

This Is Why You're Struggling to Get Over Your Addiction to Porn

Pastor Craig Groeschel says when it comes to lust and pornography, we have to create a plan to avoid temptation, or else it'll be too late to flee it. Think ahead of time about the boundaries you need to place in your life—whether that's calling a trusted friend in Christ who can keep you accountable or not being one-on-one with members of the opposite gender when you're married.

"I'm going to put some safeguards in my life as a part of my battle plan, so I will not be as vulnerable to the attack; to the enemy," Groeschel says. "So some things I do—this is just common sense, to honor my bride, Amy, and to honor my God and my pastoral calling—I'm not going to be alone with women, in any context. We're not talking in my office, you're not getting in my car and we're not driving to a restaurant so we can sit across from each other and have intimate talk.

"... I've made it so that I can't access something that I shouldn't look at—so on my mobile device and my iPad, I can't download apps. Someone else has to put in a code. My social media, there's like five or six people that have my passwords. I've got adult content blocked so I can't erase anything. And if I try to book a massage, it won't even let me do that. I can't do lots of things; I can't even order a swimsuit and stuff like that. ... Why would I wait to fight off something later on, if I have the power to eliminate that battle today?"

To watch the entire sermon and glean more helpful advice on overcoming the battle with lust, [click here](#).