**[10 Myths about Lust](http://cbmw.org/men/manhood/10-myths-about-lust/)**

**By Jared Moore**

If you embrace these 10 myths about lust, then you will find no remedy for your lust. Instead, you will dive into a “black hole” of sin. Embrace Truth; reject these 10 myths:

1. “I lust because I’m human.” No, you lust because you’re a sinner.

2. “I lust because others dress immodestly.” No, you lust because your wicked heart enjoys the immodesty of others.

3. “I lust because I’m not married.” No, you lust because you love sex more than God.

4. “I lust because I desire marriage.” No, you lust because you desire sexual immorality. Desiring sexual immorality is the opposite of desiring marriage. A desire for marriage is a desire for sexual morality within marriage.

5. “I lust because I cannot help it.” No, you lust because you willfully choose sin over holiness. You’ve developed a lustful habit. Repent and turn to Christ habitually. Live out the holiness He requires until new holy habits are formed.

6. “I lust because my spouse is not as interested in sex as I am.” No, you lust because you desire sex more than you desire God.

7. “I lust because my spouse does not appreciate me.” No, you lust because you believe God is too small to meet your needs abundantly.

8. “I lust because I believe God’s image-bearers are beautiful.” No, you lust because you reject God’s creation (Gen. 1:26-27). Those who lust objectify God’s image bearers, reducing His divine image to a mere object of immoral non-consensual one-sided sexual gratification.

9. “I lust because sexuality is pervasive in my godless culture.” No, you lust because you want to be like your godless culture.

10. “If I fulfill my lusts, they will go away.” No, the remedy for lustful desires is for you to deny yourself (starve your lust), pick up your cross, and follow Christ (Luke 9:23).

The only answer for a lustful heart is constant repentance and faith in Christ.  God is more beautiful and more valuable than fulfilling our lustful desires. If you embrace and meditate on His beauty, all sin will appear ugly and detestable.

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