



Fourteen Ways To Conquer Lust

Overcoming The Spiritual Battle For Our Hearts

God's desire for us is to be people of character. There is a need to understand that our battle is not against flesh and blood, but against principalities and powers, rulers and wickedness in high places as mentioned in Ephesians 6. But there is also a need to understand, according to Galatians 5:16-17, that because the flesh wars against the spirit and the spirit against the flesh, we may not do the things we want to do. 1 Peter 2:11; James 4; Romans 8; Galatians 5; Leviticus 25:23, and Ephesians 2:1-3 are all verses relevant to this subject. Here's how to fight the good fight of faith in conquering lust.

- Galatians 5:16-17:** Recognizing where the battles are at, we need to fix our mind on the Spirit and not on our problems. God does not want us to concentrate on the things that break us down and the places where we stumble. We are to fix our eyes on Jesus (Hebrews 12:2), and as we do, He will pluck our feet out of the net (Psalm 25:15).
 - Disobedience opens the door to the stronger temptation of lust.
 - Recognize the cycles of temptation—when we tend to stumble in the same ways at the same times during the week, month and even year.
 - Pride, according to Proverbs, always comes before the fall. We need to have an attitude of humility.
- 1 Peter 5:7-8 & 1 Corinthians 6:19:** We need to totally relinquish our right and desire for marriage. Tremendous victory over lust can come when we have really put this desire and even natural right on the altar. This does not mean accepting a lifetime of singleness. It simply means turning this desire over completely to God.
- Quote Revelation 20:10 to Satan when you are tempted:** Satan is a tempter, and quoting Scripture to him is a powerful way of fighting temptation. *“And the devil who deceived them was thrown into the lake of fire and brimstone, where the beast and the false prophets are also; and they will be tormented day and night forever and ever.”* Remind Satan that every time you are tempted, you are going to remind him of that verse, as well as the fact that Jesus died on the cross to forgive you. You are going to glorify His name even in your temptation.
- 1 Timothy 2:1-4:** Pray for the authority figures in your life, especially for the weaknesses in them and for wisdom. This is a way of encouraging godliness in your own life.
 - Fast:** Not as a work to earn victory, but in obedience to His Spirit as something He calls you to do. Fasting will produce spiritual sensitivity.
 - Confession:** 1 John 1:7 & James 5:16 talk about walking in the light and therefore, having fellowship with one another and the blood of Jesus cleansing us from all sin. It is good to confess our sins, to someone of the same sex whom we can trust and who will pray for us.
 - Accountability:** It is a tremendous protection (Ephesians 5:21). When we share with someone who will keep us accountable and check up on us, accountability also becomes a powerful motivation to conquer lust.
- Romans 13:14:** Put your own restraints on yourself. Sometimes there are things that the Spirit of God would have you not do that even your parents or authorities would condone. We need to be willing to make self-restraints and set curfews. We need to go out of our way to make no provisions for the flesh, lest we fall into temptation and stumble. Remember, the first look at someone is natural and okay; it is the second one that becomes lust (Matthew 5:28).
- 2 Timothy 2:22 & James 4:7:** An important principle here is to resist the devil after first submitting to God and fleeing youthful lust. We must understand that we do not flee the devil; we resist him. We never resist temptation, but flee it (1 Corinthians 10:13).
- Memorize Scripture (Psalm 119:9-11 & Psalm 1:1-3):** There are promises of tremendous victory when we treasure the Word of God in our hearts.
- Proverbs 23:7 & 1 Samuel 15:23:** We need to check all of our attitudes about authorities. To the degree that we have God's submissive attitude toward our God-given authorities, to that same



degree we will have victory over the power of sin. Temptation to physical lusts begins in the heart. Being out from underneath authority even in our heart attitudes releases the kingdom of darkness, rebellion and lust in our lives.

9. **Job 31:11:** Promise with your eyes and hands to be pure and to look straight ahead. Colossians 3:1-5 says, *“Set your mind on the things above and not on things that are on earth.”* We need to set our minds.
10. **Cleanse** your room or house of anything that would tempt you to lust. This may even include old love letters and pictures. Take the TV out of your room and put it in the living room instead. Don't use your computer behind a closed door.
11. **Romans 6:6:** Consider yourself dead to sin and the lust of the flesh. Recognize a sinful thought as coming from the enemy because you have died and your life is hidden with Christ. Therefore, do not panic when thoughts come into your mind, but recognize where they are coming from and consider yourself dead to them. The Bible does not say to consider yourself sinless and without sin; it says to consider yourself dead to it.
12. **James 4:1-4:** Confess your lust to God in specific detail exactly as it goes through your mind. Ask Him to fulfill it in His righteous way and righteous time; do not put any names to the person. This is the hardest, but it is often the most effective way of conquering lust. You have nothing to hide. God already knows what you are thinking anyway. There is tremendous victory when in private prayer you confess your specific lust to God and ask Him to fulfill those natural desires. If desires are perverted and contrary to Scripture, then spiritual counseling is necessary.
13. **1 Corinthians 15:10, 12 & 2 Corinthians 5:11, 8:9:** Depend totally upon His grace. Acknowledge that without His grace you will surely fall and keep on stumbling for the rest of your life. With His grace, you have complete victory. Jesus is in you. You are His vessel, and by faith, the victory is already there. In patience, trust Him to manifest it. His grace is sufficient for you, and in your weakness, He will be made strong.

In closing, 2 Corinthians 10:3-5 tells us that the weapons of our warfare are not earthly, but mighty for tearing down strongholds and bringing every thought into captivity to His obedience and the knowledge of Christ. These weapons are His Name (Romans 10:13), His Word (Matthew 4:1-11 -- Jesus defeated the devil through quoting the written Word), His Blood (Revelation 12:11), and praise (1 Thessalonians 5:18; Ephesians 5:20; Psalm 149:6-9).