



Tools For Families Building Godly Legacies

Turning Character Fat Into Muscle

By Dr. John P. Splinter

Sex is the greatest single area of spiritual and character battle for most men. A few years ago, PromiseKeepers men were asked about their greatest personal struggles. Sixty-five percent of them said that sexual purity was their #1 struggle. No other issue even reached double digits. Can you think of any other area that is more pervasively difficult for more men across the board? Until I hear from you, the statement stands.

I've been a pastor for 35+ years, hold a Masters in Counseling and a Ph.D. in Family Therapy. Over the years of my ministry I have worked extensively with men of many different types ~ professional athletes, professional musicians, businessmen, academicians, politicians, and even other pastors. In my experience, no other issue is more pervasive or more difficult for more men, than managing their sexuality. Some have compared the drive of testosterone to cocaine addiction. Others have prayed that God would completely take away their sex drive so that they could be better husbands.

Numerous studies confirm that the male sex drive is generally not only stronger than the female sex drive, but is generally far more straight forward (no pun intended). Males generally have stronger sex drives, and are generally more direct in achieving their sexual goals. Female sex drive by contrast can be enormously complex and conditional.

Furthermore, the "refractory period" (i.e., the amount of time between orgasms) is generally far shorter in males than in females. A man may have sex in the morning and by mid-afternoon be craving it again. His wife, by contrast, may be thinking, "Sheesh, we just had intercourse three months ago – you mean you want to do it *again*?"

Making things even more difficult for some men, a large percentage of women apparently deal with low sex drive. Richard Sine, M.D.¹, notes research published in the *Obstetrics & Gynecology* journal, finding that "about 40% of women reported some sort of sexual problem -- most commonly low sexual desire -- but only 12% report feeling distressed about it." So for many women, having very little sex drive is normal and for some women, having no sex drive is just fine. Try running that flag past a male garrison....

Adding to the complication of being male, most men's fathers didn't give them very much coaching about sex. The vast majority of fathers never say anything about sex to their sons. Of those few brave fathers who try, many are so inadequate in their attempt that it is perceived by their sons as being halfway between silly and pathetic. The grit needed to personally manage one's own male sexuality is largely a byproduct of a strong father/son relationship, in which Dad

bonds with his son, and then intentionally provides wise and godly male coaching to his son, on a regular and frequent basis, from the time junior is five years old until he leaves home at twenty.

Research has found that there are two things, and possibly only two things, that help a young “emerging man” govern his sexuality. The first is having an involved and loving dad. The second is a genuine, personal and active faith in Christ.

Other than castration, there is no sure-fire, instant, magic-bullet cure to overcoming the enormous challenges of male sexuality. (For the record, we’re not suggesting you sharpen any knives.) But there are ways in which any man can begin to gain control over his sexuality, and use it in ways that enhance character rather than demean him as a man.

It’s about developing habits

You may have heard the story of the American Indian explaining how he controlled himself in the midst of temptation. He said, “It’s like there are two dogs inside me. There’s a black one that leads me to bad things, and a white one that leads me to good things. The one that wins is the one I feed.” Developing habits is like feeding the right dog and starving the other one.

Habit 1: Faith-oriented Goal-Setting

The most important sex organ is not between your legs. It’s between your ears. Virtually nothing goes on between your legs, that hasn’t already passed muster in your brain.² This being so, scripture offers insight for men: *“It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God. God did not call us to be impure, but to live a holy life” (1 Thes. 4:3-5, 7 ~ NIV).*

OK, that’s the biblical goal anyway. The bottom line of that goal is to trust that God knows what He’s doing. After that assumption, anyone who has any knowledge of goal-setting knows that once having established the long-range objective, the next step is to break it down into smaller, manageable pieces. Sometimes these smaller pieces may be as tiny as making it through the next five minutes without giving in to sexual thoughts. Here are some thoughts about small steps toward the big goal of what one might call, “character-building sexual habits.”

Habit 2: Break The Day Into Quarters

You may not be able to manage total purity for 24 hours, but you might have better success taking on the time period from 6:a.m. to noon; or from noon to 6:p.m; or from 6:p.m. to midnight. Break the day into quarters, and see if you can pray your way through one quarter at a time ~ not necessarily on your knees, but at least staying in close contact with God ~ keeping the conversation alive.

Furthermore, some men report various quarters of the day as being more difficult. Many find nighttime as the most challenging time to maintain sexual purity. If a man is aware of this difficulty, he can begin to take steps to care for himself and overcome his struggles during that

six-hour time frame. For example, since the chief underlying clinical issue of being hooked on porn is attachment, having evening phone calls from accountability partners who check in and perhaps pray with one can be helpful. If one is married, scheduling a half hour of evening talk-time can be helpful also. So also can scheduling a regular time of personal Bible reading and prayer, to begin to fill the niche formerly filled with pornography.

Habit 3: Put The Onus On God

God actually makes a lot of fantastic promises in scripture. Here are a few:

- Heb 13:5 ~ “God has said, ‘Never will I leave you; never will I forsake you.’”
- James 4:7-8 ~ “Resist the devil, and he will flee from you. Come near to God and he will come near to you.”
- 1 Peter 5:10-11 ~ “The God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.”

These promises are either true, or they’re religious bunko. There’s no middle ground here. In the male sexual battle, many men have reached a point of hopelessness in which they have cried out to God, “Where are you, Father? I need you! Help me!”

Crying out to God is the opposite of “white knuckling.” White knuckling is a term coming from Alcoholics Anonymous. It describes the person who clenches his fist so hard that his knuckles turn white, as he says, “By golly, I can whup this problem by myself. I don’t need no stinkin’ A.A. sponsor.” So the person jacks up his courage and actually goes two whole weeks without booze. Then he says, “See, I’m not an alcoholic. I can stop any time.” Of course, at the end of the two-week period he rewards himself with a two-day knee-walkin’ binge.

In dealing with sexual integrity, there is white knuckling and there is dependence upon God. Both are habits, but are at opposite poles. White knuckling puts the onus on the sexual struggler; dependence upon God puts the onus on God. Here’s the prayer of the white knuckler:

“God, I’m working my butt off here. So if you can lend a hand, thanks. Most of the time I’ve got things under control. It’s just those once-in-a-whiles when I fall off the wagon that I need your help. Thanks. Amen.”

Here’s the prayer of the person who is truly dependent upon God:

“God, I am weak and I fail routinely. I have tried everything I can think of, and I still fail. I need you. No, it’s bigger than that. If you don’t come through for me, then I’m lost. This has to be your gig, Father, because I can’t do it. Father, your Word tells me to ‘cast my cares upon you, because you care for me.’ OK. Here they are. My problems are now your problems. Do what you will with me. I totally submit my will to you. Just please help me.”

In case you're worrying that putting the onus on God is somehow unspiritual, here's part of the Apostle Paul's struggle. He said, ***"Three times I pleaded with the Lord to take it away from me. But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong" (2 Cor 12:8-10).*** Here's the thought: If you pray earnestly about your sexual sin, and God doesn't instantly take everything away and make everything white and pretty, perhaps God has other methods in mind for you. After all, butterflies that don't struggle as they fight their way out of the cocoon, often die. There is something very good, very healthy, in the struggle. Here's the big thought from this text: God's power is made perfect in your weakness. Think about that for a while.

And in case you're worrying that you've failed God so often that he can never forgive you ~ as in after the 5,000th time or something like that, then consider the words of Jesus himself. He said, ***"If (someone) sins against you seven times in a day, and seven times comes back to you and says, 'I repent,' then forgive him" (Lk. 17:4).*** What's the key word here? It's "repent." It's saying, "I'm sorry, Father, I truly am, but I'm also weak and I failed again." If this poor guy failed seven times a day for ten years, his record of sin would be 25, 550 times. Can you beat that record? Are you still worried that God may use a different criterion against you than Christ taught his followers to use?

The key issue to understand is that sexual struggles are spiritual in nature. It's not just about boobs, legs and butts. And it's not just about attachment deficit. Those are the bait that Satan puts onto his spiritual lures. Men chomp the bait, thinking that's all there is to it. Later, men realize the hook is pulled so deeply into their souls that without the hand of God and His spiritual pliers, the hook's not coming out. Here's another habit.

Habit 4: Refocus: Turn your eyes and heart away from non-marital sex of any kind, whether it's having an affair, masturbating, looking at porn, mentally undressing a woman, or fondling your hamster. Many guys know the saying, "Just because you placed your order doesn't mean you can't still look at the menu." Well, for the record, that philosophy is dead wrong and dumber than a box of hammers ~ it reflects either character weakness or outright dishonesty. Try this one on: *"Hey, sweetheart, just because I asked you to marry me, and promised to leave all others and cleave only to you, doesn't mean that every time a female with a cute figure walks past, I can't mentally undress her and then imagine having sex with her."* Duh.....

The Old Testament character, Job, made a very wise pledge to himself. He said, ***"I made a covenant with my eyes not to look lustfully at a girl" (Job 31:1 ~ NIV).*** So when the next hot flavor walked past Job, he commanded his eyes to notice the colors of green in the trees around him. And when Trixie hiked her skirt up high, her blouse down low and showed all that cleavage, Job looked at a bird hovering above its nest, or a picture on the wall. It's called, "eye management," and it's part of your solution ~ to stop the inflow of images that lead you to weakness, humiliation, and sin.

Understand that the human mind, when working properly, is equivalent to a 100 quadrillion gigabyte computer that is constantly scanning the environment and making decisions. Yet it is driven and guided by the moral precepts loaded in as governing software. *In fact, that is the moral issue.* You may need to spend some time reprogramming and inserting new software. Here's a silly grid to demonstrate this concept of refocusing:

| When you see..... | Turn your mind to..... |
|-------------------|--|
| Nice boobs | Hair color, color of her eyes, earrings |
| Cute butt | Look at the ceiling and recite Psalm 23 |
| Great legs | Look at your shoes ~ do they need polishing? |
| Swaying hips | Look at your watch – what time is it? |

OK, you're not a dodo bird. These examples may be silly, so create ways that work for you. Here's another habit.

Habit 5: Refill: When it comes to mind management, it's usually harder to stop doing something, than it is to do something else. For example, right now I want you to stop thinking about your socks. Do not think about what color they are. Do not think about whether they make your leg itch, or whether they are ankle length or go up to your knee. So what have you been thinking about in the last 4 seconds? Now where will your mind go if I tell you to “stop thinking about the best female figure you've seen in a week....?”

It's easier to fill the mind than to empty it ~ memory was given to us so we wouldn't put our hand on the same hot stove, twice. Your greatest mind control is found in what you put into your mind. That which you constantly fill into the mind, will become its dominant motif.

To build strong character, the most effective way is fill one's eyes your mind with what pleases God. Scripture says, ***“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is ~ his good, pleasing and perfect will (Rom. 12:2 ~ NIV).***

It says, “Be transformed by the renewing of your mind.” The decision about renewing the mind begins with the decision about what we'll fill the mind with. Filling the mind is a very conscious decision. It later becomes a habit, but at first it's a challenge. “Being transformed by the renewing of the mind” is a *spiritual* exercise in that it's based upon God's presence and His moral will. It is a *mental* exercise in that it involves what you choose to do with your mind now that you know you have another option than chomping on Satan's sexual lure. It's also a neuro-physical thing, as recent neurological research is finding that the human brain actually grows in areas in which it is more frequently stimulated. The medical literature calls it “neuro-plasticity.”

There's a fantastic moment toward the end of C. S. Lewis' book, “*The Great Divorce*,” in which a young man faces an angel. The young man has a lizard wrapped around his neck ~ the lizard is the young man's friend, but it represents evil. The angel offers to rip it off and free the young man. At first the young man pulls away ~ he's not sure he wants to let go of this part of his life ~ a part that he considers a “friend,” much as cigarette smokers consider their next cigarette a “friend.” The lizard recognizes the danger to itself in the presence of this angel, and whines for

its life. Finally, in an act of desperation, the young man gives permission to the angel, and in one sudden movement the angel rips off the lizard, breaks its neck and throws it away. For the first time in his memory, the young man recognizes that he is free. Free!

Sexual addiction is that lizard. So don't give the lizard any slack. The lizard will offer excuses for further failure, especially when you're hurt, angry, or alone. And it will try to weaken your resolve. So turn the angel loose on the lizard ~ repeatedly ~ hourly if needed. Invite the angel to kill the lizard. Look at where the lizard has gotten you thus far ~ it's not pretty is it. The lizard brings weakness, slavery and embarrassment, memories you'd rather erase. Invite the angel to kill it, and then invite the angel to refill you with the presence of Christ.

Fill your mind with everything you can think about God. Here are a few long and deep thought streams to mentally paddle into and drink deeply of: God's creative work in nature. God's amazing power. God's healing power. God's love and kindness. God's forgiveness. God's gentleness in your life. God's many blessings in your life. God's peace. God's continual loving pursuit of you. God's promise of eternity with him. God's ability to purify you. God's great plan for your life after He's purified you. God's amazing grace, when we deserved otherwise.

Burn any sexual bridges that don't lead to your spouse

If you're not married, you have two choices. Ask yourself whether you'd prefer: **A)** Whining about all the sex you're not supposed to have, blaming God for being a nasty old killjoy, and then getting sexually involved with however many pictures or skirts you can mentally justify; or **B)** building a manly character that you can respect, and becoming all that God created you to be as a celibate male until you're married. As far as sex is concerned, that's pretty much your choices, because God's will is that sex be kept within marriage.

The bridges you build become not only a path to your next stage of life; they become expressions of your character. If you're single, your sexual drive can either lead you to become a character Wimp, or it can motivate you to become a strong man of character. The *personal* issue of male sexuality is manly character; the *spiritual* issue is obedience to God. Satan basically uses sex to make Wimps out of men ~ guys with weak or non-existent characters. God uses male sexuality to create strong, godly character. Satan lures us to think the whole thing of life is about having sex ~ so if you don't get your share, you're either stupid, a loser, or a religious wacko. God uses sexuality to stretch the male obedience quotient and make men into moral champions.

Furthermore, any sex that you do while single, whether it's using porn, having sexual flings, or whatever ~ all of it is going to follow you into the bedroom when you get married. All men who have had more than one sexual partner know that it's a battle after marriage to keep only one girl in bed, in his head. The battle is spiritual. I once worked with a major international rock 'n roll icon. He'd had every possible experience with booze, drugs, and women. After coming to Christ, one of his major challenges was to shut down the memories that crept into his love-making with his wife, and his dreams. Single men, you want only one girl in bed with you and that's your future wife.

So in case you haven't figured this out yet, get rid of any stash you have that you use for sexual fantasy. Here's a short-list: *Playboy*; *Penthouse*; *S.I. Swimsuit editions*; *DVDs that show frontal nudity*; "premium channels" or "adult channels" on your TV; Internet favorite sites that are *pornographic, etc.* Burn every bridge and rip apart the maps that lead you back to them.

If you're married, your choices are only slightly altered. In one way the options are the same as single guys have: Your sexual drive can either lead you to become a Wimp, or it can motivate you to become a strong man of character. The marital difference is that you have a God-blessed sexual outlet – your wife. And your battle is to keep her the *only* person in bed with you, whether physically or in your head. This isn't rocket science – it's very simple – one man, one woman, together for a lifetime. That's God's plan.

For married men, applying this principle involves burning any/all bridges that lead sexually to any other relationship than one's wife. No romantic dalliances or even fantasies of them. No magazines or DVDs that play to your sensuality. No fantasies you couldn't share with your wife. It's your wife, or no sex. Satan's main job in this area is to make you doubt and disobey God. That was the first trick he played in the Garden of Eden. You might re-read the story and consider how Satan uses doubt to pry our allegiance from faith in God (see Genesis 3:1-4).

Learn the value of purity

As a pastor for 35 years I've married hundreds of couples. I'll always remember one wedding. The bride and groom had kept themselves totally pure from childhood to their wedding night. Now as they met at the front of the church and I led them through their vows there was a sense of intimacy and passion in their eyes that was palpable. If I could have bottled it, it could have been sold for \$1,000.00 a bottle.

As a pastor also, I've worked with dozens of women who have been raped. One of the tragedies they need to process in counseling is the involuntary giving of themselves. Yet it's beautiful to see the love of God restore a sense of purity and virtue in these women.

As a pastor also, I've worked with men who have told me they can't get sexual memories out of their heads, and they dearly wish they could. There is an enormous value in purity. Cherish it. The more naïve and unsophisticated you can be as you come to the marriage bed, the more powerful and lasting the experiences will be between you and your bride. By contrast, the greater worldly sophistication you bring to the marriage bed, the more your head will roam around in previous sexual experiences, and the less focus you'll bring to your bride.

If you are more like my rock 'n roll friend, having lots of sexual experiences, then prayer and repentance will be allies, but the healing process may still take some time. Take your memories to God and in prayer, renounce your activities with other females. Ask God to help you put those memories into a box, take the box to the foot of the cross, and say, "Here, Jesus, you died for this sin. Please forgive me, and please take these remembrances away." When you think of them, don't cherish or fantasize about them. Call them what they were: sin. Apologize to God for this sin. Do this as repeatedly as God brings the memories to your mind. As you take on this

exercise, God may bring more memories to your mind. Fine – renounce them as well – repent – apologize to God. Turn your mind toward purity and ask God to guide you there.

Part of what happens in our turn toward purity, is our brain is re-programmed. Implications of recent S.P.E.C.T. research demonstrate that the human brain can be programmed toward evil and sin. It can also be reprogrammed toward obedience to God. In the latter case, blood flow patterns in the brain are more comprehensive and functional. It's amazing to consider that obedience to God improves mental health, including blood flow patterns in the brain!

Consider the value of celibacy

As a red-blooded male you might chuckle about “the value of celibacy” ~ sort of like the value of pet rattle snakes. Many people are caustic about Catholic priests and their celibacy. While there are some who undoubtedly have strayed, there is a strength in celibacy that only the celibate can understand. *It is strength to truly not be controlled by the beauty of a lovely woman.* It is strength to be able to command your sex drive. It is strength to be able to go without sex for a few months during a wife's pregnancy, or prolonged illness. It is the strength of strong character, of moral integrity.

Moral strength is a function of character. The spiritual task is to invite God to re-form your character. *That* is what Paul was writing about when he said, ***“Be transformed by the renewing of your mind.”*** He wasn't writing about purity or celibacy per se, but he was writing about developing a character that is so anchored in Christ that even the great masculine battle of sexual management is placed not only under control of the character, but *in service to the Lord.*

Sexual energy *is* energy. It *does* motivate behavior and it *does* shape attitude and perception. The goal of the man of character is to harness that energy like a mule and then control its direction and strength using the reins of God's Word and God's presence.

Find a male prayer/accountability partner

One of the least applied scriptural promises is ***James 5:16 ~ “Confess your sins to each other and pray for each other so that you may be healed.”*** Most men go through life with little or no in-depth male support. Males more or less hate truly opening themselves up to other men, especially in the area of sexual weakness. Men tend to pretend “they're doing OK, but they sure know a lot of guys who aren't, wink, wink.”

Yet almost nobody gets from childhood, through adolescence and into adulthood without experiencing the sharp, powerful talons of evil. So the basic question among men is generally not, “Did you make it from childhood to adulthood 100% morally pure?” but rather, “What degree of ripping did Satan do in your life?” We don't need to go into detail with one another, but we are well served if we are honest enough to say, “I carry scars and weakness, and I need prayer.”

There is an exception to this concept of not going into detail. Secrecy and shame are two of Satan's strongest binding chains, especially in any discussion of sexuality. This means that if a

guy is enslaved by sex, then going into detail is part of healing and opening one's life to another trusted, wise man provides strength and freedom. According to scripture, it is through confessing our sins to each other and praying for each other that we are healed. This is the very last thing the Enemy of God wishes us to do, so he locks us away in humiliation, shame, and we cover our weakness with phony male bravado.

Paul must have had his own struggles in order to write with the spiritual depth he did. For example, in **Romans 6:16** he said, ***“Don’t you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey-whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?”*** It’s no exaggeration to say that millions of men today clearly understand what spiritual slavery is about, because they are heavily controlled by sex and they can’t break the chains.

This is why having a male prayer and accountability partner is needed. It forces us to take off the mask and get real. It peels away that façade of male invulnerability and false strength ~ the very façade that keeps others away from us. We don’t become brothers through sharing our strengths. We become brothers through sharing one another’s burdens, weeping with one another, struggling together, carrying one another forward, watching each other fail and then begging God’s grace for the brother who failed. It is in the fox-holes and among the wounded that we become a godly band of brothers. That’s what sharing our sin and praying for each other is all about. If you don’t have a man with whom you can share your load, knowing he’ll treat it with confidentiality and grace, then you’re impoverished ~ and it’s likely you’re afraid.

There is nothing in life that can be as empowering, as uplifting, as healing, as a male accountability partner.

Get into a support group

Guffaw all you want to about the A.A. meeting in which people stand and say, “Hello, my name is Richard, and I’m an alcoholic.” Just understand this: When a person is out of control in any area of their life, there is hardly a more effective way to gain strength from others than being in a group of similar strugglers. Many Christian therapists feature support groups. Even some churches have support groups. Not all support groups are for people struggling with sexual addiction, but some are. If you’re sexually out of control, it is worth every ounce of effort you can give, to find one of these groups, join it, and then open your life to the other strugglers in the group.

You won’t need to be in the group for the rest of your life, but these groups are for the most part worth their weight in gold during the recovery phase. They’re often led by a fellow-sufferer whom the Lord has healed ~ which means the person leading knows the path toward wholeness. Sometimes they’re led by a psychologist, or a pastor. The thing to consider here is that if you’re struggling with sexual addiction, then for sure tap into the strength and healing available through a support group. If you decide to avoid this option, then look on your arms – is that hair, or white feathers? Manly men *eat* chickens ~ they don’t *imitate* them ☺.

Spiritual disciplines

If you're struggling with sexual issues, you probably thought this booklet was going to tell you to read the Bible, pray every day, and then work hard at "overcoming." Those are not bad things to do, but for most guys those disciplines are not enough. We males need connection with other men. We need to confess our crud. We need a venue in which we can weep and not feel shamed or weak. We need someone with whiskers, with his arm around our shoulder after we tell him that we failed three times yesterday, and we're not sure we can make it through today without failing at least twice. We need a safe relationship in which we can explore some of the painful experiences of our lives, without being shamed. We need someone who can make sense out of our junk, to walk along side us for a few months and help us figure things out.

The key thing in the guy with whom we trust this stuff, is that he's walking toward God, and so he can aim you toward God too ~ because it is in our relationship with God that all of this comes together and makes sense. It is in our relationship with God that we finally find the strength to make it through one day, and then two days, and then a week, and then a month ~ unshackled.

Having a male accountability partner and being in a support group might not be enough for you. You might need Christian therapy. If so, that's fine. Go for it. There's nothing magical about therapy. It's just a format of someone taking you into your history, unlocking a few doors you may have locked shut along the way, and talking about things that bent the twig when you were a kid. Don't be ashamed of it. Shoulder up and take it on like a man. Our suggestion is that you **a)** use a male therapist, and **b)** find a Christian therapist who not only has at least a M.A. in counseling, but also has additional training in dealing with sexual issues. The way you find this out is, you ask them: "Do you have an M.A.?" If they say, Ph.D., so much the better. Then you ask, "Do you have additional training in sexual issues?" If so, great. Go for it. If not, then make a few more calls.

If you're clueless as to how to find such a person, call any big church in your area. Most pastors of big churches keep a roster of Christian therapists to whom they refer, because they can't possibly handle the counseling demands of all the people in their church.

Final thought: The Bible reading and prayer thing is often misunderstood ~ especially by males. Here's the deal. Reading the Bible *isn't* about learning the rules and then feeling like a failure as God stomps you for your sexual sin. It's about inhaling spiritual oxygen to get stronger ~ letting the thoughts of God soak in like analgesic on sore muscles before hitting the practice field. Prayer isn't about pretending to be verbally religious. It's about confessing failure, asking for God's forgiveness, and then accepting His love and grace. Both are like food for the soul. If you come at Bible reading and prayer in any other way, you should probably stop and think about what you're trying to accomplish.

OK, mon ~ go get strong. Remember, it's about feeding the white dog. Setting godly goals is good. Refocus and refill. When you fall, confess your sin to God and also to your male accountability/prayer partner. Use the strength from a group of other men. Put the onus onto God to help you. Stay close to Him through prayer. Yes, read the Bible ~ it's oxygen. It's the story of God's grace and love for you. Use the eye-management thing. Get counseling help if you need it. Be patient with yourself ~ healing is often a slow process ~ just stay on the path and

trust that God is walking with you. In all of these you are “bending” yourself to be like Christ. Again I say it: As you develop these habits, be patient with yourself and watch as God grows you. In doing these things you’ll be turning that ugly moral fat around your character, into manly moral muscle.

Kapeesh?

References:

1. Sine, R. (2009). *Sex Drive: How do men and women compare?* WebMD, May 29, 2009. <http://www.webmd.com/sex/features/sex-drive-how-do-men-women-compare>
2. Christ said that sexual immorality flows out of the heart (Mt. 15:19).