LOOKING WITHOUT LUSTING

-An Apologia for Sexual Purity-

with

Dr. John Seyifunmi BALOGUN
Read it slowly, meditatively and prayerfully. Enjoy the read and be blessed!

The objectives of this apologia are;

✓ To practically differentiate lust from admiration
✓ To help you embrace the Biblical principle of moderation
✓ To help you live a guilt-free life so you can steadily grow in grace
✓ To offer practical suggestions that will enable you live a sexually pure life

Among all the five sense organs (Eyes, nose, ears, tongue and skin), the most powerful is the eye. This is why advertisers and promoters are utilizing this visual power to get their messages to you and me.

It is the reason porn actors are producing films; the reason you now find sexual scenes in almost all home videos; that is why billboards advertising motor vehicle tires will carry the ‘almost nude pictures’ of a woman.

They are using the visual power to get your attention.

There is no way you won’t look. Even in the church, you will see all manner of things. However, your concern should be, how do I look without lusting?

LOOKING IS NOT A SIN, BUT LUSTING IS A SIN (OF FORNICATION) according to Jesus Christ, in Matthew 5:28.
What is Lust?

Lust is a feeling of STRONG desire for something. Here, my emphasis will be on Sexual Lust.

Now as a modification to the definition of lust; it is a feeling of strong sexual desire.

I will differentiate between admiration and lust right away;

Is it possible to look and admire without lusting?

This is where most (Sexual Puritans) Christians miss it; they equate Admiration with Lust and this has made them to be living in perpetual guilt.

I will be practical so that you can really follow properly. Take the following instances;

As a lady, you meet this dark-complexioned, tall and charming young man and you say wow! This man is handsome; have you lusted after him?

No, you haven’t! You have just admired him.

Or as a man, you see a lady wearing a very smart, neat, well ironed dress with properly set hair and a good shoe; and you say, oh sister or lady, you look so good and beautiful… Have you lusted after her?
NO, you haven’t! You just admired something that looks good to your eyes.

Now let’s take a practical example on lustful looking:

You look at the lady above and then the desire well-up within you to kiss, cuddle, caress, fondle or even have sex with her; my brother, you are lusting. Your ‘looking’ has degenerated into ‘lusting’.

You see that handsome guy above, and while you are looking at him, you begin to imagine yourself in his arms, cuddling and fondling you, etc.; my sister, you are lusting.

Jesus says in Matthew 5:28, “... Whosoever looks on a woman to lust after her has already committed adultery (fornication) with her in his heart.”

So, while you ‘look’ with your eyes, ‘lust’ takes place in the heart.

When you are passionate about sexual purity, your concern will be how to ensure your ‘looking’ does not degenerate into ‘lusting’.

See what Job said in chapter 31 verse 1, “I made a covenant with my eyes; why then should I think (lust) upon a maid?”

Thinking is one of the functions of the mind or heart; so Job says, he won’t allow his heart to think or lust upon a woman.
If you decide to close your eyes, for how long will you close it? If you decide to look away, for how long will you do that?

I have a few practical suggestions to help you achieve a sexually pure life;

1. Reduce your temptations

What are those things you do or play around with that make you vulnerable to lust? Hebrews 12:1 says *that you should lay aside (get rid of) all those things (sins) that easily weighs you down.*

When you watch pornography, there’s no way you won’t lust. So sanitize your phone and other devices containing nude pictures and videos. Home videos are not spiritually healthy for you if you are passionate about sexual purity.

There’s no way you will be watching actors and actresses kissing themselves, cuddling each other or fondling, that you too will not ‘desire’ to do the same thing… that ‘desire’ is lust.

*What about romantic novels?* As you read all those love and romantic stories, you will begin to imagine it in your mind, that is *lust* right there also.

*All of that are weights that impose on you the law of gravity, thus preventing you from rising up. You must get rid of them.*
When Uncle Job said he made covenant with his eyes not to look, he meant that he was going to reduce his temptations. **Reduce yours too!**

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### 2. Moderate your looking

By this I mean you should be in control of your looking. Avoid excessive looking. When you look and have admired the person, simply face your front and move on.

Proverbs 4:25 says, "Let your eyes look right on, and let your eyelids look straight before you."

Don’t assume you have so much grace that you can now look and look and look.

Most times the eyes take the snapshot of the person it looks; you must delete that snapshot with the blood of Jesus so it doesn’t lead you to lust.

Don’t think you have overcome lust and start doing ‘over-looking’!

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### 3. Quickly catch yourself when lust is about to set in

You have to be sincere with yourself and with God; you have to be proactive too.

No human being can see you lusting; only God and ‘you’ can see you, so **help yourself by listening to the voice of grace as it teaches you to deny lust!**

Once you notice that you are about to start lusting, quickly confess to God what you are about to do and
allow the blood of Jesus cleanse you from all unrighteousness.

Do not allow the looking to degenerate into lusting because James 1:15 says **Lust will also degenerate into sin; and sin will degenerate into death** (death here means separation from God; it could be temporary until you confess the sin or it could be permanent, if you die in the sin).

4. **Remember there are other sense organs which directly feed your heart**

Listening to sexual talk with your ears and talking vulgar talks or singing sexual songs with your tongue can stimulate lust in your heart.

Sexual or romantic touching of your skin or body through kissing, hugging, caressing, etc. will make you think lustful thoughts.

Intimacy with someone can make you develop an emotional bonding with that person. If the person is not your legal spouse, you will be battling with lustful thoughts towards him or her.

To preserve yourself in sexual purity, avoid all these as much as possible.

5. **Don’t get caught up in the web of guilt and condemnation.**

Guilt and condemnation are major impedance to spiritual growth.
While godly sorrow for sin is from God, guilt and condemnation are not from God.

Don’t allow guilt in your life. Anytime you notice you have sinned through lust, that means you have been enticed by what you saw; quickly run back to God in repentance; He will forgive you and your relationship with Jesus will be restored again. 1John 1:9 says “If we confess our sins, God is faithful and just to forgive us and to cleanse us from all unrighteousness.”

Instead of carrying a guilty conscience around, simply confess the sin that’s making you feel guilty and continue to enjoy your freedom in Jesus Christ.

6. Guard your heart

Proverbs 4:23 says, “Keep your heart with all diligence; because out of your heart are the issues of life.”

Jesus says in Matthew 15:19, “… out of the heart comes evil thoughts…”

So, how do you guard your heart when the Bible says in Jeremiah 17:9 that “the heart of man is deceitful and desperately wicked...” to the point that your own heart can even deceive you.

You cannot successfully guard your heart because your heart is far much smarter than you; it can manipulate even you, the owner. But God can! He can do for you what you cannot do for yourself. I have discussed how you can get God to do it for you in the eBook, “Living a Sexually Pure...
Looking without Lusting

You can contact me to request for the book free of charge.

Simply surrender your heart to God and say, “Oh Lord, I surrender this dirty, deceitful heart of mine, give me a heart like Yours. Amen”.

7. Begin to learn to walk in the Spirit

Your new heart has the Holy Spirit of God living inside it. Learn to relate with the Spirit of God in you.

Listen and obey Him as He directs and guides you. He will always let you know when there is a temptation to lust ahead of you by alerting you so you don’t fall into it.

When your looking is becoming excessive, He will give you a gentle caution by pricking your heart. Simply obey Him.

The more you obey Him, the easier it will be for Him to continually guide you.

The Holy Spirit of God will go with you anywhere you want to go. Always acknowledge His presence with you at all times.

As you learn to walk in the Spirit, the Bible says in Galatians 5:16, ‘... you shall not fulfill the Lust of the flesh’ and verse 25 says, “Live in the Spirit and walk in the Spirit also”.

May the grace to live and walk in the Spirit be abundant for you and me in Jesus name. Amen.
John S. BALOGUN (BJ) practices as a medical doctor in Abuja, Nigeria. He is a sound teacher of the Word of God.

He runs with the mandate to propagate the gospel of Christ, with special passion for Premarital and Marital Sexual Purity.

He is a Relationship Counselor and a Youth Teacher. He teaches in Seminars, Fellowships, and on social media platforms.

A prolific writer, he is the author of the Great Mind Book series; ‘Sexual Purity is Possible’ and ‘Beware of Dream Killers’.

BJ is married to Opeyemi Cafy and they are blessed with a baby girl, Noble.

He is on Facebook as ‘JOHN SEYIFUNMI BALOGUN’ and ‘JOHN SEYIFUNMI BALOGUN II’

You can call him on: +234 803 074 4603

or +234 815 098 9646

WhatsApp: +234 803 074 4603

Email: dr.bjseyi@gmail.com

Blog: www.bjseyi.wordpress.com