

GOSPELSUNG



UNDERSTAND THESE SEVEN
SECRETS ABOUT

LUST

Gospelsung is an online sanctuary for seekers and believers alike in Jesus, offering a diverse range of topics that cater to the spiritual journey of Christians.

This book is written and authored by GospelSung. Carefully written to help christian understand some key important things about lust and how anyone can prevent, overcome and seek for redemption from lust.

GospelSung can be contacted below @
info@gospelsung.com
www.gospelsung.com



CONTENT

Lust Begins in The Heart

The Power of Temptation

The Consequences of Lust

The Role of Accountability

The Role of Prayer

The Role of Scripture

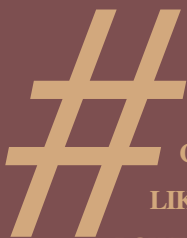
The Hope of Redemption

Conclusion

In a world filled with distractions and temptations, understanding the nature of lust as a christian is essential to pursuing a life of purity and spiritual growth. *Understand These Seven Things About Lust* dives into the roots, effects, and spiritual implications of lust, equipping readers with practical tools and biblical wisdom to overcome this pervasive struggle. Each chapter reveals one of seven key insights, offering guidance to break free from lust's grip and replace it with the peace and strength found in God.

GOSPELSUNG

UNDERSTAND THESE SEVEN SECRETS ABOUT LUST



LUST IS A STRONG
CRAVING FOR ANYTHING,
LIKE STRONG HUNGER SEX,
POWER OR A BURNING DESIRE
FOR WEALTH IN AN
UNGODLY WAY.

1

LUST
BEGINS

IN THE HEART

LUST BEGINS IN THE HEART

Lust does not begin with outward actions; it starts in the heart and mind. Jesus emphasizes this truth in Matthew 5:28, stating,

“But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”

This scripture reveals that lust is a heart issue, not just a physical one. This verse challenges us to understand that sinful desires start from within, long before they manifest outwardly. The heart is the source of our thoughts, desires, and intentions, which is why Proverbs 4:23 advises: *“Above all else, guard your heart, for everything you do flows from it.”*

LUST BEGINS IN THE HEART

REFLECTION

To combat lust, we must first examine our hearts. Are we harboring thoughts that lead to temptation? Regular self-examination and confession can help us maintain a pure heart.

To examine your heart for lust, start by reflecting on your thoughts and desires. Are they aligned with God's will? Matthew 5:28 reminds us that lust begins in the heart. Pray for wisdom and ask the Holy Spirit to reveal any areas where you might be struggling.

Seek purity and set your mind on things above. Temptation often presents itself in subtle ways. James 1:14-15 states, *“But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.”* Understanding that our desires can lead us

LUST BEGINS IN THE HEART

REFLECTION

astray helps us to recognize the need for vigilance. The strength of lust lies in its ability to subtly take root in the heart, often unnoticed. James 1:14-15 explains that temptation arises when we are "*dragged away by our own evil desire,*" leading to sin and, ultimately, spiritual death if left unchecked.



"LUST PROMISES
PLEASURE BUT OFTEN
LEAVES ONLY EMPTINESS;
TRUE FULFILLMENT IS
FOUND IN LOVE ROOTED
IN PURITY AND PURPOSE."

2

THE
POWER
OF

TEMPTATION

THE POWER OF TEMPTATION

Lust distorts our perspective, making momentary pleasure seem more important than our relationship with God. 1 Corinthians 10:13 reminds us, however, that no temptation is too strong to overcome: *"God is faithful; he will not let you be tempted beyond what you can bear."*

To combat lust, we must guard our hearts, avoid triggers, and rely on prayer and Scripture to refocus our desires on God's will. Lust is a powerful force that can consume our thoughts, distort our desires, and pull us away from God's purpose. It seeks to satisfy fleeting cravings but ultimately leaves us unfulfilled and burdened with guilt.

The Bible warns against lust's deceptive nature, emphasizing the spiritual consequences it brings.

THE POWER OF TEMPTATION

James 1:14-15 paints a vivid picture: *"Each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."*

Lust can lure us into sin, leading us down a path that distances us from God.

Staying grounded in God's truth helps us resist the powerful temptation of lust and live in purity.



"LUST BLINDS US TO THE BEAUTY
OF SELF-CONTROL, BUT IN
CONQUERING IT,
WE FIND FREEDOM AND
PEACE THAT DESIRE ALONE
CAN NEVER SATISFY."

THE POWER OF TEMPTATION

REFLECTION

Be aware of the environments and situations that trigger temptation. Avoiding places and circumstances that lead to lustful thoughts is crucial. *“I have hidden your word in my heart that I might not sin against you.”* Memorizing and meditating on scripture allows us to draw on God’s truth in moments of temptation.

Choose specific verses that speak to the issue of lust and commit them to memory. When temptation arises, recite these verses to redirect your thoughts.



TO COMBAT LUST, WE MUST GUARD
OUR HEARTS, AVOID TRIGGERS,
AND RELY ON PRAYER AND
SCRIPTURE TO REFOCUS OUR
DESIRES ON GOD'S WILL.

3

THE
CONSEQUENCES

THE CONSEQUENCES OF LUST

Lust has far-reaching consequences for the individual, families, and communities. In 2 Samuel 11, we see how David's lust for Bathsheba led to a series of tragic events, including adultery, deceit, and ultimately, murder. The ripple effect of sin is profound, impacting many lives.

Lust also separates us from God, filling our hearts with desires that oppose His will. When we allow lust to grow unchecked, we lose the spiritual intimacy that comes from walking in obedience to God's Word. To avoid these consequences, we must actively guard our hearts, seek forgiveness, and pursue purity in both thought and action. The consequences of lust can affect our relationship with God, others, and ourselves. However, through repentance and reliance on the Holy Spirit, we can overcome the grip of lust and find freedom in Christ.

THE CONSEQUENCES OF LUST

1 John 1:9 promises, *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."* By turning away from lust and pursuing purity, we align ourselves with God's design for our lives, experiencing peace, joy, and restored relationships.

REFLECTION

Consider the potential consequences of your actions. Lust may seem enticing in the moment, but it can lead to devastating outcomes. Reflecting on this truth can help you resist temptation.



TO AVOID THESE CONSEQUENCES,
WE MUST ACTIVELY GUARD
OUR HEARTS, SEEK
FORGIVENESS, AND
PURSUE PURITY

4

THE
ROLE
OF

ACCOUNTABILITY

THE ROLE OF ACCOUNTABILITY

Having a strong support system is essential in the fight against lust. Ecclesiastes 4:9-10 reminds us, *“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.”* Be accountable to partners that can offer encouragement, share struggles, and pray together within the church. Go for counseling in your church.

Being accountable provides a supportive environment where struggles can be shared, burdens can be lightened, and practical steps can be taken toward purity. Through accountability, we can experience God’s healing and find strength to resist temptation.

By embracing transparency and allowing others to walk alongside us, we align ourselves with God’s design for living in

THE ROLE OF ACCOUNTABILITY

freedom from sin. Church provide consistent encouragement, reminding us of God's grace and calling us back to holiness when we stumble.

Hebrews 10: 24 - 25 encourages us to "*spur one another on toward love and good deeds,*" which includes offering support when it comes to matters of temptation.

Also having someone who regularly checks in on our spiritual and emotional health is key to staying strong in the fight against lust.

REFLECTION

Take into execution the counsel from your church and regularly pray to achieve victory regarding lust.

5

THE
ROLE
OF
PRAYER

THE ROLE OF PRAYER

Prayer is a powerful weapon against temptation. Philippians 4:6-7 encourages us, *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*

Bringing our struggles to God in prayer invites His strength and guidance.

As Christians, we are called to lean on God’s strength, not our own, in overcoming sin. Lust is a powerful temptation, but through prayer, we can access God’s grace, guidance, and strength to resist its pull.

Through consistent, heartfelt prayer, we can overcome the temptation of lust and live in the purity that God calls us to. By staying close to God in prayer, we equip ourselves with His power and peace,

THE ROLE OF PRAYER

making it possible to resist lust and grow in holiness.

Prayer connects us to God's strength, which is far greater than our own. Philippians 4:13 reminds us, "*I can do all things through Christ who strengthens me.*" When battling lust, we may feel weak or tempted, but prayer gives us the power to resist those urges. It builds resilience against temptation and keeps us rooted in God's presence, making it harder for lust to take hold.

Prayer allows us to seek the Holy Spirit's guidance and conviction when we are struggling. John 16:13 says that the Spirit will "*guide you into all truth.*" As we pray, the Spirit helps us recognize and reject lustful thoughts, giving us clarity on how to act in moments of temptation.

Through prayer, God directs us to live righteously and avoid situations that might lead us into sin.

THE ROLE OF PRAYER

REFLECTION

Establish a daily prayer routine specifically addressing the battle against lust. Ask God for purity, wisdom, and the strength to resist temptation.

Lust often starts in the mind, and prayer helps transform our thoughts.

Romans 12:2 tells us, *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

God's Word is a vital tool in overcoming lust. Psalm 119:11 states, *"I have hidden your word in my heart that I might not sin against you."* Memorizing and meditating on scripture allows us to draw on God's truth in moments of temptation.



BY STAYING CLOSE
TO GOD IN PRAYER, WE EQUIP
OURSELVES WITH HIS POWER
AND PEACE, MAKING IT
POSSIBLE TO RESIST LUST AND
GROW IN HOLINESS.

6

THE
POWER
OF

SCRIPTURE

THE POWER OF SCRIPTURE

The Word Renews Our Mind. Lust often begins in the mind, where thoughts can spiral into unhealthy desires. God's Word renews and transforms our mind, redirecting our focus away from lustful thoughts and onto God's truth.

Romans 12:2 - *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* Through regular Bible study and meditation, our thoughts align with God's will, empowering us to think purely.

Scripture Arms Us with Truth in Times of Temptation, just as Jesus responded to temptation in the wilderness by quoting Scripture, we too can combat lust by speaking God's Word over our lives. The Bible is our sword in spiritual warfare, helping us resist Satan's lies.

Matthew 4:4 - *"Jesus answered, 'It is written: Man shall not live on bread alone,*

but on every word that comes from the mouth of God." When tempted, declaring God's Word gives us immediate strength and reminds us of our true identity.

REFLECTION

Choose specific verses that speak to the issue of lust and commit them to memory. When temptation arises, recite these verses to redirect your thoughts. The fruit of the Spirit, including self-control, grows in us through time spent in the Word. This helps us resist impulses and make godly choices.

Psalm 119:11 - *"I have hidden your word in my heart that I might not sin against you."* Scripture becomes a wellspring within us, giving us the discipline to turn away from lust.



THROUGH REGULAR
BIBLE STUDY AND
MEDITATION, OUR THOUGHTS
ALIGN WITH GOD'S WILL,
EMPOWERING US TO
THINK PURELY.

7

THE
HOPE
OF

REDEMPTION

THE HOPE OF REDEMPTION

No one is beyond the reach of God's grace. Regardless of past failures, there is always hope for redemption. In 1 John 1:9, we are reassured, *"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."* God's mercy is abundant, offering forgiveness and a new beginning. The first step in experiencing redemption from lust is to recognize that Jesus provides forgiveness and freedom. Regardless of past mistakes or the intensity of the struggle, Jesus's sacrifice on the cross offers complete pardon and a clean slate.

Confessing our struggles and surrendering them to Jesus brings about

THE HOPE OF REDEMPTION

His cleansing power, breaking the chains of guilt and giving us a fresh start.

Ultimately Jesus sent the Holy Spirit to empower us to live victoriously. By relying on the Spirit's power, we receive the strength to resist lust and make choices that honor God. The Spirit enables us to overcome our natural tendencies and live a life guided by purity and self-control.

Galatians 5:16 encourages us, *"Walk by the Spirit, and you will not gratify the desires of the flesh."* When we invite the Holy Spirit to lead us, He equips us to stand firm and overcome temptation.



THE FIRST STEP IN
EXPERIENCING REDEMPTION
FROM LUST IS TO RECOGNIZE
THAT JESUS PROVIDES
FORGIVENESS AND FREEDOM

THE HOPE OF REDEMPTION

REFLECTION

If you've struggled with lust, bring your struggles to God. Confession leads to healing, and embracing God's forgiveness allows us to move forward with renewed purpose. When we turn to Jesus as our ultimate source of joy and fulfillment, we no longer feel compelled to seek satisfaction elsewhere.

John 4:14 reminds us, *"Whoever drinks the water I give them will never thirst."* Jesus provides a deep sense of contentment that satisfies the heart and soul, leaving no need for counterfeit pleasures.

CONCLUSION

Understanding these seven secrets about lust equips us to face this powerful temptation with wisdom and strength. By recognizing that lust begins in the heart, being aware of temptation, understanding its consequences, seeking accountability, engaging in prayer, memorizing scripture, and embracing God's grace, we can navigate this challenge.

As we continue our journey, let us commit to living lives that honor God, seeking purity in our hearts and actions. Remember, it is possible to overcome lust through the transformative power of God's Word and the strength of His Spirit. May we strive to keep our hearts and minds focused on Him, allowing His love to guide us away from temptation and toward righteousness.

UNDERSTAND THESE SEVEN SECRETS ABOUT LUST

Gospelsung is an online sanctuary for seekers and believers alike in Jesus, offering a diverse range of topics that cater to the spiritual journey of Christians.

This book is written and authored by GospelSung. Carefully written to help christian understand some key important things about lust and how anyone can prevent, overcome and seek for redemption from lust.

GospelSung can be contacted below @
info@gospelsung.com
www.gospelsung.com

