



CONQUERING LUST

CLIMBING OUT OF THE PIT

By Ray Del Toro



Everyone has fallen into the pit called lust at one time or another. Lust is sinful desire. It develops discontent, spawning sinful actions which lead to immoral lifestyles. How do we free ourselves from lust's abyss? Your struggle with lust may look different from your neighbors', but the following biblical precepts will help you climb out of it:

- **CALL IT WHAT IT IS.** Be honest with yourself and the Lord by admitting to lustful desires. Lust is sin, not a “struggle.” It is deliberate disobedience against the law of our God. True confession (agreeing with God about your thoughts or actions) is essential to making real progress toward spiritual purity and conquering lust (see 1 John 1:9).
- **TAKE DRASTIC MEASURES.** Avoid lust at all costs. Change your cell phone number if inappropriate texting or phone calling is a problem. Delete your Facebook account if you're “friends” with people who threaten your marriage or relationship with God. End an unbiblical relationship. Deny yourself access to temptation via the internet, movies, music, magazines, etc.—be ruthless with your sin. Find new friends. Change jobs. Move. Do every-



thing within your power to willfully obey the Lord when it comes to exterminating the lust that exists in your heart (see Psalm 119:37 and John 8:34).

- **BE PRACTICAL.** Limit your television intake. Research movies *before* you watch them (see Focus on the Family's pluggedin.com). Download internet filters. Move the household computer to a common area in your home so you're not tempted to go to dark places (visit xxxchurch.com for free software). Ask yourself, "Would Jesus do, watch, or listen to this?"
- **THERE'S SAFETY IN NUMBERS.** Find an accountability partner—someone who, "speaking the truth in love" (Ephesians 4:15), offers biblical counsel, prays with and for you, and provides confidentiality. Let your accountability partner know before you meet with someone of the opposite sex. A good rule of thumb is not to meet with a member of the opposite sex alone. If unavoidable, arrange to meet in public. If you have fallen into sin, confess to your accountability partner. Pray for forgiveness (see James 5:16). We cannot go it alone.
- **RUN!** Joseph ran from Potiphar's wife (see Genesis 39). David remained on the rooftop (see 2 Samuel 11). Joseph's actions brought him into a place of prominence. David's actions left him desolate and despairing. Flee (literally) from sexual immorality and pursue God's holiness (see 2 Timothy 2:22).

The apostle John said, "All that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world" (1 John 2:16). Do your part to avoid the pitfalls of lust. These tips, rooted in Scripture, are easier said than done. But if we rise above the world, then we will "be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity" (1 Timothy 4:12).