

A Practical Weapon to Fight the Spirit of Lust

Some of the tools you used to use to lust after women can be turned around to use against lust!

In my 30 years of counseling, I have made it my mission to help men not only heal from the perils of lust, but also to become free and build daily defenses to use to fight it and stay clean. There are multiple tools I share and, in today's article, I'm going to share a very practical weapon that is usually used to lust but can be turned around to help you in your fight for freedom.

You all have heard of radar. You know it sends out a beam of sound and identifies objects further out from the submarine. If you have trained your brain wrong, you could have a side effect called braindar. This braindar can sense a trigger, image, shape or color of hair before you can even make full visual contact with this person or image.

You may be walking down the mall and you see a poster. You can see the skin, but can't quite figure out if it's another Victoria's Secret image. However, your braindar has picked it up.

Guys know exactly what I mean when I say that it's way too early to see the soul of that person when your braindar goes off. It will only tell you two things: one, its gender and two, its location.

If the braindar could talk, it would tell you something like this: "Female, questionable attire at 3 o'clock." Most of you reading this know exactly what I am talking about. This braindar can be a gift to you in obtaining clean life.

In the past, you would use your braindar to locate a victim to

lust after or worse. Now your braindar can be actively used as a warning device. You still get the gist of the information of gender and location, but now it's what you do with the information that your braindar is giving you.

Instead of using the information to move toward the woman in question, you use it to move away from the object that has been identified. So, if the braindar says, "Object at 3 o'clock," then you look at any other direction—6, 9 or 12—so as to not include that person in your range of vision.

If you're at a restaurant or public situation, do what you can so that you are no longer able to engage in a straight line with what your braindar has already warned you about.

You can't control that you have braindar, but you can control how you use it. You can't control the environment, but you can control how you navigate your environment. Too many men are content with the excuse, "Well, I can't help it when a woman walks right in front of me." However, as I mentioned, men know what I'm talking about when I'm referring to braindar. You can use this powerful tool to warn you and keep yourself clean and guard the images that are getting burned into your brain.

Do you want more weapons for your daily battle against lust? You need to surround yourself with others who are in the fight. We certainly cannot do this alone. To join a movement of powerful leaders determined to fight against lust and the purity of the church, go to for a conference built with the specific purpose of fighting the impact and lies of lust in the church.

Again, I am proud of you for taking up the fight against lust. Hopefully you have gained a new weapon in today's reading. Please continue to pray for freedom in this area and continue to take up your fight daily. {eo}

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