

Don't Fall for This Satanic Lie That Comes When You Least Expect It

Men work hard—it's what we do. We put in long hours, travel and get things done so we can move up and provide for the growing needs of our family. Working hard is truly a good thing.

You may have realized by now that lust will capitalize on your weaknesses and your strengths. The lie lust tells you is, because you have worked so hard, you're *entitled* to _____. This includes looking at images, lusting, porn, cheating and the list goes on and on. Lust says you deserve what you are doing.

I love what Jesus said about a servant who worked in the fields all day and then came to fix his master's meal. Jesus says, "So you also, when you have done everything commanded you, say, 'We are unprofitable servants. We have done our duty'" (Luke 17:10).

Working hard is what God wants us to do. There is no entitlement for servants of God. Lust lies and wants to steer your heart into entitlement so it can entice you away from humility and gratefulness to work hard.

Most of you have had a pet growing up. As a child, when you got a dog, what was one of the first things you wanted to do with it? Most boys want to train their dog to do tricks. Once you had your dog trained, you would show your friends and family how intelligent your dog was and its many tricks.

Lust likes to train you to do tricks on command. It trains you to focus, lust and fantasize to the same image again and again. Lust is actively creating a trigger for you. When you

see someone who has similar features or coloring as the image, you will lust on demand.

Knowing your trigger can be extremely important to becoming lust free. This training must be broken first by not lusting and fantasizing to these triggers. Second, when you see a trigger of yours, you need to apply as many tips in the *Lust-Free Living* book to escape lusting after that.

The image or person at the moment isn't why you are lusting. It's your training that is bringing about this chemical and emotional response. Knowing your triggers can help you break this training and move into a lust-free life where you start seeing women as people rather than objects.

Lust will try to convince you women are its, things, objects, something to be consumed, and even that they exist just for your pleasure. The truth is, women are holy. No matter how they dress, women are made holy by a holy God.

Lust will lie to you, but when you start seeing all women as holy, you change the lens through which you view their bodies and personhood. Seeing a woman in the light of holiness gives you a permanent and reliable exit from any lie lust may give to you.

You will begin to view her with compassion and honor rather than consumptive feelings and attitudes of lust. This is your decision to make. Is every woman holy? When you decide yes, you decide to view her as God's heart and nature view her. Any other decision is lust, which is intent on dehumanizing a holy being into parts to justify temptation in your soul. When you see women as holy, you will really see how this affects your walk into a lust-free life.

Doug Weiss, Ph.D., is a nationally known author, speaker and licensed psychologist. He is the executive director of Heart to Heart Counseling Center in Colorado Springs, Colorado, and the author of several books including, *Lust Free Living*. You

may contact Dr. Weiss via his website, or on his Facebook, by phone at 719-278-3708 or through email at heart2heart@.