

# INTRODUCTION

Can a person live a pure life in an impure world? Are pure thoughts and actions possible in the wicked day in which we live? Is purity possible even after years of failure?

The answer is a resounding “Yes!” Walking in glorious freedom over impurity is possible. Moreover, it is God’s plan for every believer. If a person will devote himself to the Biblical principles of purity found in this book, he can see God do a great work in his life and begin to see victory where it has not been before.

The subject matter of this book is applicable to any believer—male or female, young or old—wanting to understand what it takes to live a God-dependent, pure life in today’s world. There is nothing original in its pages. It is simply Bible truth dealing with core principles found in the life of a person who is living in victory over besetting sin.

As a Pastor and counselor, I know of the damage sexual sin can cause in a person’s life. I have counseled with younger men and older men about this subject. I know ladies who also have seen serious struggles in this area. I have seen some men conquer the problem they once had and I have seen men who have not conquered it. The goal of this book is to increase the ranks of the

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victorious and decrease the ranks of the defeated. This book can be of help to any person who is struggling. It can also be a guide for a Pastor, parent or concerned friend who is helping another person struggling in the sexual realm.

## THE PROBLEM

The issue of sexual sin in our world is so vast; it is one of the greatest problems of our day. Recent statistics reveal a staggering problem facing our generation.

A 2014 survey by George Barna shows men who self-identify as *born-again* Christians (not simply “Christian”) have significant struggles with pornography (and even with extra-marital affairs):

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- 95% admit that they have viewed pornography (whether image or video);
- 25% look at pornography [sexually explicit material] at least once a week (14% at least once a day);
- 54% look at pornography at least once a month;
- At work in the last 3 months, 44% viewed pornography;
- 31% have had a sexual encounter with another person while married;
- 1 out of 4 men erase Internet browsing history to conceal pornography use;
- When asked, 18% said they personally feel they are *addicted* to pornography. Another 9% think they may be addicted. (Percentages for this question were highest in the age bracket of 18-30 year olds.)
- When surveyed about their preferred method of viewing sexually explicit material, 63% of born-again men said the computer, followed distantly by television (10%), magazines (8%), and a tablet (7%);
- 79% said they do not have a filter on their computer or cell phone to block pornographic content; and
- When asked a question about their *primary source of information about sex* while growing up, 19% said parents, 19% said porn itself, and another 34% said their friends.<sup>1</sup>

This book will not answer all the questions a person may have, nor solve all of his problems, but it will be a huge step in the right direction. Only God can deliver a person from a besetting sin. God, however, must first see humility in one's life before He can "lift" him up (James 4:10). [Note: Although this book can help both men and women who struggle with sexual temptation, I will use the male pronoun for simplicity's sake.]

The subject matter of this book deals with *one aspect* of what will need to be a serious and comprehensive overhaul to a person's way of thinking, responding, and living. Those who think or hope they can vanquish lustful behavior by sheer will-power or with very little effort

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will only continue to struggle. A wishful desire for sexual purity in a world rampant with sexual temptation will only be met by bitter disappointment.

There is only one way to defeat sexual temptation and sin and that is in the power of the One who fought His own battle against temptation and sin, and emerged from the struggle with not one spot on his record. The complete defeat of sexual sin is the hope of many looking to be more of what God wants them to be. And the One who *never lost a battle* can enable believers to win theirs also. Believers have tremendous promises of God's help in the battle against any and all sexual temptations:

*The Lord knoweth how to deliver the godly out of temptations...  
(2 Peter 2:9).*

*For in that he himself hath suffered being tempted, he is able to succour [come to the aid of; help] them that are tempted (Hebrews 2:18).*

For those who think that victory over sexual sin is impossible—it's not. For those who think there is no hope—there is. And for those desiring God to change their life—He will.

*[T]he desire of the righteous shall be granted (Proverbs 10:24).*

Let's begin, shall we?

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<sup>1</sup> 2014 ProvenMen.org Pornography Addiction Survey (conducted by Barna Group). The survey results are located at [www.provenmen.org/2014pornsurvey/pornography-use-and-addiction](http://www.provenmen.org/2014pornsurvey/pornography-use-and-addiction).