



Conquering the Lust Monster

By Dr. Dave Currie

I. When the Lust Monster Rules, We Experience...

1. **Desensitization** to sexual stimulation- Pornography neuters you.
2. **Alienation** from genuine intimacy- Sex is self-centered, independent lust.
3. **Cheapening** of sexual oneness in marriage- Wife feels "not good enough".
4. **Defilement** of your wife and marriage- reveals unfaithfulness that breaks trust.
5. **Impairment** of your walk with God- Spiritual life suffers greatly.

II. Why Porn's Impact is Exponentially Growing...

1. **Accessibility** – The Reality of Ubiquity
2. **Acceptability** – The Acceptance within Main Stream Culture
3. **Anonymity** – The Accelerated Obscurity and Isolated Privacy
4. **Affordability** – The Price is Cheap but the Cost is Great
5. **Addictability** – The Power of the Draw is Gigantic.

III. Best Steps for Conquering the Lust Monster

1. **Face the Issue:** Quit compromising. Quit lying to yourself. Admit your draw toward pornography and any other sexually inappropriate pursuits and that you need help. (*Matthew 5:27-28, Philippians 4:8; Ephesians 5:5-14*)
2. **Break the Silence:** Tell someone in the next 24 hours. Get fully honest. Stop minimizing. Pray with a trusted brother or pastor about your needs and surrender your life to God. (*Ephesians 4:25; Proverbs 14:9, James 5:16*)

3. **Seek Forgiveness:** Deal with your sexual failures from the past and in the present. Get “current” with God. (*Prov. 28:13-14; Ps. 51:1-12; I Jn. 1:8-10*)
4. **Tell Your Spouse:** Acknowledge past and current failures in this area and share your desire to make changes to honor God and her. Ask for her support and prayer. Make no excuses. Confess any struggles or set-backs to her from this point on. (*Ephesians 4:25; Proverbs 14:9*)
5. **Validate Her Pain:** You will not understand for a long time the extent to which your actions have caused her harm. It's called PARTNER BETRAYAL TRAUMA for a reason (*Phil. 2:3,4, Romans 12:15*).
6. **Engage in Battle:** Fight for freedom from your sexual temptations and traps by denouncing and discontinuing any inappropriate sexual involvement. Ask God to help you make the changes. Plan to work your butt off (*Ephesians 5:3-14; Philippians 1:27, Gen. 39:1-12; Job 31:1, Gal. 5:1,13, II Timothy 2:22*).
7. **Find a Wingman:** Get a person to be your spiritual accountability partner and start allowing daily scrutiny of all your sexual battles. Text each night for the “all clear”. Call for support if you are being tempted. Meeting weekly to talk and pray through your journey of faith and purity. (*Proverbs 4:23; I John 2:15-17, Romans 1:11,12, James 5:16*)
8. **Clarify your Motivation:** Develop a strong set of 10 reasons as to why you want to win your lust battle. Weigh out what you will lose. Think through the tragic costs of all sexual sin. Passion and purity must be able to co-exist. (*Proverbs 5:14, Genesis 39:1-12; Galatians 5:1,13; II Timothy 2:22, Proverbs 5:14, I Thessalonians 4:3-8*)
9. **Cut Off Accessibility:** Set up a secure means of monitoring and reporting your activity on all electronic devices watching for any ungodly indiscretion and temptation. Consider software like www.CovenantEyes.com. (*Phil. 4:8, Proverbs 4:23; I John 2:15-17*)
10. **Commit to a Recovery Group:** You will need a BAND of BROTHERS. Men make men! The opposite of addiction is connection. Ongoing isolation will kill you, Get vulnerable with one another. (*James 5:16, 1 Cor. 15:33, Proverbs 13:20*)
11. **Rebuild your Marriage:** Address any struggles in your marriage. Work to deepen your friendship. Make it a priority again and regain a healthy, consistent and mutually satisfying sexual relationship with your wife. (*Hebrews 13:4, I Corinthians 7:1-9*)
12. **Get Professional Help:** Focus on facing your addiction first and when your spouse is ready – begin marriage rebuild. If you are not getting personal

victory over your addiction or your marital relationship is still in trouble after 3 months, reach out for more consistent help from a trusted counselor with a Godly perspective (Proverbs 15:22, 13:10 & 19:20).

13. Grow Spiritually: Find ways to develop a stronger connection with God asking Him to make you pure in heart. (*Matthew 5:8*)

- a) Read your bible daily letting God's truth shape you.
- b) Pray with your wife each night if she is willing, Short, sweet and sincere.
- c) Each morning, surrender your life to the Lord taking your needs for purity and personal holiness to him in prayer.
- d) Get to church each week. Lead your family well by example and interest.
- e) Memorize key scripture verses that give a ready arsenal of biblical rationale to fight temptation and rely on God's strength. Choose 5 from those listed above.
- f) Read solid Christian books and watch videos and podcast on the issue of sexual purity.