# LUST FREE LIVING

DOUGLAS WEISS, PH.D.

LUST FREE LIVING

Copyright © 2014 by Douglas Weiss Published by Discovery Press P.O. Box 51055 Colorado Springs, CO 80949

All Rights reserved Printed in the United States of America ISBN # 978-1-881292-07-4

No portion of this material may be reproduced in any form or by any means without written permission of the author.

Cover Design by Janelle Evangelides Interior Design by Jamie Dodd

## Contents

IntRoduction 7

Lie #1 More is Better 9 Tip #1 Owning 11
Lie #2 You Don't Have Enough 13 Tip #2 It's a Choice 15
Lie #3 Not What You Need 19 Tip #3 Stronger 21
Lie #4 Different is Better 25 Tip #4 Willingness Matters 27
Lie #5 Not Possible 29 Tip #5 Praying for You 31
Lie #6 Different Will Heal 33 Tip #6 Pray for Them 35
Lie #7 Their Sex Is... 37 Tip #7 Scripture 39
Lie #8 Gives to Them 41 Tip #8 In the Moment 43
Lie #9 Did God Say... 45 Tip #9 Keep Track 47
Lie #10 It's Exciting 49 Tip #10 Memorize 53
Lie #11 It's a Secret 55 Tip #11 Block the Flood 59
Lie #12 A Little 61 Tip #12 In the Moment 63
Lie #13 As Long As I Don't... 65 Tip #13 Movies 67

Lie #14 She's Beautiful 69 Tip #14 Others 71
Lie #15 I Can Do It Alone 73 Tip #15 Calls 75
Lie #16 A Friend 77 Tip #16 Goodbye 79
Lie #17 Not Perfect 81 Tip #17 Triggers 83
Lie #18 Entitlement 85 Tip #18 Seeing Her as Holy 87
Lie #19 Not Enough 89 Tip #19 Feelings 91
Lie #20 They Want to be Looked At 95 Tip #20 E-Zones 97
Lie #21 Taking Opportunity 99 Tip #21 Love and Lust 101
Lie #22 Yours 103 Tip #22 Clockwise Eyes 105
Lie #23 Control 107 Tip #23 Halt-B 109
Lie #24 Powerful vs. Powerless 111 Tip #24 Walk in the Spirit 113
Lie #25 Democracy 115 Tip #25 Not My Inheritance 117
Lie #26 My Wife is Not Enough 119 Tip #26 Attitude of Gratitude 123
Lie #27 It's Not Adultery 125 Tip #27 How Far? 127
Lie #28 My Children 129 Tip #28 Talk About It 131
Lie #29 Am I Addicted? 133 Tip #29 Avoiding 137

Lie #30 Our Thoughts 139 Tip #30 Protected 141
Lie #31 We're Not Going Anywhere 143 Tip #31 Well Done 145
Lie #32 It's Natural 147 Tip #32 What About the Body? 149
Lie #33 I'm Nice 151 Tip #33 Fear God 153
Lie #34 This is Good 155 Tip #34 Not Eternal 157
Lie #35 Opportunity 159 Tip #35 The Right 161
Lie #36 Not Staying 163 Tip #36 Media Budget 165
Lie #37 Nice Guy 169 Tip #37 Get Angry 171
Lie #38 Lust is a Lady 173 Tip #38 Fast 175
Lie #39 Feeling Good 177 Tip #39 5 Years Free 179
Lie #40 War 181 Tip #40 5 Years Not Free 183
Lie #41 Close 185 Tip #41 You Don't Lust 187
Lie #42 Can't Say No 189 Tip #42 Who Rules? 191
Lie #43 Never Leave 193 Tip #43 Resistance Training 195
Lie #44 Unconditional Love 197 Tip #44 Practice 199
Lie #45 Gets Me 201 Tip #45 Permission 203

Lie #46 I Can Handle It 205 Tip #46 Car 207

Lie #47 Question 209 Tip #47 No Honor 211
Lie #48 Rest of Your Life 213 Tip #48 Hate 215
Lie #49 Not Much 217 Tip #49 Divorce Now 219
Lie #50 The Real Problem 221 Tip #50 Short Decisions, Long Road 223

Appendix 225

## intRoduction

Lust-free living is more than a set of ideas to make you stop, pause and think. It's a lifestyle you can truly enjoy. We know that where the Spirit of the Lord is, there is freedom (2 Corinthians 3:17).

God designed you to see all women as sisters. We are to acknowledge their creator, not just their created features. What you have in your hands is a warrior's manual that has two tried and true agendas.

First, this book will expose you to the many lies that lust wants you to believe. These lies can become comfortable and hidden in your life. Secondly, you will receive tools for the battle over lust, so that you will have weapons in your arsenal ready to go when lust strikes. It is possible to walk in freedom from lust. The battle will make you stronger and more capable of helping other men find freedom as well. This is not only a calling to set you free, but to free our brothers and the church globally!

I wrote this book to be a guide and workbook. I will share on the following pages a lie that lust presents. Then I will share a separate tip for overcoming lust in your life. So read, write, pray and apply what you learn. Welcome to the war and may you receive the bounty of a lust-free lifestyle!

# Lie

## #1 MoRe is BetteR

Lust is an absolute liar! It is conniving and out to destroy you, your family and your legacy. The first lie I want to uncover is the concept of "more is better." Lust tells you that if you have more: more money, more toys, more real or virtual body parts to look at, and more Internet pornography viewing time, that this is the better way to live.

It tells you that you are missing out if you don't check out someone's real or virtual body parts or an inappropriate joke. The lie continues to tell you that the more you have of these images the better off you are.

Lust tells you that you are smarter or better than, or really whatever it is that you need to hear, to entice you to believe you really need more. It keeps you trapped into thinking that 9 the more lusting you do in your spare time at work, in front of the television, at the movies, on the Internet, the better off you are.

Let me tell you the truth. The more you lust, the worse off you are. You become desensitized to women as people. You'll stay immature in many ways. You won't pursue your dreams or destiny, or will do so at a much slower pace. Lastly, lust doesn't tell you about the guilt, shame and embarrassment you will feel when you ultimately get caught.

WoRk it Out
1. How, specifically, have you been lied to about the "more is better" concept?
2. What type of lust do you engage in?
3. How do you feel when you are engaging in a lust binge?
4. How do you feel after a lust binge of "more is better"?
5. Why is "more is better" a lie to you?

## Tip #1 Owning

Owning is a concept where you must realize where you are currently before you start on a journey to where you are going. Lust is real and most of us have participated in lust at some point in our lives.

Lust has given us the choice to consume a woman's beauty and body like a fast food meal. We have disregarded her personhood momentarily and lusted after her body. For many of us, we have lusted so often that we think it is normal to reduce a woman to her dimensions.

We lust! If you think about Alcoholics Anonymous and the individual standing to face the room, we will hear him say, "Hi, my name is Bob and I am an alcoholic." Bob owns and accepts where he is and this allows him to move toward healing. You have to own that you lust. Some 11 of you lust constantly creating an illusion that women are images and not people.

Until you can fully own your lust, it will be very unlikely that you can live your life lustfree. When Jesus healed people, they often came and proclaimed their condition. You must own your lust before you can start the amazing journey of living lust-free.

Walk to FReedom

1. On this date: _____, I admit to myself and God that I lust after women.

2. How often do you find yourself lusting on a daily or weekly basis?
Daily: _____ Weekly: _____

3. How do you think you will feel being lustfree for weeks, months or years? (If you need help with feeling words, check the Appendix.)

# Lie #2

## You Don’t Have enough

Lust is tricky. Even though you don’t deserve the life-long, increasingly beautiful help mate in your life, lust will tell you that you still don’t have enough.

Somehow you have been told, and when you break it down it becomes almost comical, that what you have is not enough. For example, you may have married a woman with a specific body type. But lust tells you that she needs to be the exact opposite body type and then you will be happy. If she has curly hair, you want straight; if she’s tall, you want someone short; if she has blue eyes, you want brown. Lust tells you she isn’t enough. You then believe the lie, “I don’t have enough, because I don’t have…”

Here is where it gets difficult. The lie doesn’t just hurt you. Imagine your wife. She knows [13] that she is divinely created, but senses that she is not enough for you, and that you deeply desire some elusive person she can never be. Consequently her pain is great and this affects her daily life because deep down, she knows the reason she isn’t celebrated is because she is not enough for you.

WoRk it Out
1. Have you been lied to at some point that you don’t have enough?
____ Yes ____ No

2. What are the lies of not enough that you have been told (remember, lies come from the enemy)?

1.
2.
3.
4.
5.

3. How do you feel that you have been duped into believing you don’t have enough?
_____

_____

# Tip #2

## it's a choice

This is an interesting concept. Not long ago I was on the Dr. Phil Show and the discussion of whether addiction is a choice or an excuse to be a bad boy and not take responsibility came up. I have worked with sexual addicts for more than 20 years and this topic comes up periodically.

I want to give you my view on this. I believe all behavior (other than psychotic or drug induced) is a choice. One of the primary distinctions of our creation in God's image is that we have a will. We are permitted to use our will how we wish, but each usage of our will is a choice. We are 100% responsible and accountable to God for it.

Lust is a choice. You have a myriad of choices when you see a woman. Lust is only one, and 15 in my opinion, the worst one. You are 100% responsible for every choice you make to lust: double taking, rubber necking, scanning, objectifying, evaluating or any other lustful assessment of a woman, whether she is real or an image.

The devil can only offer a way to look at something (tempt you to think differently than God does). You can decide to think like God (love, holiness) or you can lust and see a person or thing differently.

You cannot heal from something if you have no choice. Personally, I have experienced a lustfree lifestyle and it's a choice I thankfully make every day.

It's a choice you can make. If you don't think it's a choice, you can't walk in freedom. Remember, there are some women you don't lust after. Your daughter, niece, mother, aunt and any other women you truly respect. So you have already been successful at not lusting. You are capable of a more lust-free life in the future!
Walk to FReedom

1. How do you really feel about lust being a choice (feeling words in appendix)?
2. How do you feel that you chose to or not to lust all these years?
3. When an opportunity to lust comes and you win, how does that feel?
4. Can you choose today to start refraining from lust?
____ Yes ____ No

# Lie #3

## not What you need

God designed you. He knows you more intimately from a design standpoint than you even know about yourself. He knows your personality, health, family of origin, character strengths and weaknesses.

When God brought you together (or will bring you together) with your wife, he created exactly who you needed. Hear this. God didn't create who you think you want or need, or who you desire influenced by the culture, or the woman in your images, he created exactly who YOU need.

As humans, we aren't smart enough to know who and what we need. God knows. So the lie is "you don't have what or who you need." This causes an ache for someone or something different and hence, lust comes into serve the gap [19] you think you have. I know I need my wife's faithfulness, pure heartedness, and genuine love for me as a person, not because of what I did or provided for her that day. You need each quality of your wife. Her strengths will bless you and her weaknesses will make you grow.

When you start to believe that God really gave you what you need, you will start to access freedom at a very deep heart level. That doesn't mean that sometimes you won't have questions, but you do have exactly what you need.

Walk to FReedom
1. How have you believed that you don't have what you need?
2. When you have moments of not believing she is what you need, what do you feel or think?
Feelings Thoughts
3. When you get stuck here, do you feel closer or more distant from your wife?
___ More ___ Less
4. What have you learned about yourself?

## Tip #3stRongeR

My son plays sports. I've realized that sports are a good illustration of life in so many ways. Probably the biggest illustration is that if you continue to practice something, you will get better and better at it.

Let's talk about weight lifting. When you start lifting weights, you choose a light weight. As you work out, you start to increase the amount of weight. You keep making the choice to work out; therefore you become stronger, needing heavier weights. You also know that if you stop making the choice to work out, you are not going to be as strong as you used to be.

This same concept applies to lust. If you choose to lust again and again, then over the years you become better and stronger at lusting. You get so good at it that you no longer  need a person or image in order to lust. You can create images in your mind to lust after even when driving. This ability takes lots of practice, focus and discipline.

When you choose a lust-free lifestyle you start to become weaker at lust. You start to see a woman who is screaming to be lusted after and feel sad for her. You begin creating strong, lust-free muscles, thoughts and beliefs. Here's the good news. Since you're in charge, you get to choose how you get stronger and better.

WoRk it Out

1. Why do you believe that the choice of practice makes you better or stronger? Give examples from your life.

2. What are your thoughts about practicing lust?

3. How do you feel (feeling words) about being able to actually choose how you are strong, lusting or not lusting?

4. Are you willing to undergo new disciplines, thoughts and behaviors to be lust-free? ____ Yes ____ No

5. What percentage are you willing to do these new things in your life so you can live lustfree (1%-100%)?

6. Why did you choose that percentage?

# Lie #4

## diFFeRent is betteR

Lust has so many different angles it uses to lie to you. One of the oldest lies told to men is "different is better." It's the same adage, "The grass is always greener on the other side."

When I lived in Texas, I would drive by a cow pasture fairly regularly. I noticed there were two types of cows in the pasture. The cows that were content with the food within the confines of the pasture fence and the cows that believed that the grass outside of the fence was better, therefore cutting themselves on the barbed wire.

Lust tells you that different is better. It tells you that you will feel better, stronger, richer, more desirable, more loved, understood and the lies go on. It tells you that [25] different sexually, a different body, different personality, different connection, different spiritually is always better than what you have.

Given normal circumstances, men that I have known that have gone all the way and tried "different" reported back that it wasn't better. Lust hides the flaws of what is differ- ent. Lust tells you her hair and makeup are done differently and more beautifully. But it doesn't tell you it takes her hours to get out of the house. All women and situations have their flaws. Lust lies to you. It tells you if you only have different, whether an image, porn, place, another person, then you have better.

WoRk it Out

1. Have you in the past ever been deceived that different might be better?
____ Yes ____ No

2. What are the lies you have been told about "if different" was in your life? How was it different?

[26]

3. How is the sameness of the woman you have (if married) a blessing to you?

# Tip #4

## WiLLingness matteRs

Lust is an enemy and is on the other team. Lust is 100% willing to destroy you, get you to waste your life, not reach your destiny and create the consequences of sin in your life. In other words, lust is committed to your complete destruction and the potential to lust lives within every man.

Lust is like the linebacker. Once the ball is snapped, he is committed to move you. The snap has already been released and all of hell is committed to get you to lust and stay lusting so you are destroyed. They can't get you to lust. That's your choice. Once you make that choice, if you continue, hell knows the outcome.

In the last tip, I asked you to put down a percentage of your willingness to commit to a [27] lust-free life. Willingness matters. If you are not fully committed, you will continue to struggle with little compromises and little secrets.

Just look behind you. The lust you have agreed with, considered, and participated in is still there. Behind the choice to lust you had two options, lust or not. Think like God or think like an earthly man. You probably have had moments of both and you realize that willingness played an important role in what choice you made.

Walk to FReedom
1. How will you know how willing you are to be lust-free?
2. Can your willingness to be lust-free be measured in your behaviors?
____ Yes ____ No

3. If yes, what behaviors can you begin to measure in your life that will indicate to you how willing you are to be lust-free?

4. What man can you share this with? [28]

# Lie

## #5
## not possibLe

The words “not possible” are by far, one of the most paralyzing lies lust has in its arsenal. The lie, “it’s not possible to be lust-free” is quite simple, but its impact can have decades of results.

When you believe this lie at your core, then your ability and motivation to fight lust de- creases. The decrease is so drastic you are almost positioned to be a causality of this war. Think of it this way, you become like the baby elephant chained to a peg in the ground. Over time your ability to break the chain increases, but your motivation to break free decreases keeping you in bondage. You believe the lie and therefore can’t change your life.

Heaven is lust-free and Jesus lived a lust-free life. Remember how Jesus didn’t lust after the [29] prostitute that washed his feet (Luke 7:38). He died so we, by the Holy Spirit, can absolutely live free from lust. It’s our birthright to live this way.

If you honestly believe the lie of “not possible” you won’t try hard to live a lust-free life. But if you believe that it is not only possible, but it’s your right, then you can obtain this lifestyle and will fight to destroy the lust that wants to keep you from your inheritance in Christ.

WoRk it Out
1. Before reading this, in the past did you truly buy the lie “it’s not possible?” ____ Yes ____ No
2. How has believing this affected your success to be lust-free?

3. How do you think that believing lust-free living is possible and obtainable will change your attitudes and beliefs?

4. If you have been deceived by the enemy by this lie, consider confessing this deception to God and another man to further break this [30] deception from your life.

# Tip #5

## PRaying FoR You

Prayer is a very important weapon to have in your arsenal. Prayer has a way of bringing Heaven and the atmosphere of the kingdom of God to you on earth.

Daily prayer is important when living a lustfree life. This prayer can be easy: "Jesus, I thank you for dying so I can be lust-free today." Often men will choose to pray throughout the day, to maintain the lifestyle they want to live. God will not withhold from you anything you regularly pray for that is in His will. Living lust-free is definitely in His will. Liv- ing lust-free is the way Jesus is currently living and wants us all to live.

The key to this is to pray desperately. Pray as if you need to be healed from a disease. This isn't a place to passively come to God for $_{31}$ restoration. Be aggressive. Pursue God for His promise of a lust-free heart and mind to become your possession. Ask and beg Him to make the changes in your heart and mind so you can truly live free from lust. Finally, ask for faith to believe that today you can have minutes, hours, even the entire day to be lust-free.

I find praying the first thing in the morning sets the tone for the day. Regardless of when you pray, pray daily to God. He loves you and wants you to be free even more than you do.

Walk to FReedom
1. If you were to pray to live lust-free, what would be some key elements in that prayer?

2. If God could increase your faith, how would you want him to increase it so you could believe?

3. When can you find a time daily to pray to be lust-free?
4. Who can you be accountable to for the next 30 days to pray for a lust-free life?

# Lie #6

## diFFeRent WiLL heaL

So many men get scarred and wounded as boys and young men. Your parents may have been neglectful or abusive; you may have had someone physically, sexually or emotionally abuse you. You may have not ever heard that you were loved, you're awesome, or a great son.

Men often have early romantic relationships that are hurtful. You may have had your heart broken, been rejected, not chosen, unwanted or unloved by a woman you had feelings for. This is where the lust inside of you may seize the opportunity and come alongside you to say, "If you had someone or something different or new, then you could be healed of that pain." Lust makes you temporarily leave reality, but the minute you come back, you realize the pain is still there.
Over time, your skills to address these hurts become less and less, and soon you readily follow lust into the lie that something different will heal you. Whatever it is, different is for you, whether it's images, fantasy or women. But, it cannot and will not heal you.

Sadly, lust leaves you less fulfilled even with the amazing woman God gave you (or will give you). Lust is a liar. If just having someone or something different healed, then all those men sitting in my office that spent time with "different" wouldn't be there. They believed different would change their lives, but instead it destroyed them.

WoRk it Out
1. Do you have hurts from your past that lust has offered its medicine to heal you? ____ Yes ____ No
2. What are some of these hurts?

3. What did you learn over the years, when you spent time with lust and it strung you along offering you different as a solution?


4. How has being with your wife (for those that are married) been healing to your life?

# Tip

## #6
## PRay FoR them

When you pray for someone, you automatically make them a person. They stop being the object you have spent time lusting after. I had the opportunity to be interviewed for a radio show not too long ago. The show was about a man that worked at a local college and he struggled with lusting after college girls.

Women are beautiful. They are a divine creation of the Lord. If you find yourself start- ing to lust or objectify them, pray for them. "Lord, bless her husband or future husband, her dad, siblings, her children or future children. If she doesn't know you, send her women who can tell her about you…"

I found early in my own battle with lust, that when I prayed for women instead of lusting after them, I saw each one as a person and even [35] how God sees her. The prayer I prayed for her released on earth a petition for her soul.

Praying for these women gives you God's eyes towards them. God's thoughts are a definite an- ecdote for lust. I was amazed how opportunities to lust lessened when I started praying for them.

Walk to FReedom
1. Have you ever prayed for a woman you started to lust after or objectify?
____ Yes ____ No
2. If yes, what were the results?
3. If not, try that this week and write your results here:

4. How do you think you would feel if you prayed for women more than lusting after them?

# Lie

#7

## theiR sex is...

Lust has a way of growing from objectifying and lusting after women to lies and deception. One of the most powerful ways lust changes is when it engages other parts of your soul. One example is it leads you to imagine what sex with others might be like.

Lust never tells you sex would be awful. It sells sex as being better, more creative, more often, more energetic and whatever else you need to hear in order to engage lust even further.

Listening to it describe sex is much like listening to a telemarketer. The longer you listen to their sales pitch, the more likely you are to buy the product. Here's the reality check - all sex (real or imagined) outside of marriage is forbidden by God and has [37] devastating consequences. This is another example of: when you choose to lust, you think differently than God.

Over the years I have listened as men complain about sex with their wives. That opens the door for me to step in and ask some hard questions. How often do you pray with her? How often do you share your feelings with her? What about celebrating her? Dating her? They usually tell me, "not much." Do you wonder why sex with your wife is not what you think it should be? Your wife married a boy instead of a man of God! What are you sowing into your marriage? As a woman, her need for emotional intimacy is as strong as your felt need for sex. If you are married, how would your wife say you are at emotional and spiritual intimacy?

WoRk it Out
1. In the past, how have you been lied to by lust and other people's sex?
2. If you have, what are lies that you were led to believe?
3. What does God think about you having sex outside of marriage? [38]

## Tip #7 scRiptuRe

When you believe a scripture, lust has no strength against it. Scripture does what kryptonite does to superman. It weakens the grip of lust in your mind and can make it quickly flee from your heart. Remember lust is your flesh. The word of God can kill your flesh and heal you at the same time like nothing else on this planet!

For scripture to have its designed purpose, you must believe. Use a concordance and study the words lust, covetousness, adultery, or flesh and use those scriptures to stockpile in your arsenal. You may also find it helpful to have scriptures on love, holy, sanctified or other positive words to give you a boost in fighting this war.

Once you find a scripture that works for you,  there are several principles you can use to apply it to your life. First, read it daily. Second, put it in your phone or use it as a screen saver. Third, memorize it. Finally, pray it to God.

Whatever principle you choose to use with scripture, be consistent. Let its truth become truth to your heart. When you and scripture believe the same way, you begin to manifest the mind of Christ. Scripture can be a very powerful and an ever expanding tool in your lifestyle of remaining lust-free.

Walk to FReedom
1. What do you think about using scripture in your battle to be lust-free?
2. How have you used scripture in the past in the battle?
3. What particular scriptures do you find helpful in this battle?
4. How will you use scripture for the next 30 days in becoming lust-free?

# Lie

## #8
## gives to them

Lust is many things. One of the most dangerous is its ability to become a magician. Lust has the ability to highlight exactly where your weakness lies. If you are shy, lust tells you that you're confident with women. If you are passive, you can be aggressive in fantasy. If you're feeling unwanted, lust will celebrate you. You are using lust to meet unmet needs in your life. Lust tells you that an image, fantasy, exaggeration or feature is yours to have.

Lust says you can have whatever it is you want in your mind, and when you turn yourself over to lust, you possess just what you want. Suddenly it becomes a possession, your "precious", just like Sméagol in Lord of the Rings. But the reality is you are still the same as before with the added burden of guilt, shame, fear and anxiety from playing with lust. You move  one step closer in the trap of lust, one step closer to being inappropriate with a woman.

WoRk it Out
1. What are features you lust after?
2. What does this tell you about what you are looking for in your life?
3. How can you get these needs met in a healthy way?
4. Who can you talk to about this?

# Tip

## #8
## in the moment

The battle of lust is in the moment. The minute you choose to objectify a daughter of God, you become tempted to use reflexive reactions of minimizations or denial in order to protect lust.

It is critical to create a new reflex for the times you find yourself "in the moment." I ad- vocate a technique in the book, *The Final Freedom* (Discovery Press, 2008) called the rubber band. Simply put a rubber band around your wrist and when you start to lust, snap it hard.

Right now you are currently giving your brain positive reinforcement when you lust. You escape reality, you feel desired, you fantasize, and sometimes even receive a chemical reaction in your brain from the risk and excitement you feel. When you positively reinforce your 43 brain, it keeps wanting you to repeat that behavior.

The rubber band technique creates a negative reinforcement for lust and sends your brain a message that you no longer want to do this anymore. I've had many guys report back to me on the effectiveness of this technique. Those struggling say they notice about an 80% decrease in lust and objectifying. When you choose to give your brain the negative signal that lust hurts, you start sending lust the message that it is unwelcome in your life.

Walk to FReedom

1. When you lusted in the past, what have been some of the rationalizations or denials you have used to allow yourself to lust?

2. What is the truth for each rationalization?

3. What do you think of the rubber band technique or other negative reinforcement strategy?

4. In the next 30 days, what type of negative reinforcement will you use to battle lust in the moment? 44

# Lie

#9

## Did god say...

The question I hear often from Christian men is, “Is lust really wrong? After all, I’m not hurting anyone.” Let me addressed the first part of this question. Think back to the scene in the Garden of Eden. The serpent asked Eve, “What did God say?” He questioned God’s word and has used that tactic successfully since the first sin.

Let’s set the record straight before we go any further. The 10th Commandment is really clear, “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.” (Exodus 20:17, The Message). Proverbs also has something to say about lust. “Don’t lustfully fantasize on her beauty, nor be taken in by her bedroom eyes” (Proverbs 6:25, The Message). [45] God did say not to lust. He didn’t break it down for you to give you permission to lust after certain things. He was clear. You and I are not to lust, period.

I want to address those of you reading this book that take a literal approach to the scriptures above. You may believe God means you aren’t to lust after your neighbors in your block. I want to remind you that Jesus cleared up who is our neighbor in the story of the Good Samaritan. Every woman is or will be your neighbor’s wife. You have absolutely no room to lust from a biblical perspective. Any permission to lust is self-granted and self-destructive and selfdefeating. Living in God’s truth will keep you on the path of a lust-free life.

WoRk it Out
1. In the past how have you conceptualized God’s opinion of lust?
2. What are your thoughts on God’s concept of lust today?
3. How can you make God’s word the final word on this topic?

## Tip #9 keep tRack

One of the reasons lust is able to keep growing in your life is because there is no one keeping watch. Think of a farmer. When they plant their crops, they don't just leave them. They keep watch to make sure the weeds and bugs don't consume their harvest.

Christ has planted his seed, the Holy Spirit, in our lives. Yet many have chosen to not keep watch and they have allowed the weeds of lust to take over. Many men don't realize how often they lust in a day. They don't realize how they cultivate these lust weeds rather than the Holy Spirit on a daily basis.

I want to challenge you to keep a note pad or use your phone for a month to track how often you lust. When I say lust, I mean every time you objectify, scan, double take, or fantasize [47] about any woman either real or an image. Keep a tally on a piece of paper or in your phone. You will be amazed how often you plant new weeds of lust, or cultivate old ones over thirty days. This tip will help you move out of a place of denial about how often you lust and let you know if lust is an issue for you.

Walk to FReedom

1. Before you start keeping track of your lust, how often do you believe you lust on a given day or week?

_____ Day _____ Week
2. How can you keep track for thirty days?
3. Who can you tell the results of your tracking information to?
4. After 30 days, average your lusting and see how it compares to your first answer: _____ Day _____ Week

# Lie #10

## it s exciting’

Lust tells the lie “It’s exciting.” I remember an accountant whose life was extremely boring. He worked nine to five, took a sack lunch every day, and was routinely home by 5:15. He believed that lust was exciting.

He looked at women, both real and images, to give him excitement in his life. He created these images to say, “I am exciting” and he believed it. There is truth to the statement: lust is exciting. You get a chemical brain buzz when you engage in risk that is exciting, or even when engaging in the illicitness of what you are looking at. This reaction can chemically alter your mood. However, what lust doesn’t tell you is that after the exciting chemical buzz of acting out, you then will fall into a downer of consequences. You will have fear of getting caught, feel shameful, have  self-hatred, and feel guilty.

Not only do you feel these lows after you have lusted, but it hits you again when you see or kiss your wife, or when your kids hug you and tell you how much they love you. Now you have a hard time letting love in because in your head you hear the statement, “If they only knew what I was really like.” The aftertaste of lust is huge.

When you hear lust telling you how exciting it is, you know lust is really lying. The initial excitement is multiplied in future consequences. If you are seeking excitement in your life, there are other legitimate means to do that. You don’t have to fall in the trap of lust to have excitement in your life. If you need additional help on finding balance in your life, my book *The Power of Pleasure* (Hay House, 2007) may help you.

WoRk it Out
1. Has lust told you the lie that it’s exciting?

____ Yes ____ No
2. If yes, what have been some of the downsides or negative consequences for you believing this?

3. Do you have a legitimate need for excitement?
____ Yes ____ No
4. List a few activities that you can actually do that are appropriate and exciting:
5. When can you put these events in your calendar?

## Tip #10 memoRize

We are going to start setting up our defenses against lust. I remember being taught in seminary how to have an effective sermon. My professor told us, "Always know your first line and always know your last line." This principle can be applied to winning the battle of lust. Always know your first line of defense.

Knowing what is true about lust can intercept the missile and blow it up before it is able to plant another weed of destruction in your soul. One of the best ways to know the truth and create your first line of defense is to memorize scripture. Philippians 4:8 talks about pure thinking, Galatians 5:16 talks about walking in the Spirit and Romans 6:23 is about sin. Scriptures are powerful tools to memorize, but you also need to equip yourself with some truths against lust. Let me give you [53] a few examples to get you started: She's a daughter of God. Lust hurts my children. Lust breaks God's heart. I am not allowed to lust. She is holy. Lust hurts my wife. I am holy and this is unacceptable.

Knowing your first line can win that battle even before lust gets to you. I strongly encourage you to memorize a few lines in your defense against lust.

Walk to FReedom

1. Why do you think the principle of knowing your first line could work against lust?
2. What do you think would be the long term benefits for you in stopping lust before it plants more weeds in your soul?
3. What are things you know about lust that can help you create your first lines?

[54]

# Lie #11

## it's a secRet

One of my favorite sermons was by a pastor friend of mine. He called it, "There's no such thing as a secret." Unfortunately this friend was living a double life. In the same week he gave that sermon, he got caught acting out sexually with others and ended up losing his church.

Lust will really try to assure you that no one will ever know. Your lust is conniving and tells you that it is impossible for anyone to find out. Lust even says you have covered your tracks. I've counseled with men for more than 20 years, and there is one thing I know for sure, there is no such thing as a secret.

Here are a few facts. First, God is omnipresent and he sees you lusting. Second, he can see your heart and thoughts. Third, his Holy [55] Spirit is in you so there is no place to keep a secret. Fourth, the angels can see what you are doing. Fifth, in Hebrew 12:1 "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." Sixth, your computer keeps a history of where you have been.

Remember, Jesus said that our secrets will be shouted from the rooftops (Luke 12:3). If you still believe in secrets, you will get caught and humiliated. There are many men that had faith in their secrets rather than faith in God and ended up getting caught. Don't believe the lie of a secret. A secret is the perfect growing material for the weed of lust. Remember you create the seed of lust. You give it the shade of false secrecy and you can choose to live lust-free instead.

WoRk it Out

1. How has your behavior in the past supported your belief that lust was a secret?

2. What are the specific lies lust has told you about it being a secret? [56]

3. What was new for you about the thought "there are no secrets?"

4. How do you need to change your thoughts or behaviors to incorporate the truth that there is no such thing as a secret?

[57]

# Tip #11

## BLock the F Lood

I live in Colorado, and while we have a very dry climate most of the year, we do have occasional flash floods. Wise home and business owners prepare in the beginning of the summer by having sandbags on hand to minimize the damage by these floods.

Our culture is getting more perverse by the decade. We could easily say we live in a lust storm culture. Think about what we visually ingest on a daily basis. We have television, commercials, and the Internet at home, at work and in our pocket. There are pop culture magazines, billboards and I'm not even talking about the lack of discretion many women have when it comes to dressing appropriately.

What are you doing to block the lust storm in your world? It's amazing to me how many guys [59] who admit to struggling with lust still don't have porn blockers or accountability software on their computers, phones and tablets. This one step is the easiest, yet so many men fail to take it. Download a porn blocker from our website if you don't currently have one.

Get yourself accountable to your pastor, wife, father-in-law, or friend. They will get a report that shows everywhere you go on the Internet. Now you are acting like a wise home and business owner by preparing for the flood, because you are accountable to someone about your choices. Anything you can do to block the lust flood in your life can help you get and stay lust-free.

Walk to FReedom
1. What are some of the ways the lust flood is hitting you in your life?
2. What attempts in the past have you made to block the lust flood?
3. What do you need to do today to block more of the lust flood from hitting you and your family's life?
[60]

## Lie #12 a LittLe

Many of you have heard the saying, “Sin will cost you more than you want to spend, keep you longer than you want to stay, take you longer than you want to go…” That saying is definitely true about lust. This conversation is much like the conversation many of you have heard, “you can’t be a little bit pregnant.”

We have covered how you chose to have lust lie to you in many different ways. One of the favorite lies lust uses is to say you can have a little: a little look at a woman, a little pornography, a little fantasy and it’s okay. Just a little is a very common lie of lust. But as we have discussed, lust is a seed (James 1:15). Just a little, is the seed of that weed.

This seed has a known DNA. It begins as lust (small) then sin (large) then death (really [61] big) consequences in your life. Lust needs just a little ground in your soul to grow. Once you plant lust, it takes root. Lust then begins to grow into a large weed having bigger impact on your life.

A little lust turns into much bigger issues as it progresses. Your choice to lust, to think differently than God, begins with a little flirting, but turns into having to make the decision to commit adultery again, and again. Your lust can take you to unfathomable places and gives you unfathomable questions you have to answer. Questions like, should I have the baby aborted, or do I tell my wife about my STD. A little is where a big lie starts. Protect yourself from a little and you can walk lust-free.

WoRk it Out

1. What are some things that lust has told you that a little bit would be okay?

2. What are consequences you know other men have had who walked down the road of a little bit?

[62]

3. What are the little bit behaviors you need to stop in your life today?

# Tip
# #12

## in the moment

You know God is holy. As a believer you know you are holy as well. You have been washed by the blood of Jesus and the Holy Spirit dwells inside of you. I love the way The Message puts it, "Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted" (Ephesians 4:30). He, who is in you, is holy. You are holy. Accepting this in the core of your being can make a huge difference in your life.

Let's suppose you choose to become a vegetarian. At the core of your being you will not eat meat. You would easily refuse a hot dog, roast beef sandwich, even an expensive steak dinner. Why? Because you are vegetarian, meat is not for you, period. [63] When you are holy; it's your identity. You would be saddened and hurt to watch a man fall into the trap of lust. Like the vegetarian, it's just not for you. You believe that if it's not holy, you don't want it. Take some time to let this one into your spirit. Really feel what it means to have a holy being live inside of you. Let yourself experience the reality that you are holy.

Walk to FReedom
1. What do you think of when I say holy?
2. What are arguments in your head from the past that tells you you're not holy?
3. If you truly believe you are holy, how would that change you behavior?
4. Are you holy?
____ Yes ____ No 5. Why?

# Lie #13

## as Long as i don't...

Lust is conniving. Lust makes you believe you have powers you don't have so that you can have your way with lustful thoughts. There is a lie lust breathes into your life and allows you to incubate the seed. That's the lie of "As long as I don't…" Then lust lets you fill in the blank. This lie makes you believe that as long as I don't: look at women at church, don't look at real women, just pictures, don't have sex acts with them, don't touch them, don't get caught, or as long as I don't pay for it, then it's okay. This list can be endless. You believe that as long as you don't cross some self-created line, you are okay. In my experience, those who buy this lie of having a line at some point move the line or it becomes blurry because it has become too tangled.

When you accept the truth that you are not al lowed to lust, you can't be deceived by this. If you believe you can lust, you will be brought to the line. When you don't cross that line, you may feel good, because you didn't do X behavior. Know now that if you are contemplating the lie that "as long as I don't" you are believing a lie that will destroy your life. You have created a deception or several deceptions giving yourself permission to lust. Remember the core of lust is to think differently than God. To think like God is to believe that no lust is the line.

WoRk it Out
1. In the past, has lust ever fed you the lie of "as long as I don't...?"
2. What were those lies?
3. What do you know to be the truth about these lies today?
4. Do you currently have a lie of if I don't do…?
____ Yes ____ No
5. If yes, what is it?

## Tip #13 Movies

We live in a world where entertainment is a multi-billion dollar industry. We see movies that have many different genres: healthy and thoughtful, neutral, sensual, to almost erotic and unsafe for any viewer.

The biggest question men face in regards to their entertainment is, "How can I watch a movie and feel safe about not engaging in lust?" I find the website www.pluggedin.com helpful because it offers a detailed report on any sexual material or references made in each movie. Just having the habit of checking this site can help you to be safe and it shows your children how to protect themselves in the future.

For years, I have used the Clear Play DVD player. The player has a filtering process that electronically removes whatever you choose: [67] nudity, sex scenes, vulgarity, and extreme violence. It's as simple as putting in a DVD, downloading the filter and starting the movie. Make sure to check their website before you get a new movie to make sure it has a filter avail- able.

It is possible to enjoy a movie that doesn't have those scenes in them. Your wife and family will appreciate learning about appropriate usage of entertainment. Don't be the guy who blindly rents a DVD or goes to a movie and gets sexually slimed and then has to tell his family he didn't know. You can know and you can protect those you love as well.

Walk to FReedom
1. What have been your current boundaries regarding movies/DVD's?
2. What is the value of having boundaries on movies and DVD's?
3. What do your boundaries need to be to have a lust-free lifestyle?
4. Who will you be accountable to about these [68] boundaries?

# Lie #14

## she's BeautiFuL

This is one of the tricky lies of lust because at face value, it actually appears true. All women are beautiful because they are created by God, so yes, she is beautiful.

The lie is that you can actually see beauty in a glance. It is impossible for you to see her past hurts, abuses, her successes, her insights, strengths and weaknesses, even her relationships. To see her total beauty would take more than a lifetime. You would have to see her grow, become a woman, a mother, a grandmother. Beauty cannot be beheld in a moment. That's where lust traps you in a lie.

The second part of this lie is that you believe you can really see beauty. You think that because you can see her hair, eyes, body parts, and skin that you know what beauty is. [69] The truth is that even a lifetime of knowing a woman, you will only begin to see her God-given beauty.

When you think you can see beauty at a glance, you are truly deceived. All you are seeing is dimensions and you end up making the choice to lust after that. When you truly begin to see the totality of a woman, you can only feel honor for her because of her creator and her present and eternal relationship to him.

WoRk it Out
1. In the past, how have you defined beauty?
2. Did you previously believe you could see beauty in a glance?
____ Yes ____ No
3. How do you understand beauty now?
4. How long would it take you to see true beauty in women?

## Tip #14 OTHeRs

Years ago, the Salvation Army was in the midst of a financial crisis. Pressured by those around him to rally financial support, William Booth sent a letter. He chose to write only one word, "Others."

In the battle of lust it becomes so easy to get focused only on your own battle. When this happens, you tend to only pray for your purity, victory, freedom and deliverance. I want to challenge you to another option-others.

Take time every day to pray for those you personally know who are struggling. Pray for the men in your church, city, state, nation, and the world. Cry out to God for their eyes to be opened, hearts to be healed, revelations to be given, relationships mended, and freedom to walk in love and in the Spirit. [71] As you intercede something amazing will happen. Your heart will open to others. Your prayers and life becomes a little less about you. Removing selfishness can help you walk in a more lust-free life. God can use you to move in people's lives around the world. You can be an agent of change. Not just for you, but others.

Walk to FReedom

1. In the past, have you found your prayer mostly focused on your own battles? ____ Yes ____ No
2. What do you think about praying and interceding for others in this battle?

3. What do you think would happen in your church, city, nation if the men struggling with lust all began to intercede for others?

4. How often would you like to practice this principle in your life?

# Lie
# #15

## I CAN DO IT ALONe

There are some lies lust likes to use more than others. One of the top five is, "You can handle this by yourself." Once you believe this lie, all hope of you getting better is gone.

Lust has you all alone. It's up to both of you to decide what lust you permit, how regularly you are permitted to do it, even what other lies you can use to cover your tracks. You have chosen to not bring any light to this area, so lust can hide in the secrecy you have both agreed to.

Lust leads you to believe you can handle it all by yourself. This secret lets lust get away with all the destruction it has planned for your life. The truth is lust, like most sins, is a team effort. James 5:16 tells us that IF we confess to each other, we can be healed. [73] Most men aren't free from lust because they believe the lie of secrecy instead of the word of God. I couldn't have even begun to break lust in my life until I confessed to another man. Once I obeyed the truth of James 5:16, I started to move toward a lust-free lifestyle.

Had I continued all these years to disobey that one truth of confession to a man I would never have been able to have written one page of this or any other book.

WoRk it Out
1. In the past, have you believed that you can win the battle of lust alone?
____ Yes ____ No
2. How does it make you feel to know you're not permitted lust in your life?
3. How might believing James 5:16 change the way you view lust?

## TiP #15 CALLs

While counseling men for more than twenty years who are trying to conquer lust, I have used this tip from the very beginning because it gives men the highest likelihood of becoming lust-free. That tip is to make a phone call. This principle has two applications. The first application is to call another guy every day regardless of how you are doing with lust. This is a time to check in on both your victories and failures. What this phone call does is it tells lust that you are viciously serious about getting rid of it in your life.

The second application is to call a guy when you are being tempted to lust. You make this call when the situation is occurring or if you have found yourself lusting after another person or image. As soon as you make the call, you will be immediately brought back to reality



and back to protecting yourself and those that you care the most about.

The men that choose not to make daily calls, also rarely make calls when they are in trouble. This principle is successful if you use both parts, a call daily to check in and a call when you are battling lust.

I have heard many stories of men being helped by making a phone call. Because of this, I am confident that if you follow this principle daily, and when necessary, freedom from lust is within your grasp.

Walk to FReedom

1. What was your first gut reaction when thinking about calling another man about lust?
2. Why do you think calling daily would be helpful to you?

3. Who are three guys you could call? 1.
2.
3.



4. When will you start making daily calls?

## Lie #16 A FRieND

This lie of lust acts almost like a scam artist or perpetrator. Lust comes to you during your adolescence or young adulthood as a friend.

Acting like it understands your problems, lust will distract you from the pain of your failures and inadequacies, and even support you through breakups of romantic relationships. This lie wants you to depend on its escape, comfort and medicine.

Lust is like the guy at work who is always being nice, complimenting the single mom so eventually he can perpetrate her into a sexual relationship. Lust has been a friend, with false motives toward you. Lust has unconditionally accepted you, accepted your sexual thoughts without question and let you enjoy the sanctuary of a false secret life with it. [77] Remember none of this is real or true, but as an adolescent you buy it hook, line and sinker. The relationship you have with lust is very real. The lie is that lust is a friend. Lust means absolute harm, pain and destruction toward you and everyone you love. Lust is a psychopath at heart. Lust cares nothing for you, but gets pleasure out of deceiving you and one day reeling you into a situation that can destroy everything in your life. To ever be lust-free, you will have to acknowledge the relationship with lust, its false benefits and be willing to uncompromisingly end this relationship.

WoRk it Out

1. How has lust befriended you in childhood, adolescence and adulthood?
2. How would you describe your relationship with lust in the past?

3. On a scale of 1-10 (1 being very unlikely) how willing are you to really completely end this relationship with lust?

4. How will you know your relationship with lust has been severed? [78]

## tip #16 goodbye

In the last lie we discussed your relationship with lust. This tip is here to help you end this relationship so you can be free from depending on lust for your needs.

This tip will require some additional work outside of this book. First, you will need a couple of pieces of paper. I want you to write two letters to lust. The first letter may seem odd to have to write, but it's very helpful so trust the process. Write lust a thank you letter for all it has done for you. Examples might include escape, fantasy, even feelings of being loved. Be as specific as possible and take as long as you need. Don't shortcut the process. Lust has played a big part in your life. It has even befriended, otherwise lust wouldn't be in your life.
The second letter will include saying goodbye to lust. This letter is ending the relationship you have with lust. Again, take as long as you need, but feel finished when you are done writing. Finally, read these letters out loud or to another man. Reading the words out loud is another important part of this process. When you write the letters and read them out loud, you are driving a large stake in your relationship with lust.

Walk to FReedom

1. To prepare for this letter, what are five things you could see that lust did to help you in some way?

2. What are five reasons you want to end your relationship with lust?

3. What was the date you wrote both letters? Thank you_____
Goodbye _____

4. What was the date you read these letters out loud or to another man?

# Lie
# #17

## not peRFect

Even though lust is a psychopathic liar inside of you, it can come across as compassionate when it comes to its own best interest. When you are trying to fight off lust, it will throw you a curve ball that seems compassionate such as, “You’re not perfect, it’s okay.” Actually this is you rationalizing, thinking differently than God.

You can even hear the sweetness in this and other rationalizations. That sweetness, much like a siren song, allows you permission to lust, to drink in the image of that woman, fill- ing you full with the unreal satisfaction lust brings. After all you’re not perfect.

We all know we aren’t perfect. Lust knows that as a man of God you can kick it and all of its rationalizations out of your life for good. 81 What lust doesn’t tell you is, that even though you aren’t perfect, you do have the authority to kick it out and win every single time. You even have the authority to battle on your brother’s behalf working together to pull lust out of his life forever.

When lust says you aren’t perfect, you are very close to a win. You can yell from your inner man like David did when facing Goliath. You don’t have to be perfect to beat lust. God is with you and lust will have no authority over your life. Lust won’t destroy you or those you love. You have the authority to tell it to leave RIGHT NOW. When it hears that, it must leave.

WoRk it Out
1. In the past, have you ever heard lust use the line, “you’re not perfect?”
2. What does being perfect have to do with winning the battle of lust?
3. How can you respond when lust tells you you’re not perfect?
4. How do you think you would feel if you could successfully respond to this lie over a pe 82 riod of time?

## tip #17 tRiggeRs

Most of you have had a pet, usually a dog, growing up. As a boy when you got a dog, what was one of the first things you wanted to do with it? Most boys wanted to train their dog to do tricks. Once you had your dog trained, you would show your friends and family how your dog is so intelligent and can do so many tricks.

Lust likes to train you to do tricks on command. The way this happens is to get you to focus, lust, fantasize, and ejaculate to the same image again and again. Lust is actively creating a trigger for you. When you see someone who has similar features or coloring, you will lust on demand.

Knowing your trigger can be extremely important to become lust-free. This training must  be broken first by not lusting, fantasizing or masturbating to these triggers. Secondly when you see a trigger of yours, you need to apply as many tips in this book to escape lusting after that.

The image or person at the moment isn't why you are lusting. It's your training that is bringing about this chemical and emotional response. Knowing your triggers can help you break this training and move into a lust-free life where you start seeing women as people rather than objects.

Walk to Freedom
1. Has lust trained you to respond to certain trigger types?
____ Yes ____ No

2. On a separate sheet of paper, describe the type or features you have been conditioned to in the past?

3. If any of these triggers are similar to people in your real world, who are you going to tell (another man)?

4. How regularly can you commit to be accountable for your triggers over the next ninety 

# Lie
# #18

## entitLement

Men work hard, that's what we do. We put in long hours, travel, get things done so we can move up and provide for the growing needs of our family. Working hard is truly a good thing.

You may have realized by now that lust will capitalize on your weaknesses and your strengths. The lie you tell yourself is, "because you have worked so hard, you're ENTITLED to…" This includes looking at images, lusting, porn, cheating, and the list goes on and on. Lust says you deserve what you are doing.

I love what Jesus said about a servant who worked in the fields all day and then came to fix his master's meal. Jesus says, "So you also, when you have done everything you were told to do, should say, we are unworthy servants, we  have only done our duty" (Luke 17: 10).

Working hard is what God wants us to do; there is no entitlement for servants of God. Lust lies and wants to steer your heart into entitlement so it can entice you away from humility and gratefulness to work hard.

WoRk it Out
1. As a man, do you feel you work hard? ____ Yes ____ No

2. Has lust ever lied to you that you are entitled to any thoughts or behaviors it would offer you?

____ Yes ____ No
3. What are some lines you can shout back at lust when it throws entitlement your way?
4. What day did you memorize the above statements?

# tip #18

## seeing heR as hoLy

Lust will try to convince you women are its, things, objects, something to be consumed, even just there for your pleasure. The truth is, women are holy. We talked about you being holy in an earlier tip, but we never really talked about women being holy. Women, no matter how they dress or even in their naked state, are made holy by a holy God.

Lust will lie to you, but when you start seeing all women as holy, you change the lens through which you view their bodies and personhood. Seeing a woman in the light of holiness gives you a permanent and reliable exit from any lie lust may give to you.

From this, you begin to view her with compassion and honor rather than consumptive feelings and attitudes of lust. This is your decision $_{87}$ to make. Is every woman holy? When you decide yes, you decide to view her as God's heart and nature views her. Any other decision is lust, dehumanizing a holy being into parts to justify temptation in your soul. When you see women as holy, you will really see how it affects your walk into a lust-free life.

Walk to FReedom
1. What are some of the lies lust has told you about women or images of women?
2. What's the truth about women from God's perspective?
3. What are your thoughts about all women being holy?
4. If you could see all women as holy, how would your life be different?

## Lie #19 not enough

Once you walk through the doors lust opens for you, you are introduced to a limitless supply of lust candy. You will see all kinds of fla- vors, colors, combinations, things you never dreamed of. You will meet women that say and do all kinds of sexual things 24 hours a day and ask for nothing in return.

Lying is a seduction that is occurring in your soul. You are being seduced into believing there is never enough. Sex must be different, exciting, loud, creative, or you simply "need" more to be even slightly happy. You are slowly buying the lie that no amount of lust will or can be enough for you.

The longer you stay in this lie, the hole in your life becomes bigger making you less able to enjoy spirit, soul and body sex with your  wife. You will be tempted to blame her (lust will encourage you,) but your hole is now a problem in your marriage. Lust pulls you away from your marriage by creating a hole in your soul, then tempts you to return to lust in order to not feel the hole any longer.

WoRk it Out

1. At what age do you remember first feeling lust pull you into more and feeling like it's not enough?

2. What impact has this lie had in your life?
3. Were you aware that you sacrificed your real sexual development when you visited lust? 4. What are your thoughts about this lie now?

## tip #19 FeeLings

All men have feelings. As a man, I know there isn't a place in our culture where we are taught to identify or communicate our feelings. We weren't taught at home, school, work or even church.

As adolescent males, we were pulsating with strong hormones and feelings, but we didn't know how to identify or process our feelings. When that happens, it was easier for us to medicate or try to escape from feeling those feelings. Lust, fantasy, pornography or sexual encounters provided us a way to escape or medicate those feelings for a short period of time.

The problem we face is that many of us have yet to learn to identify these feelings. In the appendix you will find a feelings list with guidelines. Randomly pick a feeling and fill in  the blanks of your present and past feelings. I recommend you write these down in a notebook to help you move through this tip.

It is possible to expedite your emotional development if you communicate these to your wife, girlfriend, or accountability partner. As you get better at identifying and communicating your feelings, you will no longer feel the need to escape or medicate these feelings with lust. You will be able to identify what you feel and not have the pressure to escape to lust. If you want more help with this, check out my book *Emotional Fitness*.

Walk to FReedom

1. Do you have experiences in your past where you were escaping, medicating or trying to process a feeling and instead chose some form of lust to help you with this?

____ Yes ____ No
2. Did you ever receive any emotional training in your life?

____ Yes ____ No
3. Do you think being intentional about identifying and communicating your feelings can help you live lust-free?

____ Yes ____ No
4. What is the date you are willing to start doing this?

# Lie #20

## they want to be Looked at

Lust will tell you that women want to be looked at. Lust tells you, “after all, look at the way they dress, the time they took to fix them- selves up?” Lust lies to us and argues that some women send off a lot of sexual energy and dress to get attention.

Those women are usually broken in some way. They may have been sexually abused, raped, neglected, are financially needy, have low selfesteem, or have a mental health disorder. They are hurt women. Looking at them as an object or thing reinforces their pain. Lusting doesn’t help them in any way.

Healthy women, which are the majority of women you see on a daily basis, tell me they feel slimed or creeped out when they are looked at lustfully. They know they are a person, not $_{95}$ an object and when they feel you objectifying them, it hurts them and it’s like they have to wipe your dirtiness off them.

Women don’t want to be lusted after, even broken women. At a deeper level, they want to be respected and valued as people. Lust makes you part of the problem, not part of the solution. Never believe this lie from lust. Treating women with respect and dignity makes you part of the solution.

WoRk it Out
1. In the past, did you have a time when you believed women wanted to be lusted after?

2. What are ideas you have that a woman may have experienced in her past to cause her to desire sexual attention from strangers?

3. How can you be part of the solution?

4. Are there women in your life you can practice with elevating them to dignity and respect when looking at them?

____ Yes ____ No

## tip #20 e-zones

In the book *101 Freedom Exercises For Sexual Addiction Recovery* (Discovery Press, 2009) I talk about the concept of E-Zones for men who struggle with sexual addiction. An E-Zone is an emotional zone, a strong feeling you have yet to master. Once you hit this feeling, you don't really know what to do so you regress into a previous pattern of lust.

As you practice the feelings exercise (from the previous tip) you will find some of those feel- ings are really strong for you to handle and will need specific plans for when you experience that particular feeling. Examples of common E-Zones that you may need to work through include: angry, rejected, disrespected, unwanted sexually, alone, bored, exhausted or excited.

Once you know what your E-Zones are, you will 97 want to be very specific on a plan to manage this feeling without any form of lust. Let's use the E-Zone example of bored. When I feel bored, I will, first, own that I feel bored and it's my responsibility to be creative to change this. Second, go to my list of things that need to be done and do one. Third, call a friend. Forth, ask for prayer. Finally, go exercise.

Put this plan in your phone or in your car so you can readily access it. When you own your own feelings and have several action steps you can take, you will be able to stay on the path of lust-free living.

Walk to FReedom

1. In the past, have you had strong feelings you medicated in the form of lust? ____ Yes ____ No
2. Below, write down a few feelings you think might be E-Zones.
3. On a separate sheet of paper or in your phone, write out a plan for each.

98

4. What was the date you told someone your plan?

# Lie #21

## taking oppoRtunity

One thing I have noticed about men is that they see windows of opportunity everywhere. They see them in business, getting praise or... lusting.

It's true that some women make it easier to objectify them in the way they dress. However, lust is always our choice and responsibility. Lust will highlight the fact that there's "opportunity."

Lust uses opportunity because men like opportunity. When men capitalize on opportunity in other areas of life, they feel a sense of accomplishment. When you follow the lies of lust, you will do something. This "something" will bring harm to you and later guilt and shame.
The real opportunity to be lust-free is to see the woman as a daughter of God. Begin to pray for her, yourself, your wife and kids. Make a call when lust highlights an opportunity and you will win. At that point you will have done something good, something that you won't later regret. You will feel the confidence that comes from accomplishment. All opportunities are times to live lust-free. It's your choice.

WoRk it Out
1. Has lust ever sold you the idea of opportunity?
____ Yes ____ No
2. What were some of the things lust told you were opportunities?

3. How can you turn each of these opportunities into ideas or behaviors that can help you be lust-free?

4. Who can you tell about these ideas?

# tip
# #21

## Love and Lust

We have all heard various phrases about opposites such as, “that’s like oil and water…” Lust and love are polar opposites much like oil and water. The origin of lust is our own self. Love on the other hand, not only comes from God, it is God.

When we lust we are moving in the opposite direction of God. We take a woman and reduce her to an image or an object. We depersonalize her for our consumption. A loving behavior is to expand her by seeing her as God’s child, a wife, mother, and friend. Love expands who she is. Lust reduces her.

You can always tell which direction you are going with a woman by how you are expanding or reducing her. You can always grade where you are with lust and love anytime by using this $_{101}$ guideline. Simply ask yourself if you are reducing or expanding her. Once you have your answer, you know whether or not you are living a lust-free lifestyle. Practice this when you are out or out and about publically. Becoming loving leads to becoming and staying lust-free your entire life.

Walk to FReedom
1. Can you relate to the idea that lust reduces women?
____ Yes ____ No
2. Give an example of thoughts that would include loving instead of lusting.
3. Give an example of thoughts that would be lusting and not loving.
4. How do you think you would feel if you could regularly love instead of lust?

## Lie #22 youRs

Going back to the Garden of Eden, we realize that lust can be very sneaky. Lust tells you every woman is potentially yours and because of that you are allowed to inspect and assess every woman you want. Lust makes you believe women in general are yours to do with as you please.

The truth is that only one woman is yours and that's your wife (or future wife). For most men, God has or will give you one woman as his inheritance. She is yours to bless, maintain, protect, and provide for. She is the jewel in your proverbial crown.

This truth means that no other woman, real or imagined, is yours. Other women are God's first and they were made for his glory regardless of whether they act in accordance with this truth.[103] In most cases, each woman will eventually become another man's wife. That woman is some other man's inheritance. She is not yours to objectify, lust after, or view her image for the purpose of lust. She is not yours to behold. Simply put, God has not given you permission to lust after another man's inheritance.

WoRk it Out

1. How have you been deceived into believing you were allowed to lust after women or their images?

2. Describe the definition of "others" regarding women.
3. Describe the definition of "yours" regarding a woman.
4. If you have a woman that is yours, write her first name here.

# tip
# #22

## CLockwise eyes

This will be one of the most practical tips in this book. For this tip, I want you to picture a clock. Practice picturing a clock in your mind and then averting your eyes to the exact opposite position on the clock. For example, picture the number 12, then avert your eyes clockwise to 6.

When a woman who may be a challenge to not lust after crosses your path, use this idea to avert your eyes. Find something at this new eye position to look at long enough to get your thoughts squared or have a new plan if she is in the same environment as you.

Having clockwise eyes can help you not engage someone until you can do it from a lust-free position. Clockwise eyes can become a reflex that helps you disengage from the battle of lust until you can pull some weapons from your arsenal to fight back.



Walk to FReedom
1. Do you think using clockwise eyes could be helpful?
____ Yes ____ No
2. Why?
3. In what environment would using clockwise eyes be helpful for you?
4. Who could you share your success with?

## Lie #23 contRoL

Lust has many friends and uses opportunities to introduce you to these friends on a fairly regular basis. One of these friends is the deception or illusion called control. Lust tells you, "It's okay to lust or view images, porn, and fantasize because after all, you can control how much, how long, even what behaviors you do."

Control is a lie on so many levels. Scripture tells us that lust is a seed (James 1:15). You can kill a seed by putting it in the light and not watering it, but you cannot stop a seed from growing. You can't sit on it, yell at it, or in any other way keep it from growing, once you've planted it.

Once you plant a lust seed and incubate it in your soul, you can't stop this seed from  growing into sin and death. Lust tells you you're in control in order for it to grow and get your life out of control.

You can't stop a weed or a tree from growing. You can kill it, or chop it down, but you can't keep it from growing. Never believe the lie that somehow you are in control of lust. This lie will keep you sick and get you sicker than you can ever imagine. If lust says you can control it, stop the thought and engage in the tips in this book to destroy it before it takes root. You cannot control lust if you feed it. However you can destroy lust by starving it.

WoRk it Out
1. Was there a time in your life when you believed you could control lust?
2. How has control convinced you to lust?
3. What might happen if you killed the seed of lust?

## tip #23 HALt-b

There are some things that can make you more vulnerable to the enticement of lust. When you know these vulnerabilities, you can see red flags before you go off the path of lust-free living.

Here are a few vulnerabilities that you may find helpful to recognize. Hungry is a big one for most men. When you get overly hungry it can become a way of weakening your resistance. Angry is a vulnerability that by allowing yourself to get and stay angry leads to becoming irrational and lust will begin to make sense to you. Lonely is a third classic vulnerability. Feeling lonely can seriously make you want the company of lust. Tired is another vulnerability many men face. Staying tired can make you want to medicate or energize yourself with lust.[109] Busy is the final vulnerability. Being busy for a prolonged basis can easily bring out hungry, angry, lonely, or tired. Be very careful if you see sustained busyness. Knowing the acronym HALT-B can give you a quick system check on yourself as a measure of vulnerability.

Walk to FReedom
1. In the past, which of these vulnerabilities have led you into lust?

2. In the past, how would you rank the vulnerabilities you struggle with the most to least?

___Hungry ___Angry ___Lonely ___Tired ___Busy
3. Taking the top two vulnerabilities, make a plan to identify and manage them.
4. Who can you talk to about your plans to help you with HALT-B?

# Lie #24

## poweRFuL vs.poweRLess

Men are prone to the idea of "I am powerful." Lust loves when a man believes he is powerful. Lust lets you believe you are the master as it grows within you. Lust lets you think you control where, when, how long, with who, and how far lust will go.

It's the same concept of a man walking into a dark alley alone thinking he could "take" the guys circling him for his wallet. He gets beat up pretty badly. Had he believed he was powerless, he would have not walked into the alley, and saw this challenge for what it truly was and that he couldn't win.

You have no power to entertain lust, without consequence, once it has been rooted and watered into your soul. Lust can drive you into more time, behaviors and take you past $_{111}$ previous held plumb lines. When you accept that you are powerless to entertain lust, you recognize that you can't play, talk to, flirt with or think you can have just a little. You are free from lust's lies and its potential damage in your life.

When you accept you're powerless to entertain lust, you accept you can't win, so you don't play with lust. This simple powerful truth has rescued men from so much trouble because they realize, if you don't plant a seed you don't get a harvest.

WoRk it Out
1. Have you believed that you were powerful over lust in the past?
___ Yes ____ No
2. What are your thoughts about being absolutely powerless over entertaining lust?
3. What behaviors would support a man who thinks he is powerful over lust?
4. What behaviors would support a man who thinks he is powerless over lust?

# tip #24

## WaLk in the spiRit

Scripture tells us to walk in the Spirit and we won't satisfy the desires of the flesh (Gala- tians 5:16). The scripture continues to list the behaviors of sinful nature and inappropriate sexuality is definitely a frontrunner.

You may be asking, how do I walk in the Spirit? You may have images of deep prayer, fasting, and memorizing scripture. While those are all fantastic spiritual disciplines, I would rather give you the tip Paul used in 1 Corinthians 13 about love.

Walking in love is walking in the Spirit. If you love God and bring Him into a potential lust situation, it will decrease. If you love your wife, children, parents, pastor, and church members, your lust will decrease. Even if you just loved the woman you want to lust after and  put her needs first to be holy, human and real, your lust would decrease.

Love is walking in the Spirit. Lust needs selfishness for fuel. When you walk in the Spirit, lust's fuel supply is dried up. Say goodbye to lust when you start walking in love.

Walk to FReedom

1. Before reading this, when you hear about walking in the Spirit, what images came up for you?

2. In your own words, write out the essence of this tip.
3. How can you make this practical?
4. After you practice this tip a few times, write down your experiences.

# Lie
# #25

## democRacy

I love living in a free society. Democracy is where people's ideas can be expressed and voted into law. Lust will capitalize on this belief by convincing you that your sexuality is a democracy. Lust will tell you that you get to vote or decide if you want to lust by whispering, "After all, you are the boss and you can do what you want."

Jesus came to deliver us from "what we want." He established a kingdom where He is the king and you and I are merely a subject, a servant who He desires to call friend.

Lust is prohibited to us. Simply put, you and I, by decree of the king, are not allowed to lust. Both the law and the Spirit of the law tell us we are prohibited to lust. You don't get to vote on this option. Your voting rights [115] are gone when you accepted Christ as your Lord. Tell lust it will have to talk to Jesus in order for you to have permission to spend time with it. Lust already knows Jesus will say no, so follow His example as a subject in the kingdom.

WoRk it Out
1. In the past, has lust deceived you into the belief that you get to vote on lusting? ____ Yes ____ No
2. What do you think about the deception that you get to vote or choose to lust?
3. What feelings do you have in accepting you have no right to lust?
4. On what day did you fully accepted that you have no right to lust?

# tip #25

## Not my inheRitance

This tip has helped me personally in breaking free from lust's deception. I believe God gives us each our own inheritance. Nobody can have or take my inheritance and my inheritance includes many different things. One part that is my inheritance alone is my precious wife, Lisa.

Your wife is your only sexual inheritance from God. The other women, images, fantasies are not your God given inheritance. When you face a situation to lust, you can simply state, "not my inheritance" in your mind.

The woman you are looking at is not yours in any way, shape or form. You can't make a covenant of love to her. In no way can you create a scenario that she's your inheritance. Accepting your inheritance fully allows you to  reject someone else's inheritance.

That woman is not your inheritance, she is someone else's. Whoever he is, he is trusted to protect and not consume his inheritance much like you hope the men in your wife's and daughter's world are honoring your inheritance. So honor their inheritance by simply stating in your mind or even out loud, "not my inheritance."

Walk to FReedom
1. Have you ever applied the concept of "inheritance" to your lust battles in the past?
2. List the various aspects of your inheritance from God.
3. How would you like other men to treat your wife and daughter (present or future)?
4. How can you start to treat other men's inheritance?

# Lie #26

## my wiFe is not enough

Lust hates your wife or future wife. Lust will flat out lie and create multiple deceptions about her. Lust will have you focus on every flaw of hers, even if it's the only one she has and take you to a place in your mind and heart that your wife is not enough in some way.

Once you are deceived into thinking she is not enough, you can feel entitled to lust be it viewing pornography, masturbating, and flirting with other women who have the magical "enough" in them.

The truth is all women are flawed (and so are you). Marriage involves three people: God, man and woman. She was never created to meet all of your needs. Often when a man is deceived into believing lies about his wife, I'll ask a few questions: How regularly do you pray [119] with your wife? How often do you share your feelings? How often do you take her on dates?

The answer is almost always some version of not much or not at all. When you are spiritually and emotionally nurturing her, giving her the basic need of alone time, she can be more of who she is created to be.

Your wife is enough. How you maintain her on a daily basis is what you want to stay attentive about. When lust comes to tell you your wife isn't enough, fight back with the fact that God picked her and she's more than enough for you. Be privileged to be her husband and you'll not allow lust to talk to you about your wife.

WoRk it Out
1. Has lust in the past lied to you about your wife?
____ Yes ____ No

2. What are lust's top 4 allegations/criticisms of your wife and how can you rebuke these false allegations?

3. How are you doing in the basic maintenance of your wife (score 1-10, 1 being low)? ___ Sharing feelings with her
___ Praying with her
___ Taking her on dates

4. How many people are in your marriage?

# tip #26

## attitude oF gRatitude

This tip will help you combat the lie that your wife isn't enough. When the enemy and lust wants to talk about your wife, it's important to have a tried and true method to defeat this attack.

Lust wants you to focus on your wife's flaws. What you want to focus on is her awesomeness and the strengths she has. She is a uniquely designed woman of God and created just for you. You know her more intimately than anyone and would be the best person to highlight her strengths.

Literally make a list of 5 to 10 things you absolutely love about your wife. For single guys, list 5 features in a woman of God. She is an amazing person - spiritually, intellectually, emotionally, physically.[123] Place these on a note in your wallet or in your phone. Anytime you hear her being criticized in your mind, pull out your list and say these strengths out loud. You can start thanking God for these strengths in your wife. God loves hearing appreciation for the gift he has given you so freely.

When you speak these out loud or thank God for your wife's strengths, lust's lies appear to be petty and weak and you stay in an attitude of gratitude towards the woman you really love.

Walk to FReedom

1. Do you think having a list of 5-10 things you really appreciate about your wife could help you against lust?

___ Yes ____ No
2. Where would the most accessible place be for you to keep this list?
3. Briefly list the 5-10 strengths of your wife.
4. What was the date you memorized this list? [124]

# Lie #27

## it's not aduLteRY

The lust inside of you will try to come at you in a legalistic manner and suggest, "Well, you're not committing adultery, you're not actually even touching them…" Most of you have heard this insidious lie granting you permission to lust more, planting more seeds. You begin lusting longer, allowing those seeds to grow and ultimately establish sexual strongholds in your thoughts, beliefs or behaviors.

Jesus regularly taught about the law of the seed through praying, giving, or lusting. The ongoing lust of a woman or women in general has the DNA of unfaithfulness. The moment you break away from your covenant of forsaking all others, you create lustful, sexual interactions with this woman - real, imagined or fantasy. You begin to attach to her in an inappropriate manner. If you masturbate to this image, you [125] have sexually reinforced behavior to this person, image or fantasy in your mind and heart.

Lusting is being unfaithful to God, your wife and to yourself. The DNA of unfaithfulness and lust is sin and death (James 1:15). If you know a seed is a weed, why would you call it anything other than a weed? Why would you intentionally plant a weed in your mind, heart and sexuality that is guaranteed to hurt you in so many ways? Lust, in its core, carries the DNA of adultery from start to finish. So don't be lied to that planting an apple seed isn't planting an apple.

WoRk it Out

1. Was there a time that you were deceived by lust that your behavior was not technically adultery?

2. What are your thoughts about lust being adultery?
3. What do you believe are your wife's thoughts about lust and adultery?
4. What do you believe are Gods' thoughts on lust and adultery? [126]

## tip #27 How FaR?

The lust inside of you likes to talk only about you. This tactic allows lust to minimize the risk of exposure or any serious questioning. Here's the question this tip is going to address. How far?

How much lust do you want your wife or future wife to have about other men? Is she allowed to lust about what a better husband, provider, or father a different man would be than you are? How many minutes a day is she allowed to fantasize romantically or sexually. What if she thought about how many other men would be better in bed than you? How far and how often can she look at naked men or other couples having sex and imagine that's better than you are in bed? Is she allowed to flirt with other men, be sexually suggestive, tease them? Can she go even further?[127] By now you are probably slightly indignant. What kind of idiot would give his wife permission to do that all day or night and claim she's a good Christian wife? So what about you? How far is too far where you can still claim to be a great Christian man, husband and father? If you never established boundaries for lust, then lust will take your life over. So the question is, "would I want my wife to do this?" If the answer is no, do the tips necessary to stop lust and put it out of your life, and marriage or future.

Walk to FReedom

1. Have you ever thought about how far into lust you would like your wife or future wife to go?

____ Yes ____ No
2. So where would you like her to draw the line?
3. Where do you want to draw the line for lust? 4. What are your thoughts about this tip?

# Lie
# #28

## my chiLdRen

Lust is deceiving. It deceives you that you aren't hurting your children when you lust. That concept is a lie.

I remember receiving an email from a woman in Africa who shared that her husband was a massive cheater and now her daughter is going down the road of multiple affairs. She asked me the question, why? I had to tell her to read Hosea Chapter 4 where it explains clearly that when men follow after lust and those behaviors, it affects their children.

When I wrote the book *Beyond the Bedroom: Healing for Adult Children of Sex Addicts* (HCI, 2005) I did research on the impact sexual addiction had on children of men who struggled. The research uncovered 81% have self-esteem issues, 79% were impacted spiritually, 70% [129] emotionally, 71% in their dating lives, 69% in their marriages, 64% in their romantic relationships. If you believe the lie that lust doesn't affect your children, here's the proof, that it does.

Remember what a man protects, he loves. Lust wants you to protect it and its secrets, make lust sacred and keep it safe as it places its pain and tentacles into your children. Lust hates your family and tries to keep you from realizing the damage it can do to them. When you live a lust-free life you are doing the most to protect those you truly love.

WoRk it Out

1. What, if any, impact did you think lust would have on your children or future children?

2. What do you think about Hosea Chapter 4?
3. What do you think about the statistics you just read?
4. What would it mean for you to protect your family?

# tip
# #28

## taLk about it

Every man I have ever met has had one of those days when several things didn't go the way they expected. I know you have had them too. You didn't get the job, the promotion, got stuck in traffic, your wife yelled at you, even your dog ignored you. Bad days happen to all of us.

When you have a day like this, you need to have a friend and a plan. You need to talk about it. You need to get it out in the open about how unfair your situation is to someone. Then have a plan of some physical activity to give your body some positive chemicals. Being heard and getting some energy released won't change your circumstances, but it can certainly change your mindset.

If you don't have a plan, lust has a plan for you especially on these rough days. Lust will [131] send you on a goose chase to find someone to look at or to have someone look at you. Lust will show you an opportunity to get you to view images or even act out in worse behaviors. Lust's voice will feel familiar with the promise of feeling better afterwards. Lust loves to talk to vulnerable men.

So when you have bad days, have a plan to talk to someone and get a physical release. Talking to God and your wife (if you're married) can be a great part of that plan. Being proactive can help you in the battle of lust. Being reactive can lead you back into lust and give you false comfort. So plan ahead and stay lust-free.

Walk to FReedom
1. Take a minute and describe a bad day you have had in the past year.
2. On this bad day, what were some of the stronger feelings you had?
3. Who would be the person(s) you need to talk to on a bad day?
4. What is a physical release of energy you can do on very little notice? [132]

# Lie
# #29

## Am i addicted?

This is a dirty secret lust doesn't want you to know. Lust will lead you to believe there is no consequence to spending time hours, days, years of your life with it. I have counseled men for more than twenty years treating sexual addiction. All sexual addictions are rooted and maintained by lust.

Lust can take you down a path of addiction. You're still responsible for every look or fantasy, but it's good to know if you cross the line. Below are some criteria of sexual addiction. Check "Yes" or "No" as it relates to lust and sexually inappropriate images/behaviors.

Made an effort to stop and failed
____ Yes ____ No
Made promises to stop to self or others and failed

____ Yes ____ No
Had consequences for your behavior ____ Yes ____ No
Kept doing behaviors after consequences ____ Yes ____ No
Took more and more to get same results ____ Yes ____ No
Doing more of a behavior ____ Yes ____ No
Tolerance toward a behavior increasing the need for more or different
____ Yes ____ No
Less time for other people or events ____ Yes ____ No
Feeling down if you can't access your behavior
____ Yes ____ No

If you answered yes to three or more, you may already be addicted. If so, you need to get 134 more information, I suggest the book *The Final* *Freedom* (Discovery Press, 2013), *101 Freedom Exercises* (Discovery Press, 2009) as well as getting connected with a support group to help you get and stay lust-free.

Work it out

1. What are your thoughts of Christen men becoming addicted to lust and other inappropriate behaviors?

2. Even if someone has an addiction, are they 100% responsible for their choices? ____ Yes ____ No
3. What did you learn about taking this addiction test for yourself?

4. If you got 3 or more yes answers, are you willing to take more actions to be lustfree?

____ Yes ____ No

## tip #29 avoiding

Some men are really good at dealing with conflict, especially at work. However, at home, with your wife or girlfriend, you have had some of your more serious, volatile and expressive conflicts of your life.

In the middle of a fight, some men move to - ward their spouse and ask what she's feeling, validate her feelings, ask her what she needs and make the conflict about understanding her. Some men make the conflict all about themselves and being understood (that usually makes the conflict worse). Others avoid the conflict all together.

Avoiding conflict of this nature will not only strain the relationship, it opens up lust as an alternative. Lust never argues with you, exposes your weaknesses, questions your deci$_{137}$ sions, judgment or common sense. When you avoid conflict with your spouse, you take this pain inside of yourself.

Pain will want to be medicated. If lust has been your medicine, then lust will be pounding at your heart's door to be let in once again. If you have a cycle of avoiding and medicating with lust, breaking this pattern by getting better at conflict can help you stay lust-free. If you avoid conflict I would buff up on this area so you can live lust-free for a lifetime.

Walk to FReedom

1. When conflict occurs, which are you more prone to do?
__ Avoid
__ Make it about you
__ Try to understand and validate her

2. In the past with your wife or girlfriend, do you have a pattern of avoiding conflict? ____ Yes ____ No
3. Is there a pattern of avoiding conflict with your wife or girlfriend over many years? ____ Yes ____ No



4. If you avoid conflict how do you plan to attack this lack of skill?

# Lie
# #30

## ouR thoughts

Lust wants you to believe a very simple lie. If you believe this lie, it's like the fertilizer to lust's plan to trap you in its grip for endless demands. The lie is simple, "Your thoughts are your domain."

You're allowed to think what you want, how you want and about anyone you want. Fantasy is alright as long as you keep it only in your mind and of course, nobody will ever know your thoughts.

God knows our thoughts. He not only knows them, I think he ultimately evaluates these thoughts. If you think your thoughts are your domain and God can't see, hear, or judge them, you will be tempted to keep lust in your life as much as you want.
You can see how sneaky this little lie is. Unchecked, it can create havoc in your heart and life, and give lust time to mature to sin and death. If you believe God knows your thoughts, and you truly fear God and rebuke these ungodly lust thoughts, they can't grow, can't get a hold of you and you'll repent. This devastates lust's plans all together. Believe the truth that God knows your thoughts and make Him proud.

WoRk it Out
1. In the past, did you believe the lie that your thoughts were your private domain?
2. What do you think about God knowing your thoughts?
3. What would lust-free thoughts be when you see a woman?
4. How can you apply this perspective in your battle against lust?

# tip
# #30

## pRotected

Men were created to protect. We were created to stand against one thing and to stand for something. When you are in a protecting posture there are behaviors that support this.

In battle you put on your gear, carry your weapons, fight the enemy and capture to protect freedom. If you were to look solely at your behavior, would it show you are protecting lust (lying about your behaviors, keeping it hidden, having secret passwords, codes, hiding places, having special times to lust) or would you be protecting yourself and your family?

Behaviors of protecting you and your family would be: honesty about lusting, accountability practices, no secret passwords, codes, cell phones, e-mail address, Facebook profiles, hav- ing a porn blocker on your computer, phone and  tablet. As a protector, you can look at your own behaviors to see who is being protected more. Of course, who or what you love you protect more. So take a moment and honestly assess who gets more of your protection - lust or those you love?

Once you know what you really are protecting, you can make necessary changes to start protecting those you love rather than lust.

Walk to FReedom
1. In the past, did you protect lust? ____ Yes ____ No
2. In the past, describe some of the ways you protected lust.
3. Today, who gets more of your protection?
4. What are some things you are doing or need to do to protect yourself from lust?

# Lie #31

## We’Re Not Going AnywheRe

Imagine driving in a car with someone and just driving day after day, week after week, for many years without asking or being told where you are going. Many men do the exact same thing with lust. They get in the car and never ask the destination. They believe the patronizing lie, “It’s okay honey, we’re not going anywhere.”

If you are one of the men that believe this lie, you are disillusioned. Lust has a roadmap of robbing from you, stealing your time, energy, spiritual discernment, limiting your impact and destroying your life. Lust may let you feel that you’re driving, but lust is really in control.

Lust leads you down a long road. The first place lust leads you is sin. This is where you $_{143}$ get to actually do some of the things you have fantasized about, thinking nobody will know and you won’t get caught. The second place is death. This is where you pay for the previous sin with guilt, shame and consequences. The last place lust leads you is to God’s judgment of your life, time, energy and resources. Lust knows where to take you. It’s time for you to realize the journey and stop believing the lies lust continues to tell you.

WoRk it Out

1. Prior to reading this lie, have you ever had time to think through where lust was taking you?

____ Yes ____ No
2. If you answered “No,” write out what you think about this concept.
3. Where would lust like to take you? 4. How can you get out of the cycle with lust?

## Tip #31 WeLL Done

When you hear the words "well done," what is the first thing that pops into your head? This tip is about the "well done" every believer wants to hear at the end of their life.

Lust also has the same goal. Lust wants to hear well done for bringing you to your knees. Lust longs for the day when your life is being reviewed. Lust loves when its character is on the screen of your soul's movie. Lust loves to watch your soul slavishly obey and delights in watching you lust after women, become sexually inappropriate, fornicate or commit adultery. Lust loves to see its influence on a man's life and to hear the words well done.

You long in your spirit to hear Jesus tell you "well done." You long to see Jesus as a real person directing and blessing your life. You  want to feel his pride for you.
Living a lust-free life, destroying lust both now and in the future can help you move towards hearing Jesus say, "Well done."

Walk to FReedom
1. Before reading this did you know lust has a longing for "well done"?
____ Yes ____ No
2. What behaviors would you have to continue for lust to be told "well done"?

3. What behaviors do you need to stop and which do you need to have in place so that you can hear "well done" for overcoming lust?

4. Write down who would get "well done" spoken to them (you or lust) and why if you died today?

# Lie #32

## It s NatuRaL'

Lust can come across as one of the pot-smoking hippies from the sixties. "It's natural to smoke, because it's natural, man." Of course, you will dismiss this philosophy pretty quickly due to the impoverished life this hippie may be living.

The lie lust tells you is very similar, "Lust is natural. Everyone does it. God made her beautiful to look at." Lust of the eyes is natural, however, nowhere in scripture is it commanded for us to be natural. We are commanded to not be like the world in all areas of our lives. We are commissioned to love and walk in the Spirit. We are told to grow our spiritual man and resist the flesh.

Nothing in the Bible says, "go for the natural." Lust appeals to the lower nature because  it's the only place of darkness lust can live. In that dark place, lust spreads the seeds capable of future destruction. If you believe "it's natural" to lust, lust will get little resistance as it creeps into your life creating stronghold after stronghold.

You are a spirit being in a body. You are a blood bought spiritual man; you never have to aim for or accept being natural in any area of your life.

WoRk it Out
1. Has lust sold you that it is natural? ____ Yes ____ No
2. If yes, how did you explain that lust was natural in your mind?
3. Where does following the urges of the natural man lead you?
4. Where does living a spirit led life lead you?

# tip #32

## what about the body?

Lust has an odd silence about the impact it makes on your body. You believe it just feels good. But lust knows when you use it. When lust moves into masturbation, the endorphins and enkephalins that flow through your brain literally connect you to and make you long for that image, fantasy or person again and again. Your body gets trained by lust to connect to a certain stimulus of a certain type. This action is called positive reinforcement. The body craves the chemical hit through what lust offers. It can get so severe that you prefer masturbation, pornography, and fantasy over relational sex with your wife.

God gives us the truth in I Corinthians 6:18, "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own [149] body." If lust isn't corrected, the positive reinforcement can get stronger and stronger leading you into sexual addiction and intimacy anorexia issues.

Your sexual body is an amazing gift. If you allow lust to maintain this gift it will lead you to bad places you wouldn't normally consider. Living a lust-free life allows your body to be restored to the positive sexuality God gave you at birth.

Walk to FReedom
1. Did you know the impact lustful behavior had on your body before reading this? ____ Yes ____ No
2. What do you think about the role of training your body under lust's influence?
3. What tips have you read so far that can help you with this training?
4. What impacts have you felt from lust training your body?

## Lie #33 i'm Nice

Lust wants you to believe that it is there for you and has your back. Lust is your comfort when you have a hard day at work, a fight with your boss or wife, or even when you're stuck in traffic.

Lust is there to tell you how wanted, desired and loved you are. Lust will worship you for as long as it takes you to disconnect or feel better. Lust wears the disguise very well of being a nice person.

The truth about lust is that it's a predator. Every time lust senses weakness in you, or your ego gets bruised, disappointed, frustrated, or overwhelmed, lust moves in to perpetrate you. Lust intentionally leaves you feeling more and more empty, stuck, guilty and ashamed. Lust acts like a predator that waits until it comes  across a weak victim to attack.

Lust knows its voice is not nice so it cloaks itself in niceness. The intention is to capitalize on your weak moments for the express purpose of creating weakness in your life. That's what perpetrators do. Believe the truth the next time lust tries to tell you how nice it is. Simply tell lust it's lying and that you'll take your weakness to Jesus where you will always become stronger.

WoRk it Out
1. In the past, have you been led to believe that lust was being nice to you?
____ Yes ____ No
2. What did you believe lust was doing for you that was so nice?
3. What's the truth about what lust was really trying to do for you?
4. Describe the personality of lust.

## tip #33 FeaR god

Lust's natural enemy is the fear of the Lord. This is a very practical tip, not one full of religious doctrine. Contemporary Christianity has forsaken the whole idea of fearing God, embracing only God's love for us.

If you had a father who was a manly man raise you, he was there to help you stay out of trouble. If you feared your father, you had respect for your father, understood his values and knew the consequences. My son knows I love him and I tell him and demonstrate that to him daily. He also knows my value of respecting women, especially his mother. He knows disrespecting women would be immediately painful. He has a healthy respect and fear of dad.

Respecting our father's value of women is really helpful to walking lust-free. I know God  loves me, but I also know he hates lust. He knows the pain it causes inside and the damage it does to those around you. Honor your father and fear him in order to maintain a lust-free life. Having his values and value of women in our hearts is an antidote to lust.

Walk to FReedom

1. When you hear the phrase "fear of the Lord" what thoughts or images come to mind?

2. In your mind, what would it look like for you to have a proper fear of the Lord re- garding lust?

3. Why do you think God hates lust and commands us not to lust?

4. What changes would you need to make in attitudes, thoughts, beliefs or behaviors to feel like you adequately fear God regarding lusting?

# Lie
# #34

## this is good

Nobody can give you the bold faced lies that lust feeds you except for the devil. “This is good,” is another one of those lies. Lust tells you it’s good to escape, drink a little, kick up your feet, get relaxed, masturbate, text, email, or go online with a woman who’s not your wife.

Lust loves for you to believe that lust is good for you. As long as lust is good for you, you won’t fight lust’s ever growing expansion into your life. You won’t expose your secret times with lust, nor will you challenge lust when it takes you to the next level of lustful thoughts and behaviors. After all, if a little is good, more is even better.

The truth about lust is, it hates you. Lust knows it is not good for you. Lust knows it  is causing self-rejection, distance with your spouse, friends and children. Lust knows every drink you take of it sucks the life out of you. But lust has you believing it is medicine instead of poison.

God is good. Loving people without lusting, living a lust-free life, being an awesome dad, awesome husband, a great man of God, servant in the local church, is all good. Lust is evil. The next time it tries to sell you that lust is good for you, you need to have your responses ready to defeat the lie.

WoRk it Out
1. Has lust tried to tell you it was good for you?
____ Yes ____ No
2. If yes, how did lust sell you on being good for you?
3. Why is lust evil?
4. What will you tell lust if it tries this lie on you?

# tip
# #34

## not eteRnaL

Lust has been around since the Garden of Eden. Remember that lust is simply thinking and believing differently than God about a woman. Lust also wants you to believe it will always exist. Lust is like a parasite. Lust came to the earth when Lucifer was kicked out of Heaven and exists on earth only if it has a human host. Lust is limited to time.

You will live eternally with the Father. You were designed by the Holy Spirit to live lustfree forever. You will live eternally in heaven, among all of God's perfection and never lust. You will see the creator in women, honor and respect them. You will walk and live free from even a memory of lust. Most of your existence will be lust-free. It's glorious to think that lust-free living is your inheritance and mine.[157] You can experience heaven's lifestyle today. Grasp the concept of eternally living lustfree. Today, practice your blood bought right to be free.

Walk to FReedom
1. Have you ever thought about lust's limitations to time?
____ Yes ____ No
2. How do you feel about being a host of some thing that will not exist in the future?
3. How do you feel about being lust-free eternally?
4. What can you do today to experience a lustfree day?

# Lie
# #35

## oppoRtunity

Lust is an opportunist. Another lie that lust leads you to believe is that you are to take advantage of every opportunity to lust. Lust likes to convince you to stroll through an area to look for women, images or allow fantasy because you have an opportunity.

Lust tells you the lie that opportunity is for you. Lust tells you that you will feel better, wanted, relaxed, and powerful. In reality, you are being injected with a disease that will slowly kill you and drain you of your energy, creativity, time, productivity and even your sexuality.

Lust wants you to participate in the lie of opportunity so it can continue to infect you. When lust tells you nobody's looking, it wants you to look at the opportunity. Most guys like $_{159}$ legitimate opportunities, but these are not legitimate.

Your true opportunity is to slap lust into reality and refuse to objectify women. Instead pray for her, or just move on into your inheritance. The real opportunity for you today is to have another lust-free day paid for by the blood of Jesus.

WoRk it Out
1. Has lust sold you on the lie of opportunity? ____ Yes ____ No
2. What is lust's real agenda for you when the lie of opportunity is presented?
3. How do you feel after you give into lust's opportunities?
4. How do you feel when you say no to lust's opportunities?

## tip #35 the Right

In western culture we have a real commitment to our rights. We want to express our right to do good, evil, or just be ourselves. Lust says that you have the right to lust, but I want to give you a tip on this.

You have the "right" never to lust. You have the right to a lust-free lifestyle every day you live. The right was paid for by Jesus. He died to give you the right to be free. His blood paid in full by the Father to allow you to be free.

You are not a slave to lust. Lust is your enemy and must flee from you when you exercise your right to be free. Lust will fight and try to convince you of many different beliefs so that you allow it to stay. The truth is you have the right to see all women as sisters.[161] You have the right to be pure in heart toward every woman, regardless of how they think about themselves.

You have a right to be lust-free. Today I hope you are militant to maintain your right to be lust-free all day!

Walk to FReedom
1. What does it mean "you to have a right to something"?
2. What does it mean to you that Jesus paid for your right to be lust-free?
3. How do you feel when you have your rights taken from you?
4. How would you feel if you were able to protect your right to be lust-free all day?

# Lie
# #36

## Not staying

Another common lie lust uses are the voices in your head that tell you, “I’m just visiting, I’m not staying.” Lust leads you to believe this little escape you’re having with it is just a visit.

Lust leads you to believe that its just dropping by. Interestingly, rarely does a man ever question this lie. He fails to think about how lust reappears in his life instantly as if it left and came back. Lust is lying to you, the intention of lust is to stay for as long and as often as it can.

Have you ever thought about the visits lust makes in your life? Think about how the visits become closer and closer and longer and longer the more involved you are with lust. Now you are making more and more time to hang out with  lust.

Lust strategizes to stay permanently in your life. There is an old Chinese proverb that says, “First a man takes a drink, then a drink takes a drink, then the drink takes the man.” This proverb explains completely the true agenda of lust. Lust starts with a drink, and then it can become your life.

WoRk it Out

1. Were you ever led to believe that lust was just visiting?
____ Yes ____ No
2. When you believed these were visits, how did you believe they were harmless?
3. Have you ever felt lust pull you instead of you directing it?
____ Yes ____ No
4. What are your thoughts on the Chinese proverb as it relates to lust?

# tip
# #36

## Media budget

Life is filled with limitations. In order to manage these limitations, many of us budget ourselves to be successful. If you want to be financially successful, its best if you have a budget to help you identify what you have to do, spend, save in order to reach future goals. If you want to be great at marriage, you need to budget your time in order to give the relationship what it needs to flourish. If you plan to be successful in a lust-free lifestyle, you may want to strongly consider starting a media budget.

A media budget is a predetermination of what forms of media are acceptable in your life. You may consider movie ratings, porn blocker levels, whether to have Internet access on your phone, magazines, television, computer or video games. Your budget must have more $_{165}$ principles than just "I like that." Actually take a look at all the different media outlets you use and decide how much time you are willing to use to be entertained by them in total and individually.

Now you have a media budget. You know if you are going to view inappropriate images and attitudes and how long you are going to spend entertaining these thoughts. You decide what your budget is for media outlets and review them regularly with an accountability person.

Walk to FReedom
1. Have you ever budgeted an area of your life? ____ Yes ____ No
2. If yes, give an example of what and how you budgeted?

3. What is going to be your media budget ideas in the below categories:
Internet
Phone
Magazines
Television
Movies
4. How much time are you dedicating to be entertained?

Daily basis _____ hours
Weekly basis _____ hours
Multiply total weekly hours by 52 for yearly time absorbed in entertainment:
52 X ____ total hours _____

## Lie #37 nice guy

Lust really likes you a lot. Lust likes you so much that it tells you, "You're a nice guy." Lust knows exactly what you need to hear, and many men need to hear that they are a nice guy. Lust has you act out with it, all the while telling you how nice of a guy you are. Lust reminds you how hard you work, how you care about your children, dog, wife, and that you're a good friend too. All the nice guy talk a man would ever want to hear.

What you don't realize is that this is a tactical diversion into other areas of your life keeping you from seeing the very simple truth, lust is not nice. It's not nice to degrade a woman to one dimension of her body, to see her as a sexual object for your entertainment, to view images of women who are enslaved, drugged or damaged just to provide you with [169] entertainment. Lust won't tell you the longer you hang out with it, the less spiritual and emotionally mature you will be. Lust also keeps from you the guilt and shame you will feel and how angry you will get with yourself. In the end, lust makes you more selfish.

Lust is not nice, in any way, shape or form. Continuing to lust, while knowing its impact on you and others, will lessen your ability to become lust-free. If you truly want to be more yourself, you have to stop believing the lie that lust makes you the nice guy. Lust knows the longer it seduces you the less likely you are actually going to stay a nice guy.

WoRk it Out

1. Has lust ever redirected you to focus on your "nice" qualities?
____ Yes ____ No

2. What would lust focus on to convince you that you're nice?
3. In your own words, write down why lust is not nice.
[170]
4. How do you think you would feel about yourself if you could kill lust?

# tip
# #37

## get angRy

In my office, I have had to encourage people to get angry. People usually have to get angry at their dysfunctional parents or perpetrators. I have them write an anger letter and hit a block to release all this rage.

Lust perpetrates all your life: your spirit, soul and body. Lust has evaporated months of your life, separated you in your relationship with God, your wife, and family members. Lust has lowered your self-esteem and probably impacted you financially.

Even when I explain this concept, many men are very passive about this destruction. Rarely do I see men get angry at lust like they would an intruder in their home. It's healthy to get angry at lust. It's healthy to extract the entity set at destroying you, even though

in the past you have celebrated it. Now that you know lust is the enemy, it's time for you to get angry.

Walk to FReedom
1. Have you ever gotten mad at lust? ____ Yes ____ No
2. What are your thoughts about your answer?
3. If you were to get mad at lust, why would you be mad?
4. Can you give yourself an appropriate time and place to express this anger?
____ Yes ____ No

# Lie
# #38

## Lust is a Lady

Lust likes to be seen as a lady (although lust is really you thinking differently than God). A lady that always loves and respects you, a lady that lets you use her so many times over the years, on so many of your lustful or sexual fantasies. Lust wants you to think that if you just say the word, it will follow your command.

When you tell lust, as a lady, to leave, you will see quite quickly what kind of lady it is. This is where the lady becomes psychopathic. Lust won't care about what you think or feel, it still wants to use you no matter the cost. Lust has no empathy and will break any moral law you throw at it to maintain its grip.

When you are brave enough to ask lust to leave, it behaves like a child. It may cry, promise to be good, tell you it won't let you go

further than you both agree, negotiate any deal in order to convince you it needs to stay.

Lust will try to negotiate for anything less than total annihilation. It can work its spell of patience and future compromise back to a more prominent place in your life. Never believe the lie that lust is in anyway a lady or will submit to your wish for it to leave your life. If lust ever presents itself as a lady, it is lying to you.

WoRk it Out
1. Has lust lead you to believe its a lady? ____ Yes ____ No

2. What are your thoughts on some of the characteristics of lust when you want to break free?

3. How have you experienced lust's unwillingness to leave you?
4. Are you committed to total annihilation of lust?
____ Yes _____ No

# tip #38 Fast

I waited a while to share this tip with you. Fasting is a great spiritual discipline to sanctify you towards God. Fasting is having a time period you go without food. Fasting is telling God you are truly serious about an issue. Utilizing this is not a gimmick. You can't come to this with the belief that if you fast X amount of times, you will be lust-free. Many men have fasted plenty, but didn't get immediate freedom.

God has honored many of us that have fasted. This spiritual discipline puts in motion your receiving the information that you need to move towards a lust-free life. If you choose to fast, make sure you have no medical issues prior to fasting. You also want to have access to scripture reading to support you on your fast. Fasting can be very hard for men. But it is a real symbol of putting God and others in front of your own needs. It is one of the tools against lust that can be helpful. Personally, I ask God if I should fast before I begin. I believe seeking out God before fasting is a good practice in obedience.

If you can fast obediently and not believe it is a manipulation tool to avoid the daily work of having a lust-free life, then fasting may be a good weapon to add to your arsenal.

Walk to FReedom
1. Have you ever fasted before? ____ Yes ____ No
2. If so, why?
3. What were your results?
4. Would you consider adding fasting to your arsenal against lust?
____ Yes ____ No

# Lie
# #39

## FeeLing good

I had a friend once tell me, "Nothing tastes as good as thin feels." He was talking about weight and to him it wasn't about tasting something good like ice cream. It became about actually being good about his weight.

Lust will lie to you that it feels good. But what lust won't tell you is that it will only focus on the few moments of feeling good. Lust will highlight the arousal, or secrecy, or how smart you feel. Lust will never remind you that after you lust, you will hate yourself for the isolation you caused.

Living a lust-free life is amazing. You have no anxiety about someone discovering your secrets. You are feeling more clear and productive in all areas of your life. You even become a better husband and father.[177] Being good feels so much better day in and day out than any false high or real low that lust is offering you. Lust is like the sugar high with the subsequent drop in blood sugar. You have to decide to fall for the lie that lust makes you feel good. Every day you get to make the choice, chase the quick sugar high of lust, or feel good every day. I know men who have chosen to feel good every day, and according to them there isn't even a comparison between feeling good and being good.

WoRk it Out
1. Has lust ever told you that it feels good? ____ Yes ____ No
2. What are the positive feelings lust has sold you on in the past?
3. Have you had days or more in a row of being lust-free?
____ Yes ____ No
4. If yes, how did you feel?

# tip #39

## 5 yeaRs FRee

Lust takes the immediate opportunities to utilize its services. In this tip I want you to imagine what your life would be like if you were successful over lust for a day, then a week, then a month, then a year. Finally I want you to take a few minutes and imagine your life completely lust-free.

You will see women as people. You will feel sad for the women who objectify themselves and pray for the weaker women instead of preying on them for self-pleasure. What does your life look like?

What about your spiritual life? Your health? Your wife? Your children and grandchildren? How are they experiencing life with a lust-free man?
Imagine wisdom and energy flowing through you in your relationships at work. Think about your hobbies and having the best sex of your life with your wife. It's possible to be lust-free. I have known men that have experienced years of lust-free living. What's stopping you from joining us?

Walk to FReedom
1. Do you agree lust sells the immediate? ____ Yes ____ No
2. How far were you really able to imagine you could be lust-free?
3. Write out a summary of what your life looked like.
4. How does this picture feel if you were actually living in it now?

# Lie #40 WaR

Lust presents itself as a plaything for you, but as you have learned, it is vicious. Lust is not just about lying, lust has waged war. Since the war has been declared, you have to make a few primary decisions. Are you willing to fight? Are you willing to kill? Are you willing to be killed?

In the Old Testament, God gave the Promised Land to the tribes of Israel as an inheritance. But in order to get their inheritance, they had to go to war and kill to receive what God had already given them. In the New Testament, God has given us the lust-free nature of Christ; we just need to go to war with lust in order to receive it.

It's a war you have to be absolutely willing to fight. You have to kill the enemy and any [181] part of your flesh that wants to hold onto it. You have to be able to kill lust's existence in your life for good, not just for a little while.

You are at war, this isn't a game. Your destiny and your family are at stake. It's your choice, kill the enemy or embrace the enemy, your choice. Now that you realize you are at war, act like it and declare your freedom.

WoRk it Out
1. When did you first realize this is a war declared on you and your life?
2. Do you feel that you have been in battle with lust on and off over the years? ____ Yes ____ No
3. In the past, what percentage of commitment do you think you have had to be victorious? 4. What is your commitment now to be lust-free?

# tip #40

## 5 yeaRs not FRee

In the last tip we discovered your life 5 years free from lust. You were able to see all the good your life can be lust-free. In this tip, we are going to look at your life 5 years not free from lust.

Take a moment and think of your life 5 years from now. In this scenario, think about your life if you have lusted on a regular basis. Lust has grown more in your life, taking your time, limiting your maturity, affecting your productivity, maybe taking you into behaviors you didn't think would happen, a loss of a job, getting caught repeatedly, a separation, divorce, break up or getting arrested.

Lust has you in its grip. Now imagine what that life looks like. You're still in the same job or demoted, marriage strained or ended, 183 never getting close to your spiritual destiny, distant in relationships, guilt ridden, your children may have a step-dad they call dad instead of you.

I want you to take a serious look at your life and imagine what it would really be like if lust progressively held your hand and led you where it wants you to go. Sadly, I have watched men's lives who didn't kill the seed of lust and let it grow. Their pain, sorrow and regret is real and at times seemingly inconsolable.

Walk to FReedom
1. Have you ever stopped and thought 5 years out with lust ravaging your life? ____ Yes ____ No

2. When you took this journey of your life with lust, what did you think the outcome would be?

3. What in your 5 years trapped in lust did you dislike the most?
4. Are there adjustments you need to make in your life to avoid going in this negative 184 direction?

## Lie #41 CLose

Everyone wants to feel close on a regular basis. You want to feel close, connected, wanted, desired, which is a healthy way to feel. Having these feelings makes all the work of life somehow worth living.

Lust tells you if you spend time with it, you will get positive, warm feelings. Over time lust will sell you that those feelings come only from lust. The truth is, lust poisons your ability to feel, so you become less connected and close to your wife, children, even your friends and other family members.

Lust incrementally pulls you further away from the legitimate way you experience closeness and warmness in a real relationship. As you attach to fantasy, thoughts, lustful opportunities and images, you are getting pulled further  from your relationships with others and God. Oddly enough, you can feel the closeness to the fantasy world, but not the distance in your real relationships until others point it out or you find freedom from lust. Lust-free living is just the opposite. As you pull further and further away from lust you can truly experience closeness in all of your relationships. As men we just have to choose who or what we want to get our feelings of closeness from.

WoRk it Out
1. Are you able to admit you like the feeling of closeness and being connected? ____ Yes ____ No

2. In the past, would you say that closeness was mostly coming from:
___ Fantasy, images
___ Real people

3. Why did you answer the above question the way you did?
4. What would you need to do to feel closer to your spouse, children family and friends?

# tip
# #41

## You don't Lust

I want you to think about this concept for a moment. You don't lust! It's true, you don't lust...after everyone. There are many groups of women you have never had a lustful though towards. Think for a moment, you don't lust after every type, age, size, nor do you lust after sister-in-laws, aunts, grandmothers, some neighbors, some friends, daughter's friends, daughters-in-law, pastor's wife, or other relationships at work or church.

It doesn't even cross your mind to be lustful. There are people you are already living a lustfree lifestyle toward. So the question to ask yourself is, why are certain people totally off limits when it comes to lust in your life?

I can't tell you specifically, but here are a few thoughts regarding this. These people are $_{187}$ souls to you. They have value to you. They have not been masturbated to by you. They come under your immediate protection. You see them as holy, smart, spiritual or having other outstanding features. The point is, you are lustfree about lots of people. Think about why you remain that way. Then take these thoughts and apply it to other women and you can expedite your global lust-free lifestyle. Once you start seeing yourself as free, then getting freer is easier.

Walk to FReedom
1. Have you ever seen yourself as lust-free? ____ Yes ____ No
2. Are you lust-free with some people currently in your life?
____ Yes ____ No
3. What people are you already lust-free towards?

4. What principles do you see that separate these lust-free people from those you choose to lust after?

# Lie #42

## can t say no’

Over time lust gets you to believe many lies. One of those happens to be that you just can’t say no. If lust shows you a woman’s body, body part, image or even a fantasy from a past sexual experience, you have no power to say no. If lust can really get you to buy this lie, it can sell you more and more without any resistance from you. The impact of this lie is that you stop fighting.

The truth is you can say no and you already do with several people in your life. You already have the strength, power, resolve and tools inside of you when you want to. When you are able to believe with all your heart you can say no to lust, you can resist it. You don’t have to be weak, you can be strong from the inside of yourself. With the support people you have in your life, you become an entire team telling  lust “no.” “No” is power. This power is something God has given to you to use at your discretion. Like superman’s strength, your ability to say no cripples lust into oblivion over time. Saying “No, I won’t lust after her” long enough and lust believes you and becomes very quiet and distant with you.

WoRk it Out
1. Have you ever had a moment when you bought the lie that you can’t say no?
____ Yes ____ No
2. Can you say no to lust? ____ Yes ____ No
3. How do you know you can say no to lust?
4. How do you need to use your “no” power to be lust-free today?

# tip
# #42

## who RuLes?

So much of our Christian walk comes down to one question: who rules? Who rules your money, time, relationships, tells you whether you are your own god, or God is your God. Whoever is obeyed is the current ruler in your life.

Being human can cause you to vacillate who rules in your life. When it comes to lust, it can only rule when God doesn't. It can happen in a second, minute or hour. When you choose to submit to lust's dominance, you choose lust to rule your life.

There are a few things you can do when lust starts to rule your life. First, remind yourself that lust doesn't rule you. Second, call on God to rule you. Stop, pray to God and ask him to rule your heart and mind, fill you with his spirit, love and value of people. Tell  lust that Christ rules you regardless of the opportunity, that you give God the authority, and when it comes to lust, you are no longer authorized to make that choice.

If lust persists, call in the troops. Call your accountability partner, let them know you want to be ruled by the Spirit of God. Your desire to be ruled by God can bring good to you and give you insight into situations you may need to avoid. When God rules your life living lust-free is a normal, daily lifestyle.

Walk to FReedom

1. Can you relate to God having to rule you in order to be lust-free?
____ Yes ____ No

2. Have you had experiences where you were able to give God authority and escaped lust? ____ Yes ____ No
3. If yes, write an example:
4. Write out a short prayer you can use to give God authority over lust in your life.

# Lie
# #43

## neveR Leave

There is great comfort for those of us that are married. We have a promise that our wife will never leave us. I love knowing Lisa is there today, tomorrow and until death do us part.

Lust likes to offer you a similar promise. As a teenager, lust starts creeping into your mind, your life, your sexuality and subtly promises you a life-long relationship where you will be comforted, safe, nurtured, and can depend on it your entire life. The lie continues to be whispered in your ear even into adulthood.

The truth is you are an eternal being and lust doesn't choose how long it stays with you. You hold the divorce papers in your pocket right now. Lust knows this, but works hard to lead you to believe you will be together until death.[193] You are not married to lust. You are married to Christ, and if you are married, to your wife. Lust is dispensable and will ultimately leave you at death. You will live eternally without lust's false comfort and lies.

Since you can live without lust and will live without it in eternity, you might as well divorce it as soon as possible. It's up to you to sign the papers so you can live lust-free the rest of your life.

WoRk it Out
1. Did you ever feel lust promise to never leave you?
____ Yes ____ No
2. What did this promise give you?
3. Can lust keep its promise to you? 4. Why?

# tip #43

## Resistance tRaining

I have rarely met a man who hasn't spent time lifting weights to make his body stronger. As a result of pushing and pulling these weights, you get stronger. In order for this to happen effectively, you have to be consistent in resistance training and you have to increase the weight or resistance.

Lust is a workout partner. If you resist lust consistently, you get stronger in love, honor and respect of women. If lust throws you larger opportunities to be lustful or sexually inappropriate and you resist, you get stronger.

You get the same positive feeling after resisting lust as you do after a good workout. When you choose not to lust, you choose to be honoring of women and that feels good. When you fight the big battles with lust and  easily throw lust on the mat in seconds, you feel amazing. You just protected yourself, your wife and family. When you fight lust, you start getting yourself in the best spiritual shape of your life.

Walk to FReedom
1. Have you ever engaged in resistance/weight training?
____ Yes ____ No
2. What were your results?
3. What are your thoughts on consistency and increased resistance?
4. When you have beaten lust in the past, how did you feel?

# Lie #44

## unconditionaL Love

We all want to be loved unconditionally. Lust wants to hijack this desire. Even before you enter into romantic relationships as an adolescent, lust has already offered you unconditional love and acceptance. You can tell lust all your dirty secrets, be vile sexually, be comforted, excited, have power and use it in any way and it will still love you.

The truth is that there is a condition to this love. You have to agree to host lust in your being and you are not allowed to ask it to leave. When you become unwilling to host lust in your mind, will, emotions, body and soul it becomes indignant, crying "after all I have done for you."

When lust does this, and you command it to leave, it will become so vile and violent, [197] questioning what right do you have to tell it to leave? Lust's hate only comes out when you tell it to leave.

Never believe lust loves you, especially unconditionally. Only God and maybe a few great humans really love you unconditionally. I encourage you to celebrate their love of you in your lust-free life today.

WoRk it Out

1. In the past, did you believe lust's love for you was unconditional?
____ Yes ____ No

2. What do you think about making the condition to be a host for lust?
3. What do you think about lust's conditions when you ask it to leave?
4. Where are you experiencing real, unconditional love?

## tip #44 pRactice

I came across a musician one day playing the most amazing acoustic guitar. When asked how he played that way, he responded simply, “Practice, lots and lots of practice.” You can practice being lust-free. Practice is premeditated. It’s seeing every woman in an environment as a person not an object for a specific amount of time.

Establish the environment where you are going to practice: church, work, school. Aim for a very specific amount of time: 15 minutes, 30 minutes, 1 hour, multiple hours. Keep the tips and tools from this book that you want to utilize during this practice time handy. Then practice these tips. Some men have been amazed at how their intentionality changed everything.
When you realize you can be lust-free and intentionally love women instead of lusting, you will be amazed at how different you become as you prepare, engage and evaluate your lust-free success.

Walk to FReedom
1. Have you applied this principle of practice to improve an area of your life?
____ Yes ____ No
2. What areas of your life have you used practice?
3. What were the results? 4. Where would you practice being lust-free?

## Lie #45 gets me

This is a tricky little lie lust likes to use. Lust makes you believe that the image, fantasy, or other woman really "gets you". Men who struggle with this behavior believe the lie that lust understands, accepts and cares about them.

This lie has a pattern in the men lust affects. When a man opens himself up to lust, he uses it as a temporary solution to avoid hurt feelings, feelings of insignificance, weakness or hopelessness. No matter what or who you open up to in this low state of mind, you will feel they "get you." People do this with their pets quite often. They have an emotional conversation, feel accepted and will actually believe their pet gets them even better than people do!

It's not that lust gets you, it's that you are  vulnerable and receive something from lust. If you did this with your wife, girlfriend, accountably person, or pastor, you would feel they get you as well! It's your discipline of opening up that gives you the feeling of being understood. In a lust-free lifestyle, you want safe, mature men who get you, so lust doesn't have to play that role any longer.

WoRk it Out
1. Have you ever felt that lust or that lust's behaviors gets you?
____ Yes ____ No
2. When you say someone gets you, what does that mean to you?
3. In the real world with real people, how often do you open up enough to be understood?
4. What real person do you feel the most under stood by? Why?

# tip
# #45

## peRmission

On several occasions I have been asked to speak at events on military institutions. There's a phrase specific to the military I have al- ways found intriguing. A lower ranking person would ask a higher ranking person "permission to speak" before they could say what they were thinking. If permission was granted, they shared their thought, if it wasn't, they remained silent.

Lust doesn't ask permission to speak to you even though its ranking is far below yours. You do not have to grant lust permission to speak to you. Next time lust tells you to check out a woman or go on the Internet, you can simply tell it, "I didn't give you permission to speak." When you tell lust this as an officer of the Lord Jesus Christ, you command its silence in your presence.[203] This concept is totally different for both you and lust. You have the power to insult lust, put it in its place as subservient to you, and simply shut lust up. This is empowering for you. Never forget, lust needs your permission to speak. So take your power back and don't let lust speak to you anymore.

Walk to FReedom
1. Have you ever seen the concept "permission to speak?"
____ Yes ____ No
2. What do you think about this concept?
3. How would you feel if someone didn't grant you permission to speak to them?

4. How do you think you would feel if you mastered this tip and did not grant lust per mission to speak to you?

# Lie
# #46

## i can handLe it

Lust loves to say, “you can handle it.” Lust plants the idea that you are uniquely gifted to be able to plant the seed of lust, water it with ongoing communication and believe there are no side effects.

Like a drunk that believes he can handle his liquor, lust makes your life spiral out of control. If you think you can handle a little, sometimes, some, occasionally, just not the bad stuff, you are believing lust. The truth is, you can’t handle any, ever, under any circumstance.

If you believe this lie, you will try to create a formula of the types of lust you can handle and the frequency of which you can handle this lust. Where you’ll end up is dabbling into more than you thought you ever would. [205] If you believe you can’t have any lust, any time regardless of how you think or feel, you will notice a dramatic decrease in lust, feeling like you have won and feeling better about accepting the truth that you can’t handle it at all.

WoRk it Out
1. Have you ever believed you could handle lust?
____ Yes ____ No
2. What were the results of this belief?
3. Do you currently believe you can handle even the smallest amount of lust?
____ Yes ____ No
4. What do you think would be the result if you fully accepted the truth?

# tip #46caR

The car is a very common place lust will try to talk to you. You may wonder why. It's because you are often alone. When you are alone, it's much easier for lust to talk to you. It's easy for your mind to drift from subject to subject, especially in western culture where we have so little time to just think.

Expect to be attacked in the car. Don't pretend the car is a nice, safe place. It's a battle zone, so you need to think strategically. If you can legally call someone, do it. Call a family member, accountability person, business contact, make a sales call, or talk to anyone positive or productive. Give your mind an intentional assignment. Listen to the Bible, a sermon, self-help idea, even a book on CD or MP3. Create this space as a time to pray. Listen to praise music or talk radio. [207] Keeping your mind active and productive in the car can help you keep lust from talking to you in that private space.

Walk to FReedom

1. In the past, has lust ever talked to you in the car?
____ Yes ____ No
2. Why do you think lust talks to you in the car?
3. Do you believe you can make your car a safe place?
____ Yes ____ No
4. What strategies mentioned above can you begin to implement in your car?

## Lie #47 question

I don't know if you ever thought about why lust speaks to you. Why does lust accompany you and not other men or women? Why does lust speak specifically to you? Lust likes to tell you it's because your wife doesn't care, you don't have a girlfriend, you're lonely, tired, misunderstood, not accepted, weak, or ugly. Lust will give you a hundred lies as to why you were chosen.

You are the most powerful force on planet earth. You are a man with God's unlimited spirit in him who is capable of changing the world and advancing the kingdom of God in your generation. You are capable of breaking curses, healing people and being an agent of generational good.

You are a threat to the devil every day you 209 live. If you ever really get who you are in Christ, all heaven would break loose. The enemy doesn't want you to know who you are and what God is capable of doing through your life. That's why lust talks to you. Lust reduces you and the impact you could have in the kingdom. The next time lust talks to you, thank it for reminding you how important you are to God and his assignment for you.

WoRk it Out
1. Prior to reading this, did you ever ask yourself why lust talks to you?
____ Yes ____ No
2. Why did you think lust was talking to you?
3. What is the truth as to why lust talks to you?
4. What are your thoughts about the real reason lust talks to you?

## tip #47 no honoR

Lust has a consistent character flaw. When you sense the flaw, you are already in lust's pres- ence and it is about to speak to you or has already started to speak to you. The flaw is simple and glaring when you are wise enough to look for it. Lust shows no honor.

Lust does not honor God, women, the laws of God, the heart of God, your wife or future wife, your children, your person, your destiny, your thoughts or ideas. Lust simply doesn't honor anyone or any idea that doesn't support dehumanizing women into a lust fast food for your consumption.

When you feel or sense that you are not honoring a person, even if it's an image or fantasy, you are in lust's presence. Once you sense this cold, heartless presence, it's time to  engage. Make that woman a human being; give her a context in relationship to God. When you sense dishonor, it should trigger you to pull out your sword. Practicing awareness of dishonor can fine tune your fighting skills in lust-free living.

Walk to FReedom

1. In the past, have you felt lust lead you down the path of dishonor?
____ Yes ____ No

2. How would you define: Honor
Dishonor

3. In the past, have you been aware of the presence of dishonor before lusting? ____ Yes ____ No
4. What would it mean for you to honor women?

# Lie #48

## Rest oF youR LiFe

Lust has a goal to keep you hopeless, give up or just not even try anymore as it increases its grip in your life. Lust wants you to believe that lusting is going to be a huge battle the rest of your life, trying to defeat you before you even start.

You will have to battle hard and heavy for months, maybe even a year. You will have to truly commit in your heart to be lust-free and that lusting is not an option for you. You are holy, and you don't have to tolerate lust in your life. You'll see huge growth where lustfree living is happening day after day.

The culture and the enemy will throw temptation at you. Remember, Jesus had a prostitute wash his feet with her hair and yet saw her personhood, valued her and didn't lust. The same  purity lives in you and can be strengthened by all the tools you have in your arsenal. You are destined for a lust-free life. When you allow Christ to be the master of your thoughts and your values toward women, you will see amazing spiritual growth because that kind of honor for others is a major fabric in understanding the Kingdom of God.

WoRk it Out
1. Did you ever have a hopeless moment thinking lust was going to be forever?
____ Yes ____ No
2. Has believing that you can be lust-free been a challenge for you in the past?
____ Yes ____ No
3. What do you think about Jesus not lusting with the prostitute washing his feet?
4. How would your life be different with a lust-free honor of all women?

# tip #48 hate

Lust really hates you and your family. You know that God commands us not to lust, but God hates lust because of what it can do to a man's life. I've watched the destruction of men's lives for more than twenty years and I hate lust as well. Hating well is a good sign that you are on the right side of this war.

Almost every day, for many years, I have woken up and said this mantra before I get out of bed, "I hate the lust of all women, real or imaginary. I command my mind, will and emotions to instantly, reflexively and aggres- sively cast any thoughts of lust down and see all women as people today."

This daily, early declaration of war on lust lays a benchmark for the day. If lust tries to approach you, you have prepared for it early  and can kill it before the fantasy starts. Hating lust is a really good idea to stay lustfree. Your mind, will and emotions being the same as God the Father's will empower you to a lust-free day. So take today to hate lust well.

Walk to FReedom
1. What were some of the emotions you had towards lust?
2. Do you believe God hates lust? ____ Yes ____ No
3. Do you see yourself growing in hate for lust?
____ Yes ____ No
4. How would you or your behaviors be different if you really hated lust?

## Lie #49 not much

Early in your relationship, lust will lead you to believe that it doesn't need or want much. Lust tells you it just needs a little of your time, here and there, a little porn and masturbation, but nothing serious. What lust really wants is your entire life and marriage or future marriage. Lust wants to wedge itself between you and your real relationships and create distance and pain. It will tease you and talk you into sinful behaviors to bond you to it to create distance in your marriage.

Lust will aggressively point out your wife's flaws and try to get you to believe that either you don't love your wife or she doesn't love you. Lust wants you to do things together that if anyone knew, it could destroy everything. Lust wants you to forsake all others, even your  children. The intent of lust is total consumption of your life, not just a little fantasy on the side. The lie of not much, becomes not much of your life is left when you allow lust to take over little by little.

WoRk it Out
1. Did you think lust was just an occasional thing?
____ Yes ____ No
2. Have you noticed lust's approach to bond you to it by having bigger secrets?
____ Yes ____ No
3. Has lust created pain or distance in your real relationships?
____ Yes ____ No
4. What do you think about lust wanting to take over your marriage?

# tip
# #49

## divoRce now

Many men don't realize how deep lust has infil - trated their lives. In the previous tip, we discussed how lust wants to create distance in your marriage. Today I want to give you the opportunity to divorce lust from your life. You have mislead lust into believing you would be its host until death do you part.

It is helpful to literally write a divorce letter to lust. Lust needs a document of divorce so when it comes back (and it will) wanting a relationship you can show it your document of divorce. You need to officially and in writing write a divorce letter to lust. You had a real relationship with lust and now it's time to end it officially.

On a sheet of paper, write out a thought through divorce decree to lust and any of the behaviors $_{219}$ you have acquired in this relationship. You deserve to be lust-free, but you can't be in relationship with lust and live lust-free.

Walk to FReedom
1. Have you ever thought your relationship with lust was an actual relationship?
____ Yes ____ No
2. What services has lust provided for you in your relationship?
3. Are you 100% willing to divorce lust? ____ Yes ____ No
4. What was the date you wrote and read out loud your divorce decree to lust?

# Lie #50

## the ReaL pRobLem

This lie is another tricky lie of lust. It allows lust to stay and grow in your heart more than other lies. A man who has had a long term relationship with lust often acclimates to other sexually inappropriate behaviors.

Lust will tell you that how you act out is your problem. Lust wants to focus on the fruits of lust rather than on lust itself. The truth is to kill lust, you have to kill it at its roots. This book is about equipping your arsenal by sharpening your weapons and giving you toxins to kill lust at its roots.

If you stop lusting, you are less likely to look at porn, masturbate and get into affairs. If you learn to be lust-free and honor women and yourself, you are really not likely to bear the fruit of lust. Keep an eye on the real  problem: lust. Once you kill lust, the fruit of the Spirit can grow in its place, feeding those you love with good fruit. The real problem isn't the actual behaviors you have struggled with. It's lust. Lust is the fuel for sexual sin, period. When you eradicate lust, the fuel these behaviors feed upon are disabled so the "little lust" really is the big problem to be solved in order to live a lust-free life.

WoRk it Out
1. Has lust had you focus on different fruit rather than lust?
____ Yes ____ No
2. If yes, did you find lust was still present and a problem?
3. What do you think about the truth of killing lust at the root?
4. Are you willing to be a root killer? ____ Yes ____ No

# tip #50

## shoRt decisions, Long Road

Living a lust-free lifestyle is a combination of several short decisions. Regardless of how long your road is to get and maintain a lustfree lifestyle, the decisions are the same.

You must decide to become lust-free. You must have the tools you are willing to master on a daily basis. The battle may be minute by minute in the beginning, so you have to commit to brutal honesty with yourself, God and a man (don't keep trying by yourself). You have to commit to start every day fresh. You may lose a fight here and there, but today is a new day and you are totally forgiven of the past.

A few consistent daily choices create a habit of preparing to defeat lust and make you ready to win. The men who make a daily choice to prepare, get and stay lust-free earlier and  longer than those who wait for lust to decide when and where to fight. Be proactive; start daily disciplines as a part of your life and you will be victorious.

Walk to FReedom
1. Have you seen daily decisions improve other areas of your life?
____ Yes ____ No
2. Which areas?
3. Are you willing to commit to a daily discipline to prepare you to fight lust? ____ Yes ____ No
4. What time of day will you do this daily regimen?

# appendix

## FEELINGS LIST

1. I feel (put word here) when (put a present situation when you feel this).
2. I first remember feeling (put the same feeling word here) when (explain earliest occurrence of this feeling).

Rules For Couples: 1- No examples about each other or the relationship. 2-Eye contact. 3-No feedback

| | | | | |
|---|---|---|---|---|
| Abandoned | Aware | Close | Deprived | Feisty |
| Abused | Awestruck | Cold | Deserted | Ferocious |
| Aching | Badgered | Comfortable | Desirable | Foolish |
| Accepted | Baited | Comforted | Desired | Forced |
| Accused | Bashful | Competent | Despair | Forceful |
| Accepting | Battered | Competitive | Despondent | Forgiven |
| Admired | Beaten | Complacent | Destroyed | Forgotten |
| Adored | Beautiful | Complete | Different | Free |
| Adventurous | Belligerent | Confident | Dirty | Friendly |
| Affectionate | Belittled | Confused | Disenchanted | Frightened |
| Agony | Bereaved | Considerate | Disgusted | Frustrated |
| Alienated | Betrayed | Consumed | Disinterested | Full |
| Aloof | Bewildered | Content | Dispirited | Funny |
| Aggravated | Blamed | Cool | Distressed | Furious |
| Agreeable | Blaming | Courageous | Distrustful | Gay |
| Aggressive | Bonded | Courteous | Distrusted | Generous |
| Alive | Bored | Coy | Disturbed | Grouchy |
| Alone | Bothered | Crabby | Dominated | Grumpy |
| Alluring | Brave | Cranky | Domineering | Hard |
| Amazed | Breathless | Crazy | Doomed | Harried |
| Amused | Bristling | Creative | Doubtful | Hassled |
| Angry | Broken-up | Critical | Dreadful | Healthy |
| Anguished | Bruised | Criticized | Eager | Helpful |
| Annoyed | Bubbly | Cross | Ecstatic | Helpless |
| Anxious | Burdened | Crushed | Edgy | Hesitant |
| Apart | Burned | Cuddly | Edified | High |
| Apathetic | Callous | Curious | Elated | Hollow |
| Apologetic | Calm | Cut | Embarrassed | Honest |
| Appreciated | Capable | Damned | Empowered | Hopeful |
| Appreciative | Captivated | Dangerous | Empty | Hopeless |
| Apprehensive | Carefree | Daring | Enraged | Horrified |
| Appropriate | Careful | Dead | Enraptured | Hostile |
| Approved | Careless | Deceived | Enthusiastic | Humiliated |
| Argumentative | Caring | Deceptive | Enticed | Hurried |
| Aroused | Cautious | Defensive | Esteemed | Hurt |
| Astonished | Certain | Delicate | Exasperated | Hyper |
| Assertive | Chased | Delighted | Excited | Ignorant |
| Attached | Cheated | Demeaned | Exhilarated | Joyous |
| Attacked | Cheerful | Demoralized | Exposed | Lively |
| Attentive | Childlike | Dependent | Fake | Lonely |
| Attractive | Choked Up | Depressed | Fascinated | Loose |

Lost
Loving
Low
Lucky
Lustful
Mad
Maudlin
Malicious
Mean
Miserable
Misundertstood
Moody
Morose
Mournful
Mystified
Nasty
Nervous
Nice
Numb
Nurtured
Nuts
Obsessed
Offended
Open
Ornery
Out of control
Overcome
Overjoyed
Overpowered
Overwhelmed
Pampered
Panicked
Paralyzed
Paranoid
Patient
Peaceful
Pensive
Perceptive
Perturbed
Phony
Pleasant
Pleased
Positive
Powerless
Present
Precious
Pressured
Pretty
Proud

Pulled apart
Put down
Puzzled
Quarrelsome
Queer
Quiet
Raped
Ravished
Ravishing
Real
Refreshed
Regretful
Rejected
Rejuvenated
Rejecting
Relaxed
Relieved
Remarkable
Remembered
Removed
Repulsed
Repulsive
Resentful
Resistant
Responsible
Responsive
Repressed
Respected
Restless
Revolved
Riled
Rotten
Ruined
Sad
Safe
Satiated
Satisfied
Scared
Scolded
Scorned
Scrutinized
Secure
Seduced
Seductive
Self-centered
Self-conscious
Selfish
Separated
Sensuous

Sexy
Shattered
Shocked
Shot down
Shy
Sickened
Silly
Sincere
Sinking
Smart
Smothered
Smug
Sneaky
Snowed
Soft
Solid
Solitary
Sorry
Spacey
Special
Spiteful
Spontaneous
Squelched
Starved
Stiff
Stimulated
Stifled
Strangled
Strong
Stubborn
Stuck
Stunned
Stupid
Subdued
Submissive
Successful
Suffocated
Sure
Sweet
Sympathy
Tainted
Tearful
Tender
Tense
Terrific
Terrified
Thrilled
Ticked
Tickled

Tight
Timid
Tired
Tolerant
Tormented
Torn
Tortured
Touched
Trapped
Tremendous
Tricked
Trusted
Trustful
Trusting
Ugly
Unacceptable
Unapproachable
Unaware
Uncertain
Uncomfortable
Under control
Understanding
Understood
Undesirable
Unfriendly
Ungrateful
Unified
Unhappy
Unimpressed
Unsafe
Unstable
Upset
Uptight
Used
Useful
Useless
Unworthy
Validated
Valuable
Valued
Victorious
Violated
Violent
Voluptuous
Vulnerable
Warm
Wary
Weak
Whipped

Whole
Wicked
Wild
Willing
Wiped out
Wishful
Withdrawn
Wonderful
Worried
Worthy

Guideline #1:
No Examples About Each Other

Guideline #2:
Maintain Eye Contact

Guideline #3:
No Feedback



## Lust-FRee FRateRnity

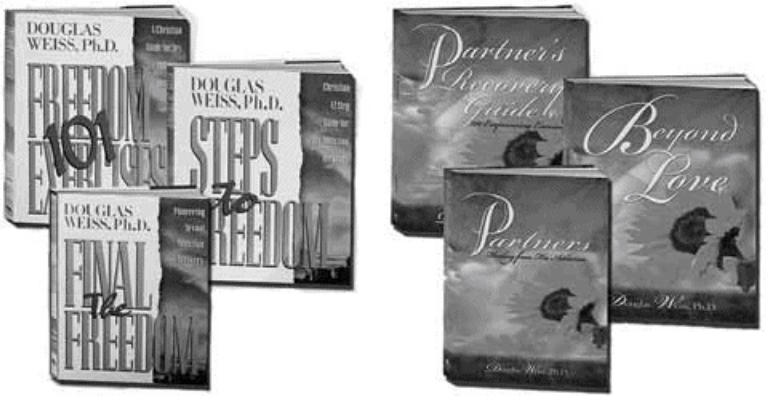
It's easy to start a lust-free fraternity in your area.
1. Get a group of guys together for coffee, lunch, or before church.
2. Ask two questions each time you meet:
What tip or lie did you use to defeat lust this week?
Have you had any failures such as lusting, or inappropriate behaviors this week?
3. Pray for each other

Set a time to get together once a week or every other week. Follow the guidelines above and use the rest of the time to talk.

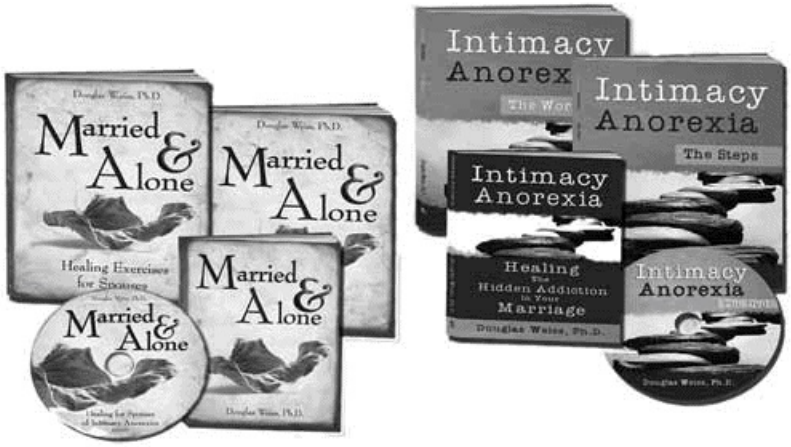
Lust-Free Fraternity groups are antibodies to heal an ailing church. You can be a hero to the men in your church. Call a few guys, start a fraternity of your own. Then let us know about

 it by calling 719-278-3708 so we can connect other men in your area with you.

# SEXUAL RECOVERY MATERIALS




# INTIMACY ANOREXIA MATERIALS




719.278.3708

229
230

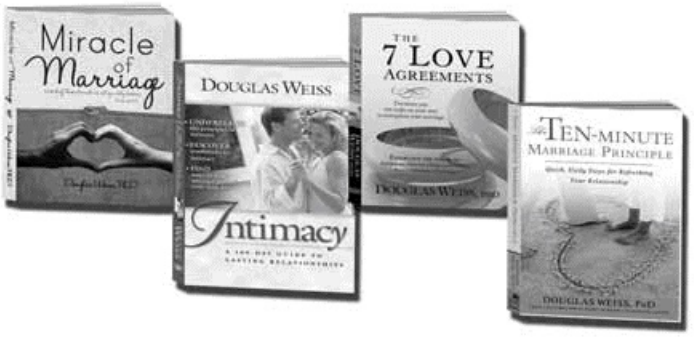
# Clean




Every Christian man is a born into a sexual war. The enemy attacks the young, hoping to scar them permanently and leave them ruined. But your past is not enough to keep you from the enduringly clean life you want and deserve.

Clean is a priceless, no-nonsense resource for every husband, father, brother, son, friend, pastor, and Christian leader on the front lines of this war. It is a soldier's handbook for those ready to reclaim their homes, churches, and nations for the God who has built them to succeed.

# MARRIAGE MATERIALS




# YOUTH SINGLE/MATERIALS




# 719.278.3708

# ADDITIONAL RECOVERY RESOURCES




www.drdougweiss.com

# COUNSELING

*"Without the intensive, my marriage would have ended and I would not have known why. Now I am happier than ever and my marriage is bonded permanently."*

## Counseling Sessions

Couples are helped through critical phases of disclosure moving into the process of recovery, and rebuilding trust in relationships. We have helped many couples rebuild their relationship and grasp and implement the necessary skills for an intimate relationship.

Individual counseling offers a personal treatment plan for successful healing in your life. In just one session a counselor can help you understand how you became stuck and how to move toward freedom.

Partners of sex addicts need an advocate. Feelings of fear, hurt, anger, betrayal, and grief require a compassionate, effective response. We provide that expert guidance and direction. We have helped many partners heal through sessions that get them answers to their many questions including: "How can I trust him again?"

A counseling session today can begin your personal journey toward healing.

## 3 and 5 Day Intensives

**in Colorado Springs, Colorado are available for the following issues:**

- Sexual Addiction Couple or Individual
- Marriage Intensives
- Partners of Sexual Addicts
- Intimacy Anorexia
- Victims of Sexual Abuse
- Adult Children of Sex Addicts
- Teenage Children of Sex Addicts
- Teen Intensive

### Attendees of Intensives will receive:

- Personal attention from counselors who specialize in your area of need
- An understanding of how the addiction /anorexia and its consequences came into being
- Three appointments daily
- Daily assignments to increase the productiveness of these daily sessions
- Individuals get effective counseling to recover from the effects of sexual addiction, abuse and anorexia
- Addiction, abuse, anorexia issues are thoroughly addressed for couples and individuals. This includes the effects on the partner or family members of the addict, and how to rebuild intimacy toward a stronger relationship.

# CONFERENCES

*What an incredible way to deliver such a sensitive, "hush hush" topic!! Thank you from the bottom of my heart. I really enjoyed tonight's conference. Today will count as the first day of my sexual sobriety.*



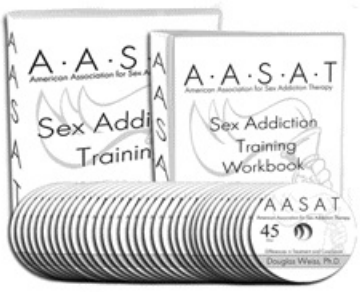

For additional conference information, including available dates, please call our office at 719-278-3708, visit our website at www.drdougweiss.org or you may also email us at conferences@drdougweiss.org

AASAT

Member of American Association of Sex Addiction Therapy

Dr. Weiss has created a 45-hour program to train counselors how to work with sexual addicts and partners of sexual addicts. This DVD/Workbook training set is available for anyone who would like to have more information on treating sexual addiction. Everyone who completes this 45-hour course will receive a certificate of completion. This course is for anyone who has a significant interest in the field of sexual addiction. This course can be taken by anyone who wants to increase their knowledge of sex addiction and partner's recovery.

This course is also part of certifying licensed counselors to become certified as a Sexual Recovery Therapist (SRT). If you or a counselor you know has an interest in treating sexual addicts or their spouses call the phone number below.




*For more information or to place an order, please call:*

719.330.2425

*or visit us at:*

www.aasat.org