

## Winning the Battle: over Lusting in the Mind and over Pornography

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Introduction: Is every look at a woman with sexual desire wrong?

Song of Solomon 7:7-8, *"How beautiful you are and how pleasing, O Love, with you delights. Your stature is like that of the palm and your breasts like clusters of fruit. I said, I will climb the palm tree and I will take hold of its fruit."* / Matthew 5:28, *"anyone who looks at a woman lustfully has already committed adultery in his heart"* / Proverbs 5:18-19, *"may you rejoice in the wife of your youth...may her breasts satisfy you always"*

- A. Define lust.
- B. Normal heterosexual male brain
- C. Eyes trigger our brains

Q. Men, what do you do when you catch yourselves looking and starting to lust in your mind? What helps you stop?

Q. Women, what do you do when you catch yourselves looking and wanting something you know is not good? What helps you stop?

**I. We each need a plan so we don't fall into temptation and lose the battle that every man faces.** *Ephesians 4:22, "put off the old self which is being corrupted by its evil desires and be new in the attitude of your mind."*

- A. Control the Eyes: *Job 31:1 "I made a covenant with my eyes not to look lustfully at a girl."*
- B. Manage the Mind: *II Corinthians 10:5, "we take captive every thought to make it obedient to Christ."*
- C. Help the Heart: *II 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."*

**II. A battle some men face: Pornography.**

- A. For men who have the obsession to view porn they have one thing in common: they can't quit.
- B. Almost every guy who comes to therapy regarding porn has tried to quit with will-power.
- C. If a person is going to stop obsessing about porn, he needs to understand his underlying emotional part(s).

D. An example of underlying emotional part.

E. The Bible is our text book for some insight regarding being powerless over our parts. Romans 6:12-13, *“Therefore, do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to Him as instruments of righteousness.”* Romans 7:18-19, *“For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing.”*

F. The power of these underlying emotional parts is in the emotion AND the beliefs these emotional parts have.

G. Some of these underlying emotional parts are rooted in trauma events but most are rooted in experiencing deep shame.

H. No more secrets. *I John 1:7, “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.”*  
*I Chronicles 28:9 “the Lord searches every heart and understands every motive behind the thoughts.”*

I. It’s important to practice “second stage” spirituality morality functioning.

**III. A word for those who don’t struggle with pornography but are there to help those who do or those who could soon struggle with it.**

A. How to help those who come to you admitting they are struggling with pornography.

B. How to help young boys to refrain from getting caught up in the struggle with pornography.