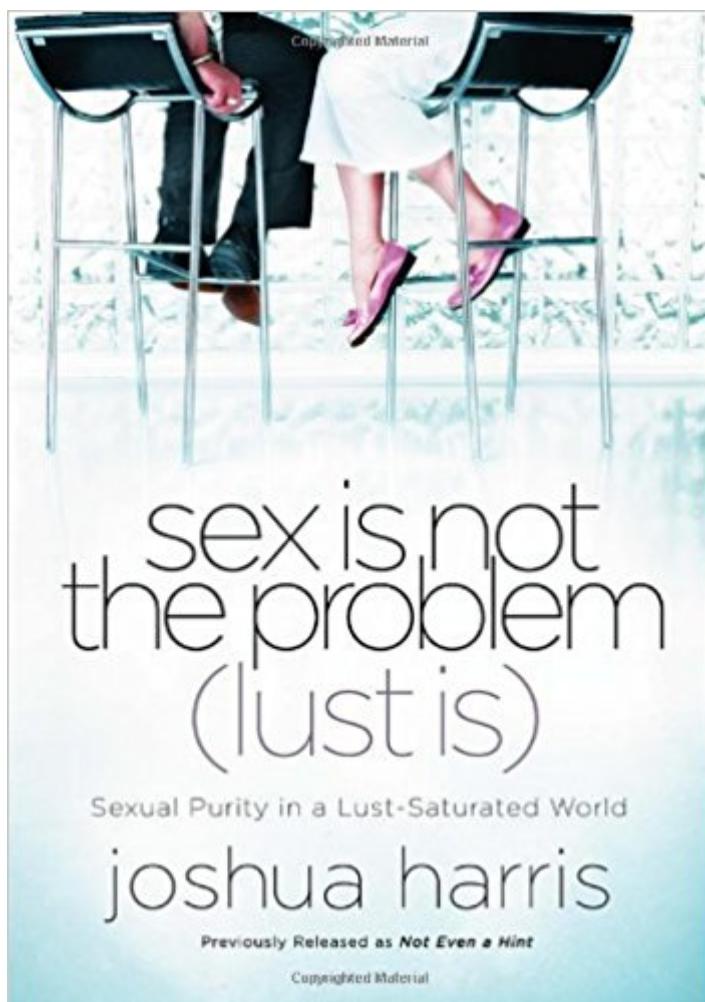


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# Sex Is Not The Problem (Lust Is): Sexual Purity In A Lust-Saturated World



## Synopsis

Lust isn't just a guy problem — it's a human problem. And unless we honestly confront it, lust will destroy our relationships and our lives. Joshua Harris, author of the runaway bestseller *I Kissed Dating Goodbye*, calls a generation bombarded with images of sexual sin back to the freedom and joy of holiness. This "PG-rated" book — straightforward without being graphic — speaks to those entrenched in lust or just flirting with temptation. Honestly sharing his own struggles, Harris exposes lust's tactics and helps readers create a personal plan for fighting back. Men and women will find hope in God's grace and learn the secrets to lasting change. Neither sex nor sexuality is our enemy. We need to rescue our sexuality from lust so we can experience it as God intended. Bestselling author Joshua Harris shows you how lust deceives you. Specific and honest without being graphic, this book — for both men and women — will guide you in creating a custom plan for fighting lust and celebrating purity. Praise for *Sex Is Not the Problem* (Lust Is) — "For your joy and Christ's honor, I commend this book to you. It is realistic, practical, and hope-giving." —John Piper, pastor of Bethlehem Baptist Church, Minneapolis — "A beautiful blend of grace and truth. Joshua Harris raises high standards of holiness while carefully avoiding legalism. I highly recommend it." —Randy Alcorn, bestselling author of *The Treasure Principle* and *The Purity Principle* — "I am very encouraged that my longtime friend Josh Harris has written a book about lust. May God use this book to keep many from allowing their minds to become the devil's playground." —Rebecca St. James, singer/songwriter Story Behind the Book — "I was preparing a message on lust when I realized that the book I wanted to consult hadn't been written. That book would make it clear that only Jesus Christ can free us from the hopeless treadmill of shame and guilt that so many well-intentioned people end up on. It would instill a love for holiness and a hatred for sin without dragging the reader's imagination through the gutter. And it would be for both men and women, because I've learned that lust isn't just a guy problem — it's a human problem." —Joshua Harris

## Book Information

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## Customer Reviews

Joshua Harris lives outside Washington, D.C., in Gaithersburg, Maryland, where he is a pastor at Covenant Life Church. He speaks nationally and leads an annual conference for college students called New Attitude. Joshua and his wife Shannon have two children.

I bought this book for my 13 year old son after busting him checking out online porn. It's out there and no matter how much we think we have protected our children, they still have access if they want it bad enough. I wanted a book that would explain the Christian perspective of sexuality and porn addictions without going into a lot of unnecessary detail and without sounding too "preachy". This book was exactly what I needed! My son read it and thanked me! This is perfect for the preteen age group!

This book is a balanced treatment on the issue of sinful sexual lust. It's full of solid biblical and gospel centered truths. It is also full of many practical suggestions that are listed out as bullet points at the end of each chapter. I think there are more things to discuss and other angles to discuss this topic but what is here in this book and the perspectives that are taken are very good.

Lust: craving sexually what God has forbidden Everyone fights with lust and in this country we are constantly bombarded with temptation at every turn. As a Christian we have a desire to fight this, but so often we fail no matter what we try. Time and time again. There are those who try to go the legalistic route and draw lines that they try not to cross, but sooner or later all of those things fail, because we are all sinful by nature. Josh really does a great job of refocusing on the real problems and opening our eyes to all of the areas lust slips into our lives. This book is an excellent resource for directing us towards Christ for the strength and ability to truly fight lust. We just don't have that ability within ourselves. However, through Christ we can. It's not easy and there is no "one size fits all" approach to fighting the lust in your life. Anything we try to accomplish on our own is doomed to

fail because we are all simply too sinful. But through humility and dependence on God, we can start winning those daily skirmishes and then larger battles and in so doing truly place our lives in God's hands to use for His glory. Sexual purity is something only God can bring about in our lives. One of the great things about this book is that it embraces sexuality as a gift from God. This is a very positive book. There is no attempt at shaming us into purity. We all have enough shame from the lust in our lives as it is. Some even have shame to a degree that it impacts the beauty and goodness of how God creates us all to be. Our innate sexuality just needs to be something we save for later, when it is healthy and pure in God's eyes. It also doesn't drag us through the muck by talking about temptations in an explicit way that would just lead to temptation. Neither does it gloss over temptations or our "lust traps" in a way that is so ambiguous that the reader doesn't benefit. While the language used is earnest and direct, it is not explicit. If any of you have read other Joshua Harris books, you know what to expect. For that reason, I think this book is appropriate for anyone from high-school age on. If you are a parent reading this, I highly encourage you to read the book first and give it to your child when you think it's appropriate. Use your discernment. There's a good chance you'll benefit from the reading yourself. If you are at any age or stage in life and looking at this review, there is probably a reason behind that, some battle you are fighting. Get the book and read it with a mind focused on Christ. One more (major) thing. While lust is commonly misperceived as a male-predominant issue, this is not the case. And this book is equally valuable to ANYONE who battles with lust, women included. Josh makes that clear and does not address lust in a way that excludes girls in any way and even directly discusses some of the different ways in which lust creeps into women's lives. Somehow Joshua Harris has walked the fine, fine line and created a very positive book tackling an extremely difficult and pervasive issue in a way that is both eye-opening and extremely beneficial for anyone who earnestly desires to fight lust in their daily lives. Excellent book.

This can be a difficult book to read because it convicts you so much to live and think the way God wants you too. It is easier to lust after every beautiful woman who crosses your eyes and dwell on those impure thoughts but to change your way of thinking is the most difficult part. But rest assured this battle has to be fought with the power of God man cannot fight it alone. Lust is a never ending battle that will be fought till the day we pass away, but in the meantime we battle euphoric lust that if not controlled can consume you. Fight the good fight gentlemen!!!

This is a very easy to read book and very practical... It's a good book to have for christian people

who is struggling with lust (Pornography and several other sexual issues)... In principle it will apply for all kind of addictions... You'll not be disappointed with Joshua's advice..

This is a Must Read for a parent to read with their child at the appropriate age. My husband is reading this, chapter by chapter, with our 14 yr old son. This book opens up intimate dialogue that produces honest, grace-based teaching moments and continues to bond the parent child relationship in this age when our kids are receiving inaccurate information from peers and media influence. Our kids need to know and understand their sexuality in a healthy, God approved way that will mature them to being a healthy husband or wife in the future. Thank you, Joshua Harris, for being bold to write this much needed book.

Awesome book. It has a good Biblical foundation. Joshua does a great job staying with the doctrine, so whether you've been a believer for years or you aren't a believer, this book is easy to understand. Also the book is practical, so as you read you can put into practice what you have learned in order to overcome a sexual addiction or other kind of addiction

Mr. Harris is one of those authors that does not pen his books with a degree of mighty high words, phrases and so forth. On the other hand he is so basic in his writing, so much of his writings is just so open with himself. People can relate to his penmanship with such openness and understanding and no worry about being confused with a play on words. Mr. Harris is just so good in his writings that you need to get what you can from this author.

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