

HOW TO OVERCOME LUST

Dictionary -- LUST -- “Bodily appetite, strong intense sexual desire”

The Bible makes it very clear exactly where LUST originates -- *“For all that is in the world -- the LUST of the flesh, the LUST of the eyes, and the PRIDE of life -- is NOT of the Father but is of the world”* (1 John 2:16).

The world referred to here is not the Planet Earth -- not the hills, the valleys, the rivers and the oceans -- not the grass, plants and flowers -- but rather the world system that is all around us and tries to dominate us every day.

We usually think of sex when considering the word lust -- and rightfully so -- as it is splashed in front of us all day, every day -- TV, films, radio, advertising -- permeating every part of the media.

SEX SELLS -- it is the main “eye-catcher” that advertising uses -- the naked flesh -- the suggestive displays of man-woman contact. Lust and sex have always been used by the devil to distract people from what they were originally made for -- fellowship with God Almighty.

King David in the Old Testament (2 Samuel 11) was lured into a sexual encounter with Bathsheba by a casual glance as he enjoyed the cool evening air from his roof-top. He already had wives to satisfy his sexual appetite -- but this one time lack of restraint led him to sexual sin, lying, and murder -- he let his defenses down for a moment -- allowed the beauty of another man’s wife to overtake him with lustful desires -- and sin and death resulted.

King David had everything going for him -- he had God’s favor -- he had the adoration of his people -- he had everything and anything he could want -- but lust and sin entered the picture at a weak moment -- exactly how lust works.

Samson was another example of lust overtaking a man blessed by God (Judges 13 thru 16). Samson was a champion of right -- he was given special power by God to protect Israel from the marauding Philistines. He was big, he was muscular, he was handsome -- the women admired him and were easy for him to get to satisfy his sexual desires.

This eventually brought him down from God-given power to blind servitude and disgrace -- lust over-took this great man of God and finally caused his death.

King Solomon gave a very stern warning in the Book of Proverbs chapter 6, *“To keep you from the evil woman, from the flattering tongue of a seductress -- do not lust after her beauty in your heart, nor let her allure you with her eyelids -- for by means of a harlot a man is reduced to a crust of bread -- and an adulteress will pray upon his precious life”* (vs.24-27).

Again in Proverbs chapter 11, *“The righteousness of the upright will deliver them -- but the unfaithful will be taken by their own lust”* (vs.6).

Jesus Himself issues a stern warning in the Gospel of Matthew, chapter 5, *“Whoever looks at a woman to lust for her has already committed adultery with her in his heart”* (vs.28). So, you see, we must be very careful in what we look at, what we think about, and what we desire -- our very thoughts condemn us even without the performance of the act.

The Apostle Paul gives us very good advice in overcoming temptation, *“Walk in the Spirit, and you will not fulfill the lust of the flesh”* (Galatians 5:16). He goes on to say, *“Put on the Lord Jesus Christ, and make no provision for the flesh -- to fulfill its lusts”* (Romans 13:14).

Now we are faced with a choice -- the Father (God) -- or the world. Following the world leads to misery and death -- following God leads to Life Everlasting in Heaven. As the Prophet Joshua said in the Old Testament, *“Choose you this day whom you will serve -- but as for me and my house, we will serve the Lord”* (Joshua 24:15).

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