) This person was in a self-destructive mode, they opposed themselves.
  - b) A servant of the Lord is used to help instruct this individual.
  - c) "God peradventure" means God has been trying to help them see their true state.
  - d) You are the only person who can break the bondage, not your pastor, your husband or closest friend.
- 7) Titus 3:3, "For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures...." As a slave to a particular sin, decide to get righteously angry over your slave condition and determine to revolt!
- 8) Re-evaluate your fear of God. Many times our problem is that we do not fear God like we should. Proverbs 16:6 tells us that fear is healthy when it comes to avoiding sin. Jeremiah 2:19 tells us that we begin to forsake God when we start to lose our fear. Read Deut. 21:18-21 and see how God instructs dealing with those who are stubborn and rebellious, it may help reinstate some healthy fear in you.
- 9) Don't believe the lies Satan will send your way to try to keep you in bondage. For example, "A little is okay, it won't hurt me." Or "If I just finish getting it out of my system, then I will be done with it and will be able to lay it down." Satisfaction will never come. Don't trust yourself! Jer. 17:9
- 10) Debate and squash the lies with scripture. For example:
- a. The Lie: "I might as well give up, I can't do this." Answer: Yes, you can! Debate this lie using John 17:9-26, Isaiah 41:13, Philippians 4:13 and Psalm 139:17-18. Jesus is praying for you and holding your hand, the Holy Spirit is with you and you can do all things through Christ!
  - b. The Lie: "It's embarrassing and shameful to keep asking for forgiveness because I keep doing it over and over again. I should just quit trying and accept that this is who I am." Answer: Yes, it is embarrassing and shameful, but God's mercies are new every morning. If God is cheering for you, why would you quit? Debate using Lamentations 3:22-23. If I am still alive, it is because God is telling me to pick myself up, dust myself off and try again. Also use Micah 7:18-19 to debate this lie. Remember God's sea of forgetfulness. If He forgets the many times of repeated confessions, why can't I forget the past and look forward to the future?
  - c. The Lie: "I'm useless. My only hope is that when I die, I won't have to fight this anymore." Answer: It's true that when we die we no longer will have to fight our flesh. But while you are still breathing, fight to stay spiritually alive and awake for your family and friends. If you cave in, who would influence your family for right? If every Christian caved in, who would share the gospel? Debate this lie using 1 Timothy 6:12 and 2 Timothy 4:7.

- 11) Memorize and meditate on verses that deal with this sin. Try putting them to song to sing throughout the day. They are your sword and your sword is no good if you do not carry it with you. Col. 3:16 & Eph. 5:19
- 12) Pray for God's strength because with Him you can do this. Plus, if you don't pray for yourself in this area of weakness, who will? When you feel as if you have no self-control, this is a warning signal that you are trying to break your addiction through your own strength. Remind yourself of Galatians 5:22-23, temperance is a fruit of the Holy Spirit which is in you. You simply need to tap into the proper source.
- 13) Set a schedule and make yourself follow it avoiding times of idleness in your day. Stay busy. Look for ways to do good; determine to be fruitful. Colossians 1:10, Proverbs 14:22
- 14) Have a plan or to-do list of things to read or listen to when you are tempted or bored.
- 15) Never stop asking yourself what you are living for. Live your life with purpose and meaning. Our life is just a vapor. Psalm 39:4, "LORD, make me to know mine end, and the measure of my days, what it is; that I may know how frail I am."
- 16) Titus 2:12, "Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world." Don't let this stronghold squander your potential. God made you for a purpose. Let's live up to the potential God created in us.
- 17) Have someone whom holds you accountable, James 5:16. You may find that the thought of displeasing them helps you more than the thought of displeasing yourself. Plus, the power of the "prayer of a righteous man availeth much."
- 18) Determine that when you fall, you will not give up. Luke 9:23, daily take up your cross and follow Him. Breaking your addiction can be very difficult to break, but rest assured that God is holding your hand and you will not be "utterly cast down". Psalm 37:23-24, Isaiah 41:13
- 19) Take notice of any environment which makes you weak and either avoid until you are strong enough to handle or make sure you never step in that environment again. Proverbs 22:3 - learn when to hide. This may mean you have to make the tough decision to break off friendships. Then, fill your environment with scripture and Godly music.
- 20) Pray for any oppressive demonic spirits surrounding you to be cast away. It is hard enough in the battle with yourself without having to fight the demonic forces as well. Ephesians 6:12
- 21) Try keeping score. This may sound silly, but I find it helpful in some of my own battles. Just like in a basketball game the score is recorded, I keep score either hourly or daily on who won: me (my spirit) or the devil and my flesh. I have found that I have a tendency to get easily discouraged. Keeping score helps me keep my chin up. I may not make a basket every time I shoot the ball, but the score encourages me and tells me that I am still in the game. Until the game is over, there is opportunity for victory. When I have failed repeatedly in a day, I look back at the scoreboard and remind myself not to give up. Almost every time I look back at the score, it may be a close game but I am winning! 1 Corinthians 9:24-27, let's keep running until we cross the finish line.