



Battling Lust and Porn



This 7-day Bible study helps young men break free from porn, overcome lust, and reclaim purity through Scripture, honesty, and God's power to renew the mind.



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✨ Introduction

You're not the only one.

The struggle with lust and pornography is one of the most common—but also most silent—battles young men face today. The shame. The secrecy. The cycle of falling, repenting, and falling again can leave you feeling stuck, defeated, and distant from God.

You might have asked yourself:

- *Why can't I stop?*
- *Does this disqualify me from being used by God?*
- *Can I ever really be free?*

Let's answer those questions with the Word of God—not with guilt, but with **truth and grace**. God sees your struggle, and He's not running away. In fact, He's drawing near to you with the power to break every chain.

This 7-day Bible Study will walk you through the root of lust, the cost of pornography, and the freedom available in Christ. You'll discover how to renew your mind, fight back with truth, set up real accountability, and reclaim your identity as a man of God.

You're not too far gone. You're not beyond redemption. The purity God calls you to is the purity He empowers you to walk in.



Let's get to war—not just against sin, but for the life of purpose, power, and purity you were made to live.





Day 1: Owning the Battle



Day 1: Owning the Battle

Your Verse

Matthew 5:28 (NIV)

"But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."

*Jesus didn't just raise the bar—He brought sin into the light. Lust isn't just about actions. It's about what's growing unchecked in our hearts. Jesus is calling us not just to behave differently but to **be transformed internally**.*

Supporting Scriptures

- *1 Corinthians 6:18 (NIV) – "Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually sins against their own body."*



Day 1: Owning the Battle

Devotional: Own It to Defeat It

Lust grows in denial. The more we justify it— *“It’s not hurting anyone”* or *“Everyone does it”*—the deeper its roots go. But Jesus isn’t looking for your excuses—He’s looking for your honesty. When you begin to **own the battle**, you step into the light where grace meets truth.

Maybe you’ve tried to break the habit before and failed. That’s okay. Freedom doesn’t start with perfection. It starts with a **decision to stop pretending and start confessing**. Jesus wants your heart, not your performance. He wants your willingness, not your track record. Owning your struggle doesn’t make you weak. It means you’re ready to heal.



Journaling Prompts

1. What excuses have I made to avoid facing my struggle with lust or porn?

2. What are the emotional or spiritual consequences I've experienced from hiding it?

3. What would change in my life if I stopped running and fully owned the battle?



Day 1: Owning the Battle

Prayer for Today

Lord Jesus,

I've hidden for so long—behind shame, behind silence, behind fake strength. But I'm done pretending. I want real freedom, and I know it starts with truth. I confess my sin to You today—not just as a mistake but as something I need healing from. Help me see this battle the way You do. Not with condemnation, but with the opportunity for victory. I give You access to the broken places. I want to be whole. In Your name I pray,
Amen.



Day 2: You Are Not Your Sin



Your Verse

Romans 8:1 (NIV)

"Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."

*This isn't just a comforting verse—it's a spiritual **declaration**. In Christ, your identity is no longer chained to your past or your mistakes.*

Supporting Scriptures

- *2 Corinthians 5:17 (NIV) – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Devotional: **Your Shame Is Not Your Identity**

One of the enemy's favorite tactics is identity theft. He whispers, *"You're a pervert...a fake...a failure."* But God declares, *"You are My child. Forgiven. Set apart. Loved."*

Even if your past includes years of sexual sin, you are not stuck there. You are not your sin. Your past is not your prison—it's your testimony. Through the blood of Jesus, God wipes your slate clean. He doesn't just forgive you; He redefines you.

Let that truth sink in: **You are not condemned.** You may feel regret, but shame no longer has the final word. Don't build your identity on your lowest moments. Build it on the cross.



Journaling Prompts

1. What lies has the enemy told me about who I am because of my struggle?

2. What does it mean to me to be a “new creation” in Christ?

3. How would I live differently if I truly believed I was not condemned?



Prayer for Today

Father,

Some days I feel like I'm drowning in shame. My sin screams louder than Your promises. But today I choose to believe what You say: I am not condemned. I am forgiven, redeemed, and made new. Please rewrite the false labels I've put on myself. Help me walk as a son, not a slave. Thank You that I can't out-sin Your grace. In Christ, I have a new name, a new start, and a new identity.

Amen.





Day 3: Renewing Your Mind



Your Verse

Romans 12:2 (NIV)

"Do not conform 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."

Your brain is powerful. And Scripture says it's not just your actions that must change—it's your thinking.

Supporting Scriptures

- *Philippians 4:8 (NIV)* – "Whatever is true, whatever is noble, whatever is right, whatever is pure... think about such things."
- *2 Corinthians 10:5 (NIV)* – "We take captive every thought to make it obedient to Christ."



Devotional: Change Your Thoughts, Change Your Life

Lust doesn't begin on a screen—it begins in your head. It's fed by your thought patterns, your imaginations, your rationalizations. But the mind that once entertained sin can be **renewed and transformed** by the Spirit of God.

This transformation isn't a one-time moment—it's a **daily habit**. What you feed your mind becomes your reality. If you feed it truth, beauty, and purity, you will begin to desire those things. If you continue feeding it secrecy, fantasy, and lies, your actions will follow.

Every time you reject a sinful thought and replace it with God's Word, you are **training your brain** to walk in freedom. That's not weakness—it's warfare.



Journaling Prompts

1. What kinds of thoughts usually lead me toward lust or fantasy?

2. What truth from Scripture can I use to fight back against those thoughts?

3. What habits can I start this week to help renew my mind?



Day 3: Renewing Your Mind

Prayer for Today

Jesus,

My mind has been cluttered with lies, images, and memories that pull me away from You. But today, I ask You to clean house. Renew my thinking. Teach me to filter my thoughts through Your truth. When temptation whispers, help me shout back with Scripture. Train my mind to crave what is holy. Let Your Word be the soundtrack of my soul. I want a mind that honors You, not betrays You.

Amen.





Day 4: The Power of Confession



Your Verse

James 5:16 (NIV)

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

*Healing isn't just vertical—it's horizontal. God often delivers breakthrough through **community**.*

Supporting Scriptures

- **1 John 1:9 (NIV)** – *"If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."*
- **Proverbs 28:13 (NIV)** – *"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."*



Day 4: The Power of Confession

Devotional: *Freedom Starts with the Truth*

Shame thrives in the dark. But healing flows in the light. God never designed you to carry this burden alone. The secret you're protecting might be the very thing keeping you in bondage.

Confession isn't about humiliation—it's about **healing**. When you open up to a trusted, godly person, you release the enemy's grip on your silence. Suddenly, you're not fighting alone—you're walking in the light with someone else at your side.

Yes, it takes courage. But courage is born in surrender. Don't underestimate the power of a single conversation. Your freedom may be one confession away.



Journaling Prompts

1. Why have I been afraid to confess this struggle to someone else?

2. Who could I talk to this week for prayer, support, and accountability?

3. What do I believe will happen if I bring this into the light?



Day 4: The Power of Confession

Prayer for Today

Lord,

You see everything. Nothing about me surprises You. Yet still, I've tried to hide. I've feared rejection. I've feared exposure. But I know now that silence is a prison. Help me be bold and honest. Lead me to someone I can trust. Use my confession as the first step in my healing. Let me be free, not just forgiven. And give me the courage to speak truth without shame.

Amen.





Day 5: Replacing the Habit



Your Verse

Ephesians 4:22–24 (NIV)

"You were taught, with regard to your former way of life, to put off your old self... to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

*Breaking free from sin doesn't just mean quitting—it means **becoming**.*

Supporting Scriptures

- *Romans 13:14 (NIV)* – “Clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.”
- *Galatians 5:16 (NIV)* – “Walk by the Spirit, and you will not gratify the desires of the flesh.”



Devotional: Fill the Void with Life

You can't just subtract sin—you must **add life**. Every habit you remove needs something healthy to replace it. That's why relapse often happens when you're bored, lonely, or idle.

This isn't just about avoiding temptation—it's about building a lifestyle so full of God's presence, joy, and purpose that sin doesn't stand a chance. What fills your time? Who surrounds your life? What do you run to when you're tired or triggered?

Let God guide you into new habits that restore your soul. Freedom is not just the absence of porn—it's the presence of purpose.



Journaling Prompts

1. What new daily habits can I create that point me toward God instead of sin?

2. How can I fill my free time with things that give me life instead of drain it?

3. Who can help me build these habits and stay accountable?



Prayer for Today

God,

I don't just want to stop bad habits—I want to start holy ones. Fill the space that lust used to occupy with something greater: joy, discipline, passion, and peace. Teach me to love what You love. Let my hands and heart be busy with purpose, not temptation. And when I'm tired, show me where to turn that brings life—not destruction. I want to walk in wholeness, not just abstinence. Amen.



Day 6: Walking in the Spirit



Your Verse

Galatians 5:16–17 (NIV)

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want."

*This passage gives us the key to victory: it's not just about resisting the flesh—it's about **walking closely with the Spirit**.*

Supporting Scriptures

- *Romans 8:5–6 (NIV)* – “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”
- *John 14:26 (NIV)* – “But the Advocate, the Holy Spirit... will teach you all things and will remind you of everything I have said to you.”



Devotional: Let the Spirit Lead You Out

You've probably tried white-knuckling your way through lust before. Grit and filters. Guilt and promises. Maybe it helped for a little while—but the pull came back. That's because true freedom isn't found in just trying harder. It's found in surrendering deeper. The Holy Spirit is not a vague feeling—He is a **personal Helper** who leads, empowers, convicts, and transforms.

To walk in the Spirit means you daily, moment by moment, invite Him to guide your decisions, comfort your pain, redirect your thoughts, and strengthen your resolve. It means you don't go into battle alone. You don't have to—**He fights for you.**

And when you fall short, the Spirit doesn't shame you. He lifts you. He points you to Jesus again. He reminds you: *You're not a slave to sin—you're a son walking in freedom.*



Journaling Prompts

1. What does it mean for me to “walk by the Spirit” in practical, everyday terms?

2. What areas of my life have I been trying to control in my own strength?

3. How can I start inviting the Holy Spirit into my temptations, choices, and thoughts?



Prayer for Today

Holy Spirit,

I've tried to win this battle on my own. But today, I admit how much I need You. Lead me, guide me, strengthen me. Walk with me through every moment of weakness. Remind me that I am not alone and that You dwell in me. Teach me how to listen, how to yield, how to follow. When the flesh calls, let me hear Your voice louder. I want to live a Spirit-filled life—not just a sin-avoiding one. Empower me to walk in truth, joy, and freedom.

Amen.





Day 7: Start Again (And Again)



Day 7: Start Again (And Again)

Your Verse

Lamentations 3:22–23 (NIV)

"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."

*God's grace isn't a one-time offer. It's a **daily reset**—ready for you each time you fall.*

Supporting Scriptures

- *Psalm 37:23–24 (NIV)* – *"The Lord makes firm the steps of the one who delights in Him; though he may stumble, he will not fall, for the Lord upholds him with His hand."*
- *Proverbs 24:16 (NIV)* – *"Though the righteous fall seven times, they rise again..."*



Day 7: Start Again (And Again)

Devotional: Grace Isn't Running Out

Maybe you didn't expect Day 7 to be about failing again. But here's the truth: many men get discouraged because they mess up **after** trying to change. And that's where the enemy tries to swoop in and say, "*See? You're not really free. It'll never work.*"

But God says something very different: "*Get back up. My mercies are new this morning too.*"

Freedom from lust and porn is often a **journey**, not a straight line. Some days you'll feel strong. Others, weak. But no matter what—God remains faithful. He doesn't walk away when you stumble. His grace isn't exhausted. And His love isn't based on your performance.

If you mess up today, don't retreat into shame. Run toward God. Let your setbacks become *setups* for deeper surrender. You're not called to perfection. You're called to perseverance. **Keep going. Keep growing. Keep trusting.**



Day 7: Start Again (And Again)

Journaling Prompts

1. How do I normally respond after I fall into sin—run to God or away from Him?

2. What can I do differently the *next time* I feel tempted or defeated?

3. What does God's faithfulness look like in my story right now?



Day 7: Start Again (And Again)

Prayer for Today

Father,

Thank You that You don't give up on me. You've seen every high and low of my story, and You still call me Your own. When I fall, help me rise with Your grace. When I'm tempted to quit, give me the courage to begin again. Remind me that You never run out of mercy, and that Your love is stronger than any sin in my life. I'm choosing today to walk forward—not perfectly, but faithfully. Because You are faithful.

Amen.





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