

Ten Points on Destroying Lust

Written by

Wednesday, 27 January 2010 10:16 - Last Updated Wednesday, 27 January 2010 10:38

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□ Lust



There are many principles revealed in the Bible for destroying lust. It's usually not as simple as, "just don't do it." The main principle is that through Jesus Christ, we gain supernatural power to put lust to death. With that in mind, I've listed 10 points on destroying lust below. I encourage you to study each one and consider how you can apply it in your life. For further study, I recommend taking our online course [Freedom Journey](#) .

1. [Confess, repent from and renounce your sin of lust to God](#)

2. Make no provision to fulfill lust:

"But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts."
(Romans 13:14 [NKJV](#))

3. Walk by the Spirit:

"But I say, walk by the Spirit, and you will not carry out the desire of the flesh." (Galatians 5:16
[NKJV](#)
)

4. Put lust to death by the power of the Holy Spirit:

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"For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live." (Romans 8:13 [NKJV](#)) (see also [Colossians 3:5](#))

5. Reckon yourself with Jesus - alive to God and dead to sin:

"Now those who belong to Christ Jesus have crucified the flesh with its passions and desires." (Galatians 5:24 [NIV](#)) (also [Colossians 3.5](#) and [Romans 6](#))

6. Flee youthful lusts and pursue righteousness, faith, love and peace:

"Now flee from youthful lusts, and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart." (2 Timothy 2:22 [NIV](#))

7. Deny lust and live righteously: "¹¹ For the grace of God

that brings salvation has appeared to all men, ¹²teaching

us that, denying ungodliness and worldly lusts, we should live soberly,

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righteously, and godly in the present age, ¹³looking for the blessed hope

and glorious appearing of our great God and Savior Jesus Christ" (Titus

2:11-13 [NKJV](#))

8. Invest your time, energy and efforts in God's will, not

in lust: "1 Therefore, since Christ suffered for us in the flesh, a

rm yourselves also with the same mind, for he who has suffered in the flesh has ceased from sin, ²that he no longer should live the rest of his

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time in the flesh for the lusts of men, but for the will of God." (1 Peter 4:1-2 [NKJV](#))

9. Apply the truth to the lies: (John 8:31-32, [Psalm 51:6](#)); see [truth and lies about sex sin](#)

10. Submit to God, resist the devil, draw near to God:

⁷ Therefore submit to God. Resist the devil and he will flee

from you. ⁸ Draw near to God and He will draw near to you.

Cleanse your hands, you sinners; and purify your hearts,

you double-minded. ⁹ Lament and mourn and weep! Let

your laughter be turned to mourning and your joy to

gladness ¹⁰ Humble yourselves in the sight of the Lord, and

He will lift you up." (James 4:7-10 [NKJV](#))

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