

Have You Tried This Powerful Antidote to Overcome Lust?

Nobody can give you the bold-faced lie that lust feeds you except for the devil. "This is good," is one of those lies. Lust tells you it's good to escape, drink a little, kick up your feet, get relaxed, masturbate, text, email or go online with a woman who's not your wife.

Lust loves for you to believe that it is good for you. As long as lust is good for you, you won't fight its ever-growing expansion into your life. You won't expose your secret times with lust, nor will you challenge lust when it takes you to the next level of lustful thoughts and behaviors. After all, if a little is good, more is even better.

The truth about lust is, it hates you. Lust knows it is not good for you. Lust knows it is causing self-rejection and distance from your spouse, friends and children. Lust knows every drink you take of it sucks the life out of you. But lust leads you to believe it is medicine instead of poison.

God is good. Loving people without lusting, living a lust-free life, being an awesome dad, incredible husband, a great man of God and a servant in the local church—this is all good. Lust is evil. The next time lust tries to sell you that it is good for you, you need to have your response ready to defeat the lie. Lust's natural enemy is the fear of the Lord.

Here is a very practical tip, Contemporary Christianity have forsaken the whole idea of fearing God, embracing only God's love for us. If the father who raised you was a manly man, he was there to help you stay out of trouble. If you feared your father, you had respect for your father, understood his values and knew the consequences of violating them.

My son knows I love him, and I tell him and demonstrate this

to him daily. He also knows my value of respecting women, especially his mother. He knows disrespecting women would be immediately painful. He has a healthy respect and fear of Dad.

Respecting our Father God's value of women is really helpful to walking lust-free. I know God loves me, but I also know He hates lust. He knows the pain it causes inside and the damage it does to those around us. Honor your Father and fear Him in order to maintain a lust-free life. Having His values and value of women in your heart is a powerful antidote to lust.

Remember, lust has been around since the Garden of Eden. Lust is simply thinking and believing differently than God about a woman. Lust also wants you to believe it will always exist. Lust is like a parasite. Lust came to the earth when Lucifer was kicked out of heaven and exists on earth only if it has a human host. Lust is limited to time.

You will live eternally with the Father. You were designed by the Holy Spirit to live lust-free, forever. You will live eternally in heaven, among all of God's perfection, and never lust. You will see the Creator in women, and honor and respect them. You will walk and live free from even a memory of lust. Most of your existence will be lust-free. It's glorious to think that lust-free living is your inheritance and mine.

You can experience heaven's lifestyle today. Grasp the concept of eternally living lust-free. Today, practice your blood-bought right to be free. {eoa}

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@.