

## IDENTIFYING LUST TRIGGERS<sup>8</sup>

After getting migraine headaches for the past several years, I discovered they were triggered by certain foods. The headaches didn't come immediately after I ate these foods, but over time things like caffeine, chocolate, and certain preservatives would build up in my system and then trigger a bad headache that would lay me out for days at a time. As I've learned to avoid those foods, my life has improved greatly.

There's a principle here for our fight against lust. Unfortunately, lust springs from our own sinful hearts—we can lust without any outside influences. But I've found that certain seemingly insignificant sinful compromises can build up in my system. My bigger outbreaks of sin are usually triggered by smaller sins that I wasn't diligent in guarding against. I'm talking about the daily, even hourly decisions of what to watch, read, listen to, and allow my mind to think about and my eyes to rest upon.

Romans 13:14 is a guiding verse for me: "But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify

its desires” (ESV).

When I think of “making provision,” I picture my wife packing lunch for each member of our family on a day trip. Do you make provision for lust? In your small, daily choices, are you actually caring for and feeding your weaknesses and lust triggers?

In times when I’m tempted, I’ll say to myself, “Don’t pack a lunch for lust!” I must not pamper or provide even a little snack for the lust of my heart to feed on.

Richard Baxter wrote, “Keep as far as you can from those temptations that feed and strengthen the sins which you would overcome. Lay siege to your sins, and starve them out, by keeping away the food and fuel which is their maintenance and life.”

Lust is kept alive and our weaknesses are fortified by the small provisions we give it. Think about it for a minute. Where are *you* weak? What are your lust triggers?

Here are a few categories to consider:

### ***Time of day***

Are you more susceptible to lust at certain