

## Lust Log

Why a Lust Log? One step in becoming sexually victorious is becoming aware of our different battlefronts. Romans 12 speaks of being transformed by the renewing of our minds. Much of our battle for sexual purity starts with our mind.

We need to decide, and it is a choice, to do battle with lustful thoughts. If we are diligent in our efforts, within 30-90 days we can see a dramatic decrease in our lustful thinking. Snapping the rubber band or using the fingernail technique has yielded amazing results for thousands of men. Most report an 80% decrease in lustful thoughts within the first month of diligently practicing one of these methods.

When we stop lusting, or preying on other people, we can then pray for them, their families, their relationships, etc that transform us from lustful sinners, to mighty prayer warriors for His kingdom. Pray, not prey, is they way we need to live as Pure Warriors for Christ.

So where do I start? I need to understand the situations and emotions that lead to lustful thinking. When I realize, or know what situations have tended to cause lust, I can build protection and take proactive measures in those areas.

We have previously looked at I-HALT-B, or insecure, hungry, angry, lonely, tired, or bored as the emotions most often associated with sexual sin. When we catch ourselves lusting we need to monitor our emotional state and determine if trends exist. Many men have been amazed at finding out the consistency of their emotional state when lusting. This yields very productive information for incorporating into you purity battle plan.

So let's get started. For the next week, note the time, place, circumstance and emotional state when you had a lustful thought. (If you need to use multiple sheets – do it!) When complete, look for ideas to eliminate those things that contribute to lust. Remember, lust is sin, and sin is bad, and sin leads to death. Pure Warriors need to fight for their victory. Knowing when, where and how the enemy strikes gives us the place to start.

**Exodus 20:17** "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."

**Job 31:1** "I made a covenant with my eyes not to look lustfully at a virgin."

**Romans 12:1-2** "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

**1 Cor 6:18** "Flee from sexual immorality. All other sins people commit are outside their bodies, but those who sin sexually sin against their own bodies."

**1 Thess. 4:7-8** "For God did not call us to be impure, but to live a holy life. Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit."

**James 1:15** "Then, after desire(lust) has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."

