



More Than a Battle

How to Experience Victory, Freedom, and Healing from Lust

By Joe Rigney

Pg. 3: “As a Christian, I knew God called me to purity and holiness, but my life was marked by the opposite. Lust and pornography had me by the throat, and I felt powerless in the face of the raging desires that would awaken in my heart, mind, and body. Don’t get me wrong. I tried all sorts of methods to break free. **What finally worked? When did it all start to click?**”

Pg. 6: “How should we address the challenge of pornography and lust in our day? In my experience, approaches to this struggle can basically be broken down into three categories. Think of these as three lenses for viewing the fight: Sexual sin as immorality...Sexual sin as addiction...Sexual sin is brokenness.”

Pg. 10 “This book is designed for two different groups: men who are presently struggling with lust and pornography and men who want to help them. Talk to us about this breakdown in your book. If I am a mentor or small group leader, how can I use the book?”

Pg.15 “Galatians 5:16-17 is the banner that flies over this whole book, *‘But I say, walk by the Spirit, and you will not carry out the desire of the flesh for the flesh sets its desire against the Spirit and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.’*”

Pg. 17 “Put another way, I used to read Galatians 5:16-17 as basically a summary of Romans 7, where Paul describes the internal conflict between the part of him that loves and agrees with God’s law and the part of him that rejects and rebels against it.”

Pg. 33 “When I initially meet with guys or groups of guys about sexual sin, the first thing I want to determine is how serious they are about resisting. The reality is that someone has to have a deep and persistent desire for lasting change, or they won’t get lasting change. They must effectively be fed up with themselves and, therefore, committed to costly obedience. But many men pray like Augustine did when he was young, ‘Oh Lord, give me purity (but not yet).’”

Pg. 37 “Over the course of my ministry, I’ve found that this initial, simple, but inconvenient requirement is revealing. It separates those who are willing to take drastic measures from those who play games.”

Pg. 38 “Once you’ve identified some initial (artificial) boundaries, the next step is to **establish some accountability**. That’s what your mentor and the men in your group are for. Accountability works like this. First, clearly agree to the boundary. “I will not be on the internet when I am alone” Next, if you cross the boundary, if you get on the internet alone, you’ve broken your word and need to confess it to your mentor and the other men in your group, even if you don’t look at pornography.”



Pg. 42 “the main aim of confessing to other men is healing and holiness. But a secondary aim is wise counsel from them about what and how to confess the sin to your wife.”

Pg. 68 “Porn use effectively weaponizes the body. By habituating the body to sin, it turns the body into an enemy. Our bodies become tools, instruments in the hands of sin and unrighteousness. Sin becomes our slave master, and we feel as though we are debtors to the flesh and, therefore, must live according to the flesh (Romans 8:12).”

Pg. 73 “Here’s the bottom line: porn use creates brain ruts, hardening the neural pathways and conditioning the body to make porn the use easy and obedience hard. Our bodies become instruments of unrighteousness and impurity.”

Pg. 93 “And this is where a wise and godly mentor is so crucial their job is to bring hope and fortitude into the pit of guilt and shame. They are meant to be a model for where you are headed.”

Pg. 101 “That’s why it’s important to widen the lens and to open up for more fronts in the war”

Pg. 104 “Widening the war also means that we recognize how lust and pornography exploit other weaknesses.”

Pg. 113 “Deeper war is similar to the wider war, but whereas widening the battle focuses on drawing out other sins that feed into lust, deepening the battle is about untangling the knot of lust itself and seeing what hidden motives lurk within it. It’s about pursuing sin into the hills and into the dark caves of the heart.”

Pg. 135 “The last step in expanding our view of the battle explores the subtleties of the war. This involves learning to distinguish different types and degrees of sexual sin and to respond accordingly. “

Pg. 142. “For my own part, I have several different ‘channels’ I turn to when faced with temptation. One of them I call ‘the aftermath.’ I imagine the conversation with my wife after I’ve sinned. I imagine the look of pain and disappointment and hurt on her face. I never want to see that look again. I imagine my boys finding out and being confused by what their dad has done. I think about the implications for my ministry, since self-control and discipline and prerequisites for being a pastor. I love pastoring and teaching, and the prospect of disqualifying myself through indulging in the lust often breaks through the seductive lure.”

Pg. 171 “I call it ‘the watchdog and the caged animals,’ and it has to do with the cycle of reaction and overreaction that a husband and wife fall into in seeking to fight sexual sin and recover from sexual failure.”



Pg. 172 “The basic idea is that a husband’s sexual sin fosters fear in his wife. It often activates her **insecurity**, and out of that insecurity she seeks to take action to protect herself. So, she becomes hypervigilant, identifying sexual temptation whatever they go. In other words, she becomes a watchdog. Her hypervigilance, in turn, reinforces to him that he’s a caged animal. Always on the brink of indulging sexual passions.”