



HOW TO OVERCOME LUST

1 Peter 1:16, "Because it is written,
Be ye holy; for I am holy."

-THE I AM

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LUST

can be defined as the desire, craving, or longing for things forbidden by The I AM. A synonym for lust is concupiscence, which can be described as a "strong sexual desire".

I will address how to fight strong sexual desires, so you do not fall into temptation & transgress against The Holy God: I AM.

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LET THE WORD CONVICT YOU!

The Sword of The Spirit will help you pierce through your lustful thoughts, feelings, and fantasies. Lust is birthed in the mind. The enemy attacks our thoughts, so meditate on scripture to rebuke his works. The Word is quick, powerful, & sharper than any two-edged sword, utilize it.

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1 CORIN. 6:18-20

Paul says to FLEE from fornication, not walk, not tiptoe, yet FLEE. Fornication is having sex outside a God-ordained covenant. This includes masturbation. When we fornicate, we are SINNING against The temple of The Holy Spirit.

A COUPLE OF SCRIPTURES I LOVE

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1 CORIN. 3:16-17

You are the temple of the Holy Spirit. If you defile the temple of God with sin, God will destroy it. This temple is to be holy, sacred, consecrated, & sanctified. When we defile it with our sin, we are dishonoring God. We are violating, debasing, degrading, & tainting His temple. Allow this to smite your heart.



IT'S TIME TO REBUKE & PRAY!

Once you've meditated & studied scripture, it's time to use your mouth. According to Proverbs 18:21, death & life are in the power of the tongue. Use The Word of God, which is life, to rebuke the lustful thoughts & feelings you have. The I AM has given you this weapon-this sword, to do such.

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EXAMPLE

I rebuke these lustful thoughts and feelings in the mighty name of Jesus Christ. This temple is to be holy, sanctified, and consecrated. I will not defile this temple with sin. This is not my body, but God's. I am to treat His temple with respect, honor, and holiness. Jesus has called me to holiness, not uncleanness. It is in His will & my sanctification that I abstain from fornication. Holy Spirit help me in this time of temptation to hold fast to The Word of God. I do not want to transgress against Your temple. I do not want to dishonor or profane Your temple. Help me Father, in the mighty name of Jesus Christ, I do pray,
Amen!



BEFORE YOU DO ANY

of this, make sure you ask The Lord to forgive you for lusting after temples that aren't yours. This is the first step. This sin needs to be cleansed from your heart, so you can begin the repentance process. It is crucial to have our sins washed away in the blood of Jesus Christ! Humble yourself & confess your faults to Him!

REMOVE YOURSELF FROM THE SOURCES OF TEMPTATION

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WHATEVER CAUSES YOU

to lust after a woman or a man that is NOT your spouse, you need to ABSTAIN from it. Be mindful of what enters your ear and eye gates.

You can't watch or listen to a lot of stuff. You can't hangout with everyone. You can't cuddle or kiss. You may have to leave a bf or gf, if they're adamant on fornicating.



PONDER ON THESE:

"Why would I want to defile the image of God?"

"Why would I want to defile the temple of The Holy Spirit?"

Exclude your feelings and desires, and put ALL the focus and attention on Jesus Christ. If you truly love Him, you will not want to defile neither His image nor temple.

ASK YOURSELF THESE 3 QUESTIONS

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THIS IS THE SLAMMER

"How can I call myself a servant of a holy-righteous-sacred God, yet I CHOOSE to defile, profane, violate, debase, contaminate, degrade, and taint the temple of God with MY SIN?"

This helps you understand your body is not your own. It's His temple. His property. His possession that you're violating.



REFLECTION

Overcoming lust starts with your mindset. Understand when you're committing fornication (in deed or the mind), you are defiling the temple of God. Forget the pleasure. Exclude your feelings & desires, and realize who you are dishonoring & disrespecting : The I AM. Let The Word of God convict you. Read 1 Corin 3:17. Study & meditate on it. God called you to holiness, not uncleanness (1 Thess. 4:7). Remove yourself from the sources of temptation, so you don't fall into sin (Matt. 5:29-30 & James 4:7). You can overcome it, but it requires discipline, dedication, & the fear of The Lord. God bless!

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