

Chat Example: Lust

COACH 7:54:01 pm
Hello - how are you?

RAYMOND 7:54:16 pm
Hey I'm ok

COACH 7:54:38 pm
That's good to hear

RAYMOND 7:54:41 pm
Struggling with a marriage that's on the brink of separation

COACH 7:55:03 pm
I'm sorry to hear that - I have been there before. Want to share what is going on>

RAYMOND 7:56:39 pm
We've been married 4 years and have a 2 year old son

COACH 7:57:00 pm
That's great - Boys are so much fun. What is going on in your marriage?

RAYMOND 7:58:24 pm
We've lost intimacy because I'm stuck in lust over little girls for the past 2 years
I want to overcome it and keep us from separating

COACH 7:59:05 pm
I'm sorry to hear that ... Is your wife willing to find help, maybe marriage counseling?

RAYMOND 7:59:25 pm
I can't tell my wife ever
As far as counseling I'd be open to it if I can gain trust and strength to do it.
It's so personal I can't tell any friends or family

COACH 8:00:31 pm
I understand that - Have you tried to reach out to a counselor to work on yourself?

RAYMOND 8:00:54 pm

No this is the first I've reached out to anyone
So much relief telling someone
I've kept it in me this whole time

COACH 8:01:56 pm

I'm glad you felt comfortable enough to share - Do you have any spiritual beliefs that bring you comfort?

RAYMOND 8:02:08 pm

Never would I act on it or look at child porn, it's all fantasy and lusting
I am saved
I'm 44

Been saved for 22 years
At the end of college

COACH 8:03:04 pm

I'm glad you know the lord - How do you think He sees you?

RAYMOND 8:03:46 pm

As someone that is siding with the devil. Not giving everything up to him
He's disappointed
I've lived a great life for him for so many years

COACH 8:05:10 pm

When was the last time you poured out your thoughts to Him?

RAYMOND 8:05:17 pm

My obsessing over girls started shortly after our son was born
Earlier today
I had a rough day lusting in fantasy all morning and I prayed and repented.
I still feel so full of shame

COACH 8:07:13 pm

Do you have any scriptures that you can quote when you are tempted?

RAYMOND 8:07:21 pm

No

COACH 8:07:54 pm

Jesus in the wilderness (Matthew 4) responded to each of Satan's temptations with Scripture that applied to the direction He knew His mind should take instead of beginning down the path of the sinful thought. When

tempted to meet His physical need (turn stone into bread), He recited the passage about the importance of relying upon God.

RAYMOND 8:07:57 pm

I've never memorized scripture I'm terrible at it

COACH 8:08:31 pm

You should try it - We are to pursue hard after God, replacing sinful thoughts with godly pursuits and mindsets.

RAYMOND 8:09:12 pm

I've been with him my whole life for all my sins and temptations

COACH 8:09:16 pm

When tempted to lust, we turn our gaze, praise God for the way He has made us—male and female—and pray for the woman (for example: "Lord, help this young woman to come to know you if she does not, and to know the joy of walking with you"), then think of her as a sister (1 Timothy 5:2).

RAYMOND 8:09:42 pm

I don't understand why girls have me so possessed
I love that

COACH 8:10:22 pm

I don't either. But redirecting those thought to him along with finding a counselor will help you overcome those thoughts.

RAYMOND 8:10:28 pm

Think of them as sisters in Christ

COACH 8:10:34 pm

yes!

The Bible often speaks of "putting off" wrong actions and thoughts but then "putting on" godly actions and thoughts (Ephesians 4:22-32). Merely seeking to put off sinful thoughts without replacing those thoughts with godly ones leaves an empty field for Satan to come along and sow his weeds (Matthew 12:43-45).

RAYMOND 8:12:01 pm

I've been reaching out to him more lately

I ignored him for well over a year

Just lusting and sinning and becoming completely addicted to little girls

COACH 8:13:26 pm

Keep reaching out to him.

I can pray with you - if that is okay?

RAYMOND 8:13:57 pm

Yes no one ever has over this

COACH 8:14:50 pm

Father we praise you and thank you for this blessed day that you have made. We seek you dear God as we ask your forgiveness for yielding to and committing sinful deeds through the lust of the eye, pride of life and lust of the flesh. Grant us the power through your word to overcome, to be delivered and set free from bondage. Guide and lead us into all truth in Jesus name, amen.

RAYMOND 8:15:23 pm

Amen!!

You gave me so much hope

COACH 8:15:50 pm

I believe this is spiritual warfare - I would like to share some verses with you

Galatians 5:16 – I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

RAYMOND 8:16:10 pm

Yes!

COACH 8:16:41 pm

2 Timothy 2:22 Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

1 Corinthians 6:13-14 "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body"

I find it helpful to write verses out and carry them with me for times when I need help redirecting my thoughts.

RAYMOND 8:17:44 pm

That's a good idea

I'd be in a very dark place if I wasn't here right now. I had an overwhelming desire to lust but decided to come here instead

COACH 8:19:23 pm

I'm glad you came here - feel free to jump on anytime.
I'm praying for you Raymond!

RAYMOND 8:19:43 pm

Thank you so much!

COACH 8:20:14 pm

of course :)
have a great evening

RAYMOND 8:20:50 pm

You too