

Question:

*“Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.”* (James 1:15, ESV)

Does this mean desire itself is not a sin?

Answer:

Desire, in and of itself, is not sinful. According to Scripture, it is part of the human makeup given by God. However, as James 1:15 reveals, desire becomes sinful when it is misdirected—when it conceives and gives birth to sin.

#### 1. The Nature of Desire in Scripture

Desire (*Greek: epithymia*) can be neutral, good, or evil depending on its object and direction. For example, Jesus Himself used this word in a holy sense:

“I have earnestly desired to eat this Passover with you before I suffer.” (*Luke 22:15, ESV*)

God created human desires to motivate action. Hunger, for instance, prompts us to eat and sustain our bodies. Sexual desire,

likewise, is designed for the sacred bond of marriage:

“Be fruitful and multiply and fill the earth...” (*Genesis 1:28, ESV*)

But when these desires are not governed by God’s will, they can lead us into sin:

“Put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.” (*Romans 13:14, ESV*)

So, desire becomes sinful not in its origin but in its expression—when it is fed and pursued in ways that go against God’s design.

## 2. Desire’s Role in the Fall

The story of the Fall illustrates this perfectly. Eve saw that the tree was “a delight to the eyes” and “to be desired to make one wise” (*Genesis 3:6, ESV*). Her desire, once distorted and misled,

led to disobedience and spiritual death—just as James later warns.

The Apostle John reinforces this pattern:

“For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.” (*1 John 2:16, ESV*)

### 3. When Desire Turns into Sin

James 1:14-15 explains the internal process of temptation:

“But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.”  
(*James 1:14-15, ESV*)

The metaphor of conception is deliberate. Just as conception leads to birth, entertained and nourished desire leads to sin—and

persistent sin leads to death (both spiritual and ultimately eternal, unless repented of).

This principle applies to all areas of life:

- Food: God gave us hunger, but overindulgence leads to gluttony (Philippians 3:19).
- Sexuality: God designed sex for marriage (Hebrews 13:4), but lust and fornication are condemned (1 Thessalonians 4:3-5).
- Ambition: God calls us to work and succeed, but selfish ambition and envy are worldly and unspiritual (James 3:14-16).

#### 4. Guarding the Heart Against Misguided Desire

Jesus emphasized the inner life:

“Everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.” (*Matthew 5:28, ESV*)

That’s why Scripture warns us:

“Keep your heart with all vigilance, for from it flow the springs of life.” (*Proverbs 4:23, ESV*)

And again:

“The heart is deceitful above all things, and desperately sick; who can understand it?” (*Jeremiah 17:9, ESV*)

Feeding sinful desire—through pornography, immoral conversation, or impure media—nurtures sin. As Paul says:

“Let not sin therefore reign in your mortal body, to make you obey its passions.” (*Romans 6:12, ESV*)

5. Walking by the Spirit, Not the Flesh

The Christian life is a life of submission to the Spirit of God. Paul writes:

“Walk by the Spirit, and you will not gratify the desires of the flesh.” (*Galatians 5:16, ESV*)

He adds that the desires of the flesh are against the Spirit—and lists sins like sexual immorality, impurity, drunkenness, and envy as works of the flesh (Galatians 5:19–21). He then contrasts them with the fruit of the Spirit (Galatians 5:22–23), which is the evidence of a sanctified heart.

#### 6. Master Desire Before It Masters You

Desire is a powerful force. When submitted to God, it drives us to worship, to seek Him, to love others, and to fulfill His purposes. But when left unchecked, it can lead us far from Him.

That’s why Scripture urges:

“Do not arouse or awaken love until it pleases.” (*Song of Solomon 2:7, ESV*)

And finally:

“The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.” (*Romans 6:23, ESV*)

May the Lord help us to master our desires and submit them fully to His will.

Feel free to share this message with others so they too may walk in truth and freedom.

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