

HELPFUL HINTS FOR ATTACKING LUST

I do not cater to my body which craves to be satiated; rather I focus on my soul and fix my eyes on what is not seen but unseen. Lust cheapens, weakens, and tries to draw me from my call to transforming union. In all relationships, let us seek the spiritual love of Jesus and Mary.

In dealing with this sin of lust, St. Thomas Aquinas recommends flight from the occasions of lust rather than direct resistance, as direct resistance makes one think too much of the temptation one is fighting and can be counterproductive.

To help me resist lust, I can. . .

-Embrace chastity by:

- *learning and embracing the Church's teachings on sexuality;
- *seeking to find God and His will in everyone and in all the events of my life;
- *striving to contemplate the Trinity all day long within the context of my daily life;
- *praying and striving to become "whiter than snow" (Ps 51:9);
- *contemplating and striving to become one with the holy, unblemished, and spotless Lamb;
- *renewing and deepening my relationship with God and others during Mass;
- *avoiding all venial and serious sins;
- *filling my thoughts with holy thoughts and reading spiritual books, especially on the lives of the saints;
- *practicing devotion to the Sacred Heart of Jesus, the Blessed Virgin, and St. Joseph regularly;
- *participating in Eucharistic Adoration regularly;
- *avoiding excessive familiarity with persons outside of my state of life / vocation;
- *seeking joy, amusement, relaxation, and recreation appropriate to my state of life / vocation;
- *considering (and changing if necessary) whether the way I dress, speak, or act is tempting another to the sin of lust;
- * (if married) realizing in choosing a spouse, we have chosen to reject all others;
- * (if married) pondering and journaling where I need to be more chaste in my 3-way union with my spouse and the Lord; and
- *refusing to surrender to any temptations and seductions that strongly attract and seek to lure me into inappropriate thoughts, actions, desires, passions, words, or sin. Seek the counsel of a priest or counselor in dealing with habitual lustful temptations and attractions.

-Flee from the occasion of sin by:

- *monitoring and determining whether or not my temptations toward lust are rooted in rebellion. If so, I can repent of my rebellion and pray for and embrace obedience.
- *avoiding and fleeing from ALL occasions of temptation immediately.
- *frequenting the Sacrament of Reconciliation often, especially during times of temptation.
- *avoiding persons and things such as books, magazines, movies, places, and Internet web sites that might lead me into temptation.
- *journaling with the Lord during these times of temptation, and begging Him to replace these lustful feelings with the Father's tremendous love for you.

-Embrace temperance / modesty by:

- *refusing to unveil what should remain hidden.
- *looking and behaving toward others as I would treat Jesus and His mother, Mary.
- *choosing to uphold others' dignity in my thoughts, words, and actions at all times.
- *nurturing patience and moderation in all my loving relationships.
- *choosing to be silent, reserved, and inactive wherever there is a risk of unhealthy curiosity.

-Practice mortification of all my senses by:

- *waging war against any impure word, thought, or deed. Choose to not entertain even one such word, thought, or deed.
- *closely monitoring my thoughts and allowing the Lord to take away any untamed thoughts.
- *thinking all my thoughts in the presence of the Lord. Upon discovering any stray, harmful thoughts, I must bring these thoughts immediately to the Lord.
- *avoiding daydreaming and idleness.

I need to recognize the devil tries to draw me into battle in his timing and place. By constantly turning to Jesus and begging Him for the graces to overcome these temptations, I will find that I no longer am a victim of temptation but in control of my life as I allow Jesus to be my leader in all areas.