

BATTLING CONTINUED LUST THOUGHTS



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Re-Thinking Series

- God's Purpose & Design For Sex
- The Principles For Godly Sex In Marriage
- The Life In Grace
- Battling Continued Lust Thoughts
- Unplugging From the Matrix (For Students)
- Love & Lust
- A Fast From Intimacy
- Homosexuality (A Position Paper)



Porn and a Pastor

The Influence of Porn on a Gen X'er
by Beau-James Ouellette

Tate Publishing

"Born in the San Fernando Valley, author Beau James Ouellette was surrounded by porn and its effects. From friends to family members, his childhood was saturated with the ideas and lingo of porn culture. *Porn and a Pastor* is the fact-based assessment of the pornographic industry and its effects on individuals and our culture. *Porn and a Pastor* extends a loving hand to those in need, both to those involved and entrapped in the lifestyle of the industry and to those who are addicted to its product. With a heart for both the believer and the non-believer, Beau James Ouellette unequivocally expresses how Christ's love and sacrifice can overcome any obstacle, even the bondage of pornographic addiction. If knowledge is power, and if the truth will set us free, then Beau's book is precisely the tool that the church needs to be free of the porn industry's devastation. The church simply needs to come to the realization that salvation in Christ is more pleasurable than porn."

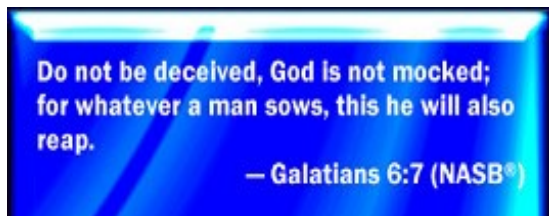
116 pages – (paperback)

Battling Lust!

Dealing with past thoughts and images

Reaping and Sowing

If there is one question that I hear often in a group setting it's, "But I have all these thoughts and images that I can't get out of my mind!" Usually I can hear a bit of frustration and justification in the person's voice upon telling me about their situation.



For us who have viewed countless videos and images of pornography, this is a huge problem that will come up as we have now come into the light and

confessed our sin and are now in Accountability.

But first, don't be surprised by this! And we cannot allow this kind of attitude to justify continual habitual sin!

So why can't we get rid of the images now!!!

Simply put, we are reaping what we sowed. As the word tells us this is to be expected. *"Can a man take fire to his bosom, and his clothes not be burned? Can one walk on hot coals, and his feet not be seared?"* (Proverbs 6:27) It's like eating food that is contaminated, we eat and eat and then later we feel absolutely awful. Yet the brain is like a computer, the best of computers at that, and will hold on to things heard and seen for years upon years. There are some statistics that say teenagers have over 250 sexual images before their eyes in a day! That is a ton of downloaded information on our hard drives, that simply won't be easily discarded. Taking the computer analogy a bit further, if we put in the TRASH all the images that we have stored on our hard drive, there still is an image left behind that is readable on the hard drive for the really tech nerds to read.

You can see how this applies to our own mind. As we have amputated the sin in our lives we no longer have the new info coming in, the old images are there, so now it's time to start the exciting process of re-writing!

Renewing of the Mind

The best way to deal with the repetitive thoughts is to renew your mind in Christ. Again, using the computer analogy, the best way to get rid of all the images on your computer is to re-write (or re-format) your hard drive with other files, so the old

ones are no longer available. This is what renewing our mind is all about. We need to re-think what pleasure is and associate Christ with lasting pleasure and not porn pleasure that will never satisfy, but leaves us dry.



You will never be able to overcome the images in your mind if you are not filling your mind with the joy and delight of God. When I think of God there is a smile that comes to my face, a joy! And why? Here are some of my favorite passages:

Psalm 37:4	<i>Delight yourself also in the Lord...</i>
Psalm 34:8	<i>Taste and see that He is good;</i>
Psalm 73:26	<i>...God is the strength of my heart and my portion forever.</i>
Psalm 145:16	<i>You open your hands and satisfy the desire of every living thing.</i>

When memorizing these scriptures and many more my heart is so stoked to think that this God loves me! He is delightful. He taste good. God is what I need on my plate (He's my portion). He fills my heart with a love I cannot explain.

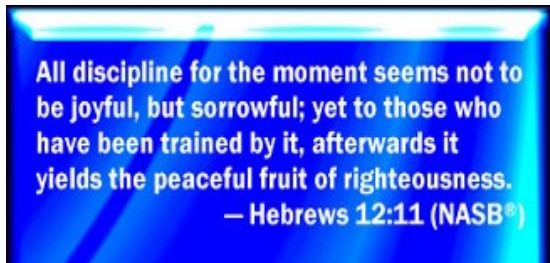
Continued Amputation

The grace of cutting off sin is not a one time shot in our fight against the lust of the flesh and the eyes. To further remove the thoughts and images from our minds we need to not only be filling our mind with the choice steak, that is His Word, but also a continual fighting of the enemy.

King David not only struck the Philistine Goliath in the head with a sling and a stone, but then we are told, *“Therefore David ran and stood over the Philistine, took his sword and drew it out of its sheath and killed him, and cut off his head with it.”* (1st Samuel 17:51)

Do you get what David did? After killing him or knocking him down he was not satisfied, but ran towards his enemy and finished him off.

This helps me understand that in this battle, you and I will need to do more than cutting off our computers or cable. There will be, and always will be, more to take out. Times that we will need to finish the enemy off and not be satisfied with the one time punch.

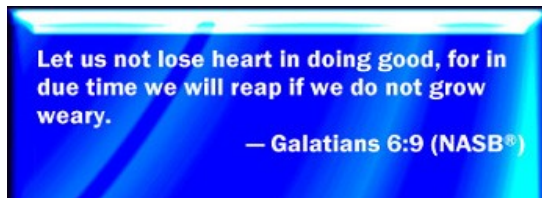


The family I married into is from inner city Los Angeles. Watts and Compton to be exact. My wife's father was a boxer and my wife's mother's father was his trainer. One thing I have learned from hearing their

boxing stories over the years is that you cannot just get in the ring and throw one blow and expect to get out alive! You need to: jab, move, jab, jab, move, move, throughout the entire fight. The rounds are long and we get tired, but as we become more "disciplined" in renewing our mind, there is the incredible outcome of winning this fight!

Don't Get Discouraged!

If there is one way I have seen the enemy of our souls take a person out of the ring, it's by discouragement. It's that time in the battle where you are simply put; bummed out! You're tired of fighting, you're weary, you think, "it is never going to change, these thoughts will be with me forever!"



But you're looking at things all wrong! You're on the right track. You want to "do good!" You no longer want to stay in the muck of sexual immorality bondage. You're in accountability and confession to the Lord is on your tongue! Oh, this is a great work God is doing and this fight should encourage you. Those that get in the boxing ring are those that are ready for the fight. A good trainer would never allow his boxer to get in the ring with an opponent that he was not able to stand his ground against. Now when we get in that ring, we look across it and see a huge foe. He is 200 lbs more than us and has 12% body fat on him with bulging muscles! But Christ in us is able to overcome this large enemy. Jesus is, in a way, moving us, punching for us and putting us out of harm's way through our Confession, Accountability, Amputation, Repentance & Drinking from Him. With Him training us, working in us as the boxer takes the trainer's knowledge of the game into the ring, so we do as well, we will be safe and victorious.

Discouragement doubts the good work that God began in me. I would never throw off my Christ! He saved me, He gave me eyes to see Him, to have fellowship with Him, to understand His Word, to love and adore His cross on my account! If you too can say this, then why get discouraged when fighting the enemy and continuing in doing good? There are such positive, life changing things happening in your life! Be excited about that. It might take some time, but I know this...It might be the 12th round of the fight, but then you will see the enemy fall.

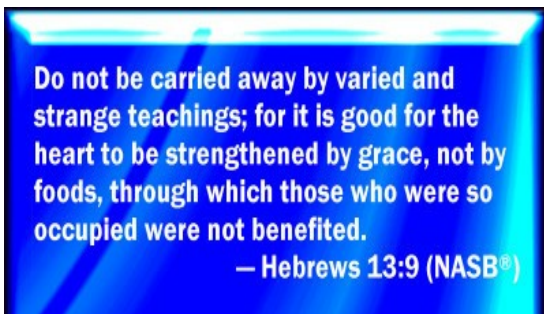
The days of discouragement are behind us thanks be to Jesus!

Keep battling! It's what we now do!

"Therefore we must endure hardship as a good soldier of Jesus!"

— 2nd Timothy 2:3
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Remember Grace!



When it comes to fighting the flesh, the Word and the Devil we need to remember Grace. A focused mind on grace will keep us pointed in the proper direction. If you get your eyes off the Grace of Christ then you and I are sure to fall into a pit once

again. This happens so frequently in us that have struggled deeply with the lust of the mind. There is this little voice in our heads that tells us we must be lost to think like that! "Oh, if you were really saved then you would be over this by now!" What a lie! Setting our eyes fixed on the Grace of Jesus brings me always to a heart of gratitude, of thanksgiving for my salvation, my Christ who gave his life for me. Remembering grace helps us to see the preciousness of Jesus.

Do you remember the story told by Jesus of the Prodigal Son? Do you recall what the prodigal did when he came to himself realizing that the Father has such a better life for him? He started to recite what he would say to the Father, and so we tend to do the same when we find ourselves knee deep in lustful thoughts. "Father I have sinned against you and before heaven, and I am no longer worthy to be called your son. Make me like one of your hired servants." We fail to remember the deep love that the Father has graced us with, so we tend to approach God like a schoolteacher when we just got caught doing something we shouldn't have instead of like a son or daughter of our Lord.

What was the Father's reaction to the son coming up the road? As you know, the Father was waiting for the son with eagerness. The Father couldn't wait for his lost son to return. Oh, the goodness of God! He longs for the times you and I simply come back to him. We are family! Remembering Grace is always remembering that our salvation was not earned, it is a work of the Spirit of God in us. And just as Grace saved us we will be cleaned up from this filth of thinking by Grace too.

The more I have dwelt on the Grace of God, reading books about this amazing Grace, my heart is moved more and more away from the counterfeit 'gifts' the world offers. Nothing satisfies anymore than this Grace. I believe we will spend all of eternity being amazed by this Grace

given to us in Christ!

Amazing Grace how sweet the sound, that saved a wretch like me! He saves perverts! Thank you Jesus!

"It is God's grace that teaches us to abstain from worldly lust"

– Titus 2:11-12

