

FINALLY FREE

FIGHTING FOR PURITY
WITH THE POWER OF GRACE



HEATH LAMBERT

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN REFLECTIVE

Finally Free

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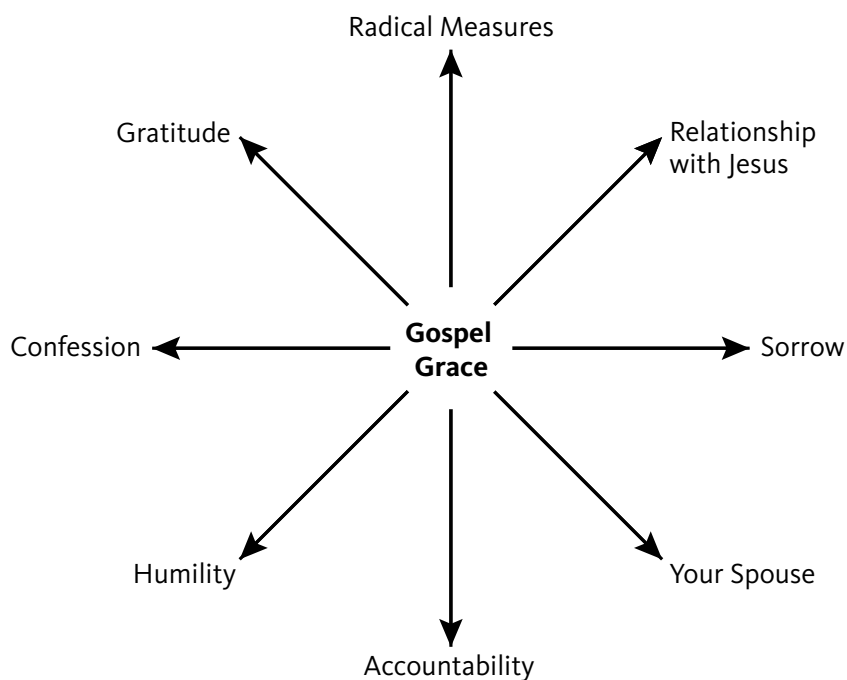
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INTRODUCTION: The Purpose of This Book



Grace as the Foundation in the Fight against Pornography

Fighting for Purity with the Power of Grace

1. Pray to God right now and confess your sin of looking at pornography. Seek God's forgiving grace from this sin.
2. As you pray, ask God for his powerful transforming grace to bring change to your life.
3. Don't stop praying until you truly believe that these graces are yours in Christ.



CHAPTER 2

Using Sorrow to Fight Pornography

Fighting for Purity with the Power of Grace

1. Spend some time in honest reflection, asking whether you have been sorrowful in your struggle with pornography. If so, what have you been sorrowful over? Is your sadness over the consequences of being caught or over the break in your relationship with God? Ask God to help you be honest in your answer. Be aware that if you've had an ongoing struggle with pornography, your sorrow is likely worldly. Write down the real reasons for your sadness.
2. Spend time in prayer asking for Christ's forgiving grace for your worldly sorrow or for the absence of sorrow. Ask for Christ's transforming grace to fill your heart with godly sorrow over your sin of looking at pornography. Believe that as you trust in Christ, he will give you what you ask for.
3. To fuel your godly sorrow, meditate on passages of Scripture such as Psalm 25; Psalm 32; and Titus 2:11–15. Consider what these passages teach about the goodness of God and the horror of sin. Ask God to help you feel the weight of the damage your sin does to your relationship with God.

Using Accountability to Fight Pornography

Fighting for Purity with the Power of Grace

1. Make a list of a few spiritually mature Christians you respect and would like to join you in accountability. Ideally, they should be believers from your local church or shared ministry who will encounter you in the normal course of life.
2. Make an appointment with your pastor, youth minister, community group leader, or some other Christian in spiritual authority over you. Talk to them about your struggle and ask if they would be willing to read this book with you, or if someone on your list may be a better choice. Also be willing to consider they may have a better suggestion you didn't consider.
3. Once you find a spiritually mature person who is willing to be an accountability partner, set up a regular time to meet every week or every other week. You should agree on an agenda for your time together. In the early stages it would be helpful to read and discuss one chapter of this book each week.
4. Pray and ask God to forgive you for any doubts, passivity, or hiding you see in your heart. Pray in faith for God to give you the grace to change and seek accountability.

Using Radical Measures to Fight Pornography

Fighting for Purity with the Power of Grace

1. Consider your need to employ radical measures in your thinking. Make a commitment to repent the moment your thoughts begin to drift toward impurity. Ask Jesus for help to follow through with this commitment. Make a plan with your accountability partner to hold you accountable. Think through an initial passage of Scripture you can begin using to fight temptation in your heart. Write it down and begin memorizing it. Finally, make a plan with your accountability partner to commit to call for help when you are tempted.
2. Consider your need to employ radical measures in your use of time. Write down and discuss with your accountability partner the times when you are most tempted to view porn. Make a plan together to fill this time with activities that will move you toward purity.
3. Identify, write down, and share with your accountability partner the places where you access pornography. Do you get it online and on TV, purchase it from a store, or get it from someone you know? Review this chapter and write down all the radical measures you will take to block your access to the sources.
4. When taking these steps seems too hard or when you find yourself facing temptation, meet with Jesus. Ask him for his help, believing he will give it to you.

Using Confession to Fight Pornography

Fighting for Purity with the Power of Grace

1. Who are the people your sin has affected that you need to approach with an honest confession? Do you have a spouse or fiancée? Have you lied to those you love so you could indulge in pornography? Have you used the technology or money of people who would not approve? Write down the people in the circle of your sin.
2. Perhaps there are people you are unsure about. As you think about confessing your sin to all who are touched by your sin — and not confessing to those who are not — there may be some gray areas. Write down the names of people you have questions about. Talk with the person helping you about these concerns.
3. Do you have any questions for your accountability partner about your confession? Are there others whom it would be wise to take with you as you confess your sin? Write down any names and discuss them with your accountability partner.
4. Now you need to encounter God's forgiving and transforming grace. Where have you been guilty of sin in the midst of the call to confess your sin? Have you avoided confession, even though you knew it was necessary? What fears have you believed instead of God's Word? Write them down and pray through the list, asking for the forgiving grace of Jesus. Now ask Jesus to empower you to be obedient to confess your sin.
5. Make an appointment within twenty-four hours with the first person on your list of those who need to hear your confession. Move through your list in a faithful and timely way, working with your accountability partner on any issues that arise.

Using Your Spouse (or Your Singleness) to Fight Pornography

Fighting for Purity with the Power of Grace

1. How have you been guilty of being drawn to the temptations of the forbidden woman in Proverbs 5? In what ways have you refused to believe what the Bible says about how dangerous she is? Confess these sins to the Lord and be drawn to believe in his forgiving grace.
2. If you're married, consider where you need God's transforming grace to desire your wife. If you're single, consider where you need that same grace to serve Christ wholeheartedly and to reflect on the gospel that saves you. Pray and ask God to give you his powerful transforming grace to empower you to be different in this way.
3. Share each of these prayers in your accountability relationships. Seek their encouragement, wisdom, and prayers for you in this area.
4. Turn your thoughts to God's Word. If you're married, spend some time reading through Proverbs 31:10 – 31, and ask God for the grace to help you desire the godly wife it discusses. If you're single, do the same with 1 Corinthians 7:32 – 35.

Using Humility to Fight Pornography

Fighting for Purity with the Power of Grace

1. Do you recognize areas of arrogance in your life that lead to pornography, and are you convicted by this arrogance? Ask the Lord's forgiveness, and seek his power to grow in humility.
2. Spend time praying through Titus 3:1–7 and ask the Lord to open your eyes to the saving work he has accomplished in your life. Pray for a humble spirit as you consider your sin and his mercy to you.
3. Make a list of other sins you need to work on in your life besides pornography. Talk with your accountability partner, spouse, parents, or others and ask them to help you identify patterns of sinfulness in your life that exist outside the area of sexual purity. Take time to pursue God's grace to forgive and change in this area. Work with your accountability partner to develop a plan to begin growing in those areas.
4. Consider some ways you can begin to serve others in your sphere of influence, and then make a list of four specific ways you can serve. In addition to planning opportunities to serve, use your list when you are tempted so you have something profitable to do rather than indulging your selfish desire to see pornography. Seek God's grace to forgive and empower when you don't desire to serve.

Using Gratitude to Fight Pornography

Fighting for Purity with the Power of Grace

1. Do you believe your pornographic pursuits are ultimately an expression of greed and a lack of gratitude? If you do, ask God to forgive you for your lusts and to help you grow in the grace of gratitude.
2. Think back to the section “Learning to Be Thankful.” Make a list of areas in which you can learn to grow in gratitude, including your relationships, the many wonderful opportunities the Lord has given you, and the salvation you have received. Come up with at least ten things for which you can thank God and others. Pray through that list now, and revisit each one when you’re tempted to indulge the lustful greed in your heart.
3. Commit to expressing heartfelt thanks to at least three people in the next week. Pray for God’s help when this is difficult or undesirable.
4. Share all of this with your accountability partner and seek his input.



Using a Dynamic Relationship with Jesus to Fight Pornography

Fighting for Purity with the Power of Grace

1. Are you guilty of pursuing Jesus only for what you can get from him? Ask for his help as you seek forgiveness and the power to change. Ask God to help you love Jesus for who he is, not merely for what he can do for you.
2. Find a passage in Scripture where you can meet with the Lord. Maybe it is John 6 or John 15. It might be Psalm 23 or Revelation 4. Whatever passage you select, pray the words of the text out loud.
3. Find a song with true lyrics that reflect the biblical gospel. The songs I mentioned in this chapter are “Amazing Grace,” “It Is Well with My Soul,” and “Before the Throne of God Above.” These would be great places to start. Though it may seem strange, sing the songs out loud to the Lord. Don’t worry if people are close by — sing under your breath and to the Lord. When it feels strange, pray for grace to quit thinking about yourself and to focus on the Lord.
4. Ask your accountability partner to join with you in these things.