

Lust Free in 31 Days

Christian Men

Overcoming Lust,
Porn, Sex Addiction
and Masturbation

Ernest Christo

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**Christian Men Overcoming Lust, Porn,
Sex Addiction and Masturbation**

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Message from the Author

Hello I'm Ernest, there are a few reasons why I want to continue to improve in the area of sexual purity. The first reason is because God desires that I work at being more obedient in this area. Another reason is because when I am obedient to the Lord's desires, I am used by Him in greater measures. Therefore, more people experience miracles, signs and wonders through the Holy Spirit flowing through my life. It's all about my relationship with God.

Ernest Christo

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Introduction

The only way that you are going to make it through the next 31 days as a victor is by making a conscious decision right now that you are going to finish this race with purity. This must be your goal. To repent means to turn away from something. Trust me, over the next 31 days you are going to be shocked at how impure your thoughts will be at times. You must, without hesitation, instantly turn away from them. If you don't, you will surely miss the mark.

Right now, I want you to SEE yourself turning your "BACK" on your sexual struggles with lust, porn, masturbation or any other sexual involvement that you know is damaging to your relationship with God. You can actually do the physical act of turning one hundred and eighty degrees if you like. You are now no longer looking at what has kept you bound and are free from it as long as you keep it to your backside. I want you to say this out loud: "I turn my back on sin."

Listen to me: you must instantly look away every time temptation tries to work its way in. Flirt with temptation and you will find yourself like an ox being led to the slaughter (Proverbs 7:22).

I can promise you something, if you will get serious about throwing off this sin that entangles you (Hebrews 12:1), the Lord will get serious about helping you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded (James 4:8). Half measures don't work in this area of your Christianity. It's either all or nothing. If you're not all-in now, hopefully by the time you finish this book you will be.

Discipline is the key to overcoming masturbation. Discipline is the key to keeping your life free from sexual sins. I've prayed so many times thinking that some great miracle of deliverance would cause the sexual struggles to end forever. It just doesn't work that way. God will break off the weight of our sexual sins when we repent and ask for forgiveness. He will also place additional measures of grace on our lives to help us resist temptations. The one thing He cannot do is override our freedom to choose. This is why it takes discipline. "You are going to have to do this!" The Lord is going to help, but He cannot do this for you!

Day One: Repent

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Philippians 4:6,8

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Take 10 minutes to be alone with God today, specifically to repent of your wrongdoing and to express your heart's cry to receive help from Him in the areas of sexual purity in your life. If you are capable of getting on your knees, do so. Get real with God today.

Day Two: Everything Starts With A Thought

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2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Matthew 5:28

But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Having a thought to look at a woman or man with lust isn't sin. It is when we act on those thoughts that sin is born in our lives.

We must take every thought captive and force it to obey Christ. This is a war and we must rise up with aggression to win the war. Today when a lustful thought enters your mind, instantly grab that thought, hold a knife to its throat and make it your prisoner. This is nothing to "flirt" with. Be disciplined today and remain pure in thought and deeds.

Day 3: Dealing With Negative Emotions

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Psalms 46:1

God is our refuge and strength an ever-present help in trouble.

One of the things I've noticed about myself, when I feel the weight of negative emotions, is that I want to do something to make me feel better. Lusting after women or self-pleasuring is a way of escaping the uncomfortable feelings that our flesh sometimes has to deal with. Today be mindful of the things that stress you out and how you handle them. No matter what, instantly steer away from thoughts you may have to fall back into the trap of lust and self-gratification to make you feel better. Instead, turn away from temptation and turn to God. Ask him for help. Continually cry out to Him to give you grace to endure the uncomfortable things you are feeling.

On the other hand, if you have been trapped and entangled in sexual sins, and are bound by your disobedient actions, ask God to help you in this time of trouble. He will if you ask with a sincere heart. The best place to ask Him for help is on your knees.

Day 4: From The Neck Up

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Ephesians 5:3

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

Years ago a good friend of mine said that he tries to live his life with the present thought of looking at women from the neck up. That's the vision zone that helps him have more control over his eyes, thoughts and actions.

I recall pastor Rodney Howard Browne say that when a look becomes a stare, that's when we've crossed the line from admiring someone's beauty to lusting.

To not have a hint of sexual immorality is a tall order to fulfill. Keep the Lord with you at all times. The moment you unconsciously or consciously ask Him to leave the room, you are headed down the road to the slaughterhouse.

Day 5: Shooting Jackrabbits

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James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

If you have continued to this point with your eyes remaining on your goal and you have not fell into temptation, you are ready for the next step. If you have fallen, be sure to repent and start over. I want you to be sure you are strong enough for the next step - sharing your struggles with a trusted Christian brother.

You must choose a close friend or your pastor, someone who you know will not even so much as whisper your confessions to anyone. This is where accountability comes in. You are going to explain in minor details about your difficulties and ask this person to pray for you and to also keep you accountable to the things you are trying to do. Just request from them to ask you periodically how things are going with your goals in this area. This will bring healing into your life and will open the door wider for God to help you because you are being obedient to His word.

I heard a pastor say that if you feel you need to confess your sins, go out into the remote desert, find a jackrabbit, confess your sins to him and then shoot him. I only say this because you must be able to fully trust that what you tell your accountability partner stays with him. If you don't feel you have anyone you can do this with, go online and submit an anonymous prayer request.

Day 6: God Will Use You More

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Ephesians 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Psalms 37:23

The steps of a good man are ordered by the Lord: and he delighteth in his way.

God has good works for you. If you remain pure today, your steps may lead you into doing great things for God. If you give into temptation, the chances of God using you are slim. Sure, there are times when the Lord uses us in spite of ourselves, but you will have a better chance of making a Godly difference if you are pure. Just remember, the Lord doesn't bless sin. Less people get blessed through our lives when the streams of living water that are supposed to be pure are muddy from our sexual sins.

Day 7: Never Wear Sunglasses

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Matthew 5:28

Jesus: “But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”

Do you wear sunglasses? This may sound crazy, but if you have wandering eyes and like to hide behind mirrored or dark shades, **DO NOT** wear them. When you don't wear sunglasses, your eyes are visible and you become accountable to everyone you are around. It's not as easy to get away with lusting after a woman when your eyes are in plain sight.

Day 8: Don't Be Ashamed of The Gospel

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John 12:32

“And I, when I am lifted up from the earth, will draw all people to myself.”

Do you have a shirt that is centered on Christian principles? I have one that says; “Jesus did it.” I also have a cross that I wear occasionally. One thing I’ve learned is that when I wear a Christian T-shirt, I become accountable to living a higher standard when I am out in public. The last thing I want to do is bring shame to His name by having wandering, lust-filled eyes while shopping in the grocery store as I am wearing a shirt that says, “Jesus loves you”! Wearing a cross can be a great reminder too.

A close friend of mine shared with me that his bumper sticker which says; “Jesus Is The Answer”, works as a reminder for him to behave himself.

Day 9: Leave Those Things Behind

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Philippians 3:13-14

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Let's face it, you are going to have to exercise serious discipline if you are going to overcome lust and sexual temptations. The old things that used to cause you to stumble are still going to be there. For instance, when surfing the Internet, you are going to have to not follow all of the tempting images that will instantly surprise you out of nowhere. When changing the channels on the TV, you are going to have to not be pulled away from your goal to remain pure in your thoughts and actions. As our scripture says, we forget what is behind and strain toward what is ahead. It's not easy dodging the things that want to pull us down, but we must remain strong, disciplined and focused on our goal.

Day 10: This Is The Key To Winning The Battle

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Galatians 5:16

So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

We have more than what we need to help us with our relationship with God. The best way to get connected to the Holy Spirit is through reading God's word, kneeling in extended prayer and through worshipping in song. When we set aside quality time to press into our relationship with the Lord, we will walk in the Spirit more. Once we have that close connection established with the Lord, we will have an increased measure of grace to help us overcome the temptations of the flesh. Consider making it part of your regular routine to set aside a considerable amount of time to really connect with the Lord.

Day 11: Impaired Thoughts and Drinking Alcohol

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Romans 13:13-14

Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

Some Christians think it is okay to drink alcohol. If you are one who does, I would like for you to consider that this substance affects your ability to think clearly. Since you have made it to day eleven, I believe you are serious enough about purity to stop doing things that would cause you to stumble. When your thoughts are impaired by alcohol you are at a much higher risk of giving in to lustful temptations.

Now, clothe yourself with the Lord and don't think about how to gratify the desires of your flesh any more. Put on Jesus and find out what it is like to drink the Holy Spirit's new wine.

Day 12: Showers of Sin or Cleansing

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Ephesians 5:12

It is shameful even to mention what the disobedient do in secret.

It's in the private places like the shower where we sometimes have thoughts of masturbation. Here again, you mustn't entertain these thoughts and certainly not any feelings of arousal. Push them away quickly. Don't try to convince yourself that you can just get a few good feelings and then quit. You and I know that it never works that way. The more you flirt with your sexual feelings and urge, the sooner you will lose the battle.

Consider getting on your knees and praying when temptation meets you in the shower. I like to do that and then ask the Lord to cleanse me as the water is flowing over me.

Day 13: Don't Get Dragged Away

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Colossians 3:5

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

James 1:14

But each person is tempted when they are dragged away by their own evil desire and enticed.

Today, make sure that there's nothing hidden in your life that could drag you away from being a man of integrity. Anything at all that you have stashed away that could cause you to stumble, throw it in the trash. Porn magazines, sex toys, bookmarked things on your computer, flash drives with images on them, put them all to death. Anything that belongs to your earthly, sinful nature that you are keeping a secret, you must get rid of all of it. If you keep these things, you are just setting yourself up to be dragged away by your own evil desires.

Day 14: Position Yourself For Purity

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Proverbs 4:25-27

Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

How many times have I allowed a good looking woman to direct the paths of my feet? I've positioned myself many times to get the perfect glance at a woman. We mustn't stray from our destination for purity to lust after a woman. Exercise self-discipline when you have thoughts that would cause you to go left or right in order to get perfectly aligned with a woman to catch a glimpse. I know it's more than just feasting upon her beauty; it's the release of feel good chemicals in the brain during the time of the chase. Recognize these traps and instantly avoid entertaining or acting on your thoughts in this arena. Don't walk by her house. Don't drive down the street. Don't sneak quick peeks. Do not go down the aisle in the grocery store where you just caught a glimpse of an attractive woman. Keep your eyes fixed on being pure.

Day 15: Love God In Your Mind

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Luke 5:16

But Jesus often withdrew to lonely places and prayed.

Matthew 22:37

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.”

One of the things that has helped me greatly in my Christian walk is seeking the Lord first when my day is starting. I have tried to make it a habit to read some of the bible in the morning. If nothing else, I go to Biblegateway and read the scripture of the day. I also like to watch someone like Joyce Meyer or Joel Osteen on my computer.

Taking time out to pray in the morning is a must for me. This is where I begin to clothe myself with Christ. It is during times of prayer that my spirit man becomes strong and my fleshly desires fade. I have a close friend of mine who says, “We win all of our battles on our knees.”

If I am going to love the Lord with all of my heart, soul and mind, what better time to begin the process than first thing in the morning through communing with him?

Day 16: Devotion To Doing What Is Good

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Titus 3:6-8

He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life. This is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone.

Getting involved in ministering on a regular basis always helps me stay pure. After all, who wants to be known as a hypocrite? Certainly not me.

The dictionary defines a hypocrite as this: a person who puts on a false appearance of virtue or religion. 2: a person who acts in contradiction to his or her stated beliefs or feelings.

When you know that you are going to be on stage representing the Lord, you hold yourself to a higher standard. If you want to be an effective minister for Christ, then your light needs to be shining brightly. When there's sexual immorality in your life, your light won't shine very bright. The other thing about being involved in ministry is that it forces you to have fellowship with Christians. Being involved in church activities and ministry will create positive pressures on your life that will help you stay on the straight and narrow path.

It's better to get involved than to give up and isolate yourself because of your sexual sin. Just knowing that there's something on the calendar tomorrow that surrounds ministry could help you to remain pure today.

I don't know about you, but when my life is dirty with sexual sin, it's like I'm a totally different person from the smiling Christ-filled person I can be. I look different in the mirror and I certainly act differently when there's sexual sin in my life.

Day 17: The Importance of Fellowship

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1 John 1:7

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

Luke 4:18

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.

Fellowship with dedicated Christians is a must if you want to overcome your struggles. On many occasions, when I've been trapped in sexual sin, I've purposely gotten together with one or several Christians who I know are serious about their relationship with the Lord. Oftentimes, it is in the midst of fellowship where I find the blood of Jesus purifying me.

You don't have to go with the attitude that you are going to confess your wrongs to anyone. You will just be exposing yourself to an atmosphere where the Lord can touch you through interacting with people who carry an anointing. It is the Spirit of the Lord working through your Christian friends that will break off the bonds of sin on your life.

You have to get past the uncomfortable part of thinking that you can't be around other Christians because you are not pure. God would rather you be among them, in a place where you can be delivered by the power of His Spirit, rather than isolating and indulging in your sinful acts more.

Day 18: Stop Looking For Something New

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2 Timothy 2:22

Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

It seems that the evil desires of youth for me relate to the excitement of discovering something new. Sure, it all started from looking at catalogs with women's lingerie in them. I recall as a young man searching for my older brother's Playboy magazines. Even the search for the magazines stirred a sexual excitement in me that caused good feeling chemicals to be released. There's something sexually stimulating about experiencing something new. Seeing what a redhead actually looks like downstairs when you've never seen that before or what an older woman looks like nude when you've never seen that can be very exciting. We have to flee these urges to search out a new visual experience or even a new technique of masturbating.

Here again, our verse refers to the pursuit of righteousness with people who call on the Lord out of a pure heart. Flee thoughts of new sexual discoveries and experiences and attach yourself to Godly things.

Day 19: Don't Push God Aside When He Butts In

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1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

So many times God has interrupted my sexual adventures. I can think of several times when a phone call would come in just seconds before I was ready to go look at nude women on the Internet. I've had the conviction of the Holy Spirit so strong on my life, in fear that someone was going to discover my surfing path on the Internet that I have come totally clean and confessed my sin to a Christian brother. God has a way of interrupting our sin. We always have the choice to either heed his conviction or submit to His directions to go a different way or to ignore His voice.

Consider turning to God and away from sin when He interrupts your thoughts and plans. I know, the spirit is willing, but the flesh is weak, right. Wait, you are reading this now because you are serious about changing your habits of giving in to temptation. Make a decision right now, looking forward to a day when you may start to fall, that you will allow God to catch you before going into the pit of sexual immorality. Take His pathway of escape. Trust me, you will be glad that you did once your sexual urges settle down and you find yourself in your "right" mind once again.

Day 20: Starting Over

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Colossians 1:21-23

Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation— if you continue in your faith, established and firm, and do not move from the hope held out in the gospel.

If you have sin in your life, repent and ask the Lord to forgive you. He will then see you without blemish and you can start over.

Forgiveness through what Christ has done makes you holy in God's sight. The slate that had all of your sins written on it has been completely wiped clean through forgiveness. Who the son sets free is free indeed.

Day 21: Don't Let Sin Keep You Down

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Hebrews 10:22

Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

Hebrews 4:16

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

You have to get up one more time than you fall down. Years ago I heard a respectable minister say that we shouldn't let our sin keep us from being ministers for the Lord. He was basically saying that when we slip, we have a choice to either stay bound in the darkness, serving the evil one, or we can repent and serve God. God would rather we turn toward Him than stay turned away from Him. **DO NOT GIVE UP.** If you have fallen through giving in to temptations, just start over, forgetting what is behind and pressing towards your goal of being sexually pure.

Day 22: Be Kind to Yourself

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2 Corinthians 5:17

King James Version (KJV)

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things become new.

I was talking with a good Christian friend of mine this morning, who I can confide in and trust, about the challenges of not looking at things on the Internet. He's not a techie, but he was explaining to me that over the past 10 years since he has been married, he has purchased very few magazines with nude women in them. He said, "Thank God I am not the same way I used to be. Before I was married I used to have them hidden all over the place. I recall when I wasn't walking with the Lord how bound with lust, porn magazines and masturbation that I was.

Today, be kind to yourself through seeing how far that the Lord has brought you from where you used to be. His promise is true, we do become new creatures and that's a beautiful thing.

Day 23: Where To Find Your Strength Everyday

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James 1:22

Do not merely listen to the word, and so deceive yourselves. Do what it says.

It is so important to read God's word every day. Even if you only read one scripture in a day that is better than not reading any at all. For instance, today's scripture should be one that reminds you of your commitment to remaining pure and how to do that according to God's word that we have looked into for the past 22 days. Walking by the Spirit means living a life that is influenced by God's word.

Today, take a moment to read all of the scriptures I've given you up to this point. It should only take you about 5 minutes to do so. Whichever one applies to your life today, be a doer of the word and not only a hearer.

Day 24: Singleness of Heart

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James 4:7-11

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

Singleness of heart is what the Lord wants from us. Have you ever noticed how one decision can turn you into a double-minded man? Acting on one impure thought can change you from being spiritually clean and pure to being dirty, filled with shame, and unrighteous, in less than a few seconds. It can happen as quickly as turning a light switch on and off. Today, keep the light on in your life. Live single-minded by staying focused on your goals for purity. Don't be two different people. Be all that you want to be in God and for Him. Submit to God, resist evil and be the Christian man of integrity that you are rather than a prisoner of youthful lusts. Think about who you are when you are on a Godly path and who you are when you are not. Be Christ-like today and your steps will be ordered by the Lord.

Day 25: Use Everything

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2 Peter 1:3,4

His divine power has given us everything we need for a Godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

Today we have at our fingertips access to a vast amount of Godly knowledge. Since you are serious about remaining pure, take advantage of the things we have in this time we are living in. Keep Christian music playing as often as you can, at home, in your car and while listening to your iPod. Listen to Christian teachings through radio, TV, the Internet and storing messages on your MP3 player. Any minister who is well known has a website with “free” text, audio and video lessons on it. You can read the bible on your phone if you have access to the Internet.

There are millions of books that have been written to help you in your Christian walk. Get them from the library, online, from your church or go to a bookstore.

Churches in this time we are living in are offering more things to do than ever before, so get plugged in.

There’s no excuse for not remaining in a relationship with God. If you are struggling, it’s because of your own poor choices. Make right choices today by taking advantage of the information age we are living in.

Above all, go directly to the source of it all. Communing with the Lord through prayer and reading his word is where everything you need to live a Godly life will come from.

Day 26: A Few Words About Bouncing

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2 Timothy 2:22

Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

Several years ago I read a book called “Every Man’s Battle.” As I recall there was a technique that they referred to as the “bounce” technique.

Here’s how it works: As soon as you see something that could cause you to fall into lustful sin, bounce away. The moment you see that woman jogging and wiggling in a sexy way, bounce your eyes away. When you see those extra tight workout pants coming head-on, instantly, without hesitation, turn your eyes or your entire body in a different direction. When temptation presents itself in the form of cleavage, bounce away, never to let your eyes return. Turn away from short shorts, bikini suits, tight clothes, beautiful smiles, big breasts, perverse speech, banners online, YouTube video displays and everything else that stirs your sexual desires. Today, practice this technique without taking a second glance at whatever it is you are bouncing away from. This works guys!

Day 27: Don't Let Temptation Grab You

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James 1:14,15

But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Reposition yourself when temptation comes and sits down in front of you. Sometimes we are ambushed in the oddest places. I recall being in Panera Bread one morning, minding my own business as I was working on my laptop. I was seated in the comfortable seating area. These two women came in and sat in the chairs directly across from me. The more they talked, the more comfortable they became. One of the women decided to drape her right leg over the side of the chair. She was wearing jeans. In my mind, it was as if she was spreading her legs and saying take me now. Of course I looked once and then had to fight the temptation to look again. The second look was more than a casual glance. I started looking for the details of what she was shaped like downstairs. I thought to myself; "I need to move from where I'm sitting or else I'm going to be fighting with lust for the rest of the day." As I started to pack up my laptop to move, they decided to leave.

I spent a little time wondering if she was teasing me. It was very odd to have a strange woman, sitting six feet away from me, spread her legs open wide and just leave them that way. Stinking devil, don't you just hate his schemes?

Day 28: Avoid Places Where You Fall

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Romans 5:11-14

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace.

There are certain places where I know that I will be offering myself to the possibility of sin. One of those places is at the beach. I know that if I am not in good spiritual condition, going to the beach on a hot summer's day is not a good idea for me. I love going to the beach and do so only when I know that I will be able to walk the shores and not lust at the woman in bikinis. Going to theme parks, such as Bush Gardens or Disney World, is not a good idea for me if I am not accompanied by Christians. It is in these types of places that I most certainly make sure that I DO NOT wear sunglasses. When we are serious about staying pure, we will avoid going around to places where temptation may be knocking on our door. When we can exercise disciplines such as these, sin will not become our master, leading us to places that are not good for us.

Day 29: Never Give Up

Winston Churchill said, "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy."

Lust, porn, masturbation, affairs and things that will carry you away from the will of the Lord are your enemy. Don't give up fighting against the flesh. If you do, your conscious will become hardened or seared and the things you once stood against as being unacceptable will become common place in your life.

Just because you slipped again for the ten thousandth time, **DO NOT GIVE UP!** Don't listen to that voice that says you are a loser. Repent now and receive the promise from God's word that says: "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." (Romans 8: 1 KJV). Walk toward the Spirit, rather than surrendering to defeat.

Day 30: Ask For Help

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Exodus 17:11-13

As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady until sunset. So Joshua overcame the Amalekite army with the sword.

You cannot win this battle on your own. During times when you get tired and want to give in to temptation, ask for help from someone you can trust. It can be your pastor, men's group leader or one of your very close Christian friends. We are only as sick as our secrets. Once our secrets are on the table, the enemy cannot keep us battling alone anymore. Jesus declared that the Spirit of the Lord was upon him to set the captives free. When we surround ourselves with Christians who walk in the authority of Christ and are filled with the Spirit, we will be set free from the things that are holding us captive. Don't keep secrets anymore. Tell someone about the things that you are struggling with.

Day 31: If You're Not Worshiping God, You're Worshiping the Devil

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Joshua 24:14-15

“Now therefore fear the Lord and serve him in sincerity and in faithfulness. Put away the gods that your fathers served beyond the River and in Egypt, and serve the Lord. And if it is evil in your eyes to serve the Lord, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the Lord.”

My pastor says that if the TV or Internet connection is causing you sin, cut the cord. Perhaps when you finally get to the point of feeling enough pain and shame, you will cut the cords of sin in your life. What is it that you are struggling with? If you really want to be free, you will go to any lengths to get free. Remember, you have to make the right choices. God isn't going to make them for you. You either choose to live a righteous life or not.

If you're not worshipping God, you are worshipping the devil. Choose this day whom you will serve.