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He is the author of The Biblical Counseling Movement After Adams (Crossway, 2011), coeditor of Counseling the Hard Cases: True Stories Illustrating the Sufficiency of God's Resources in Scripture (B&H, 2012), author of Finally Free: Fighting for Purity with the Power of Grace (Zondervan, 2013), coauthor of Transforming Homosexuality: What the Bible Says about Sexual Orientation and Change (P&R, 2015), and author of A Theology of Biblical Counseling: The Doctrinal Foundation of Counseling ...

Finally Free: Fighting for Purity with the Power of Grace ...

In Finally Free, Dr. Heath Lambert, a leader in the biblical counseling movement, lays out eight gospel-centered strategies for overcoming the deceitful lure of pornography. Each chapter clearly demonstrates how the gospel applies to this particular battle and how Jesus can move readers from a life of struggle to a life of purity.

Finally Free: Fighting for Purity with the Power of Grace ...

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Finally Free | Zondervan Academic

Moral of the story is that he knows a good bit about biblical counseling and so his wisdom on the topic of purity in Finally Free: Fighting For Purity With The Power of Grace is invaluable.

## Where To Download Finally Free Fighting For Purity With The Power Of Grace

Right from the get-go, Lambert clarifies that this is not a book about pornography.

If you have struggled personally against the powerful draw of pornography, or if you have ever tried to help someone fighting this battle, you know how hard it is to break free. But real freedom isn't found by trying harder to change. Nor is it found in a particular method or program. Only Jesus Christ has the power to free people from the enslaving power of pornography. In *Finally Free*, Dr. Heath Lambert, a leader in the biblical counseling movement, lays out eight gospel-centered strategies for overcoming the deceitful lure of pornography. Each chapter clearly demonstrates how the gospel applies to this particular battle and how Jesus can move readers from a life of struggle to a life of purity. If you or someone you care about is fighting this battle, there is good news: No matter how intense or long-standing the struggle, Jesus Christ can, will, and does set people free from the power of pornography.

In *Finally Free*, Heath Lambert identifies eight clear strategies, each based on the work of Christ, that will help those caught in the trap of pornography turn from their sin to trust in the sufficiency of Jesus Christ. Each chapter is grounded in grace and clearly articulates how to apply the gospel in practical ways that will help free people from pornography.

Lives grind to a halt when people don't know how to relate to their past. Some believe "the past is nothing" and attempt to suppress the brokenness again and again. Others miss out on renewal and change by making the past more important than their present and future. Neither approach moves people toward healing or hope. Pastor and biblical counselor Stephen Viars introduces a third way to view one's personal history--by exploring the role of the past as God intended. Using Scripture to lead readers forward, Viars provides practical measures to understand the important place "the past" is given in Scripture replace guilt and despair with forgiveness and hope turn failures into stepping stones for growth This motivating, compassionate resource is for anyone ready to review and release the past so that God can transform their behaviors, relationships, and their ability to hope in a future.

Amid the chaos of cybersex, impersonal sex, adultery, homosexuality, and sexual dissatisfaction in marriage, *Undeclared* calls readers toward a new kind of spiritual and sexual revolution. Sexual impurity creates a vicious circle, one that springs from misconceptions about Christ and further taints our understanding of Him. Yet another circle is available to men and women trapped in sexual sin, a circle of sexual redemption. When practiced as God intends, spirituality and sexuality both draw us closer to Christ. Spiritual maturity and sexual maturity go hand-in-hand, and together they hold out the promise of redemption and restoration needed by everyone who has been damaged by sexual sin. There is hope. Real change is possible; true intimacy is available. To the person who has failed time and time again sexually, God's message is simple: You, too, can be undeclared.

Sick of porn? Time to detox. A huge percentage of men need a porn detox, a moral and psychological reset. Do you? If so, whether you know it or not, pornography has corrupted your thinking, weakened your conscience, warped your sense of right and wrong, and twisted your understanding and expectations of sexuality. You need a reset by the One who created sex. In this book, I hope to help you reorient your understanding of sex, both in the big picture and in the act itself, according to God's plan for this great gift. I want to help you detox from all the junk you've seen, all the lies you've believed. This is not an easy process. It

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is rarely a quick process. It involves a letting go of old realities and an embrace of a new normal. To be willing to go through it you need to see how bad your current situation really is, and how the path you are on leads no place good. You need to see that the path of porn leads only to more isolation, guilt, alienation, and pain. Whether single or married, such a reset to normal is the only thing that can ever equip you to become a pure, loving, attentive, sacrificial husband. But you already know you need to change. Few Christian men indulge in porn without realizing they need to quit. Every Christian guy who looks at porn wants to stop, but many of us want to stop just a little bit less than we want to keep going. The problem isn't knowledge-it's desire and ability. So sin prevails. Here's a promise. You'll never stop until you begin to see the monstrous nature of the sin you're committing. You'll never stop until the sin is more horrifying to you than the commission of the sin is enjoyable. You'll need to hate that sin before you can find freedom from it. That means you need more grace. You need to cry out to be changed and to see the monstrous nature of this sin. And then you need to behave in faith that God will meet you with grace as you act to cut off the porn and begin the reset. -Tim Challies

Pornography is everywhere. Far too many Christians regularly use and are addicted to it, warping their perception of sexuality and relationships, destroying marriages and ministries. But Christians who struggle with porn also long for change. When we realize the unfulfilling emptiness of porn, we come to yearn for freedom from it. But what do we do? Tim Chester says that we can be captured by a better vision—a liberating confidence that God offers more than pornography does. Moving beyond pat answers or mere willpower, Chester offers spiritual, practical and corporate resources for living porn free. He exposes the false promises of porn and redirects us to the true promises of God. With assurance of God's grace and cleansing power, we can change our desires and escape the traps and temptations of pornography. However great the challenge, God's grace is even greater. And we can come to a place where we no longer feel the need to use porn. Close the window on porn. And open the door to freedom, integrity and new life.

This ground-breaking exploration of the biblical counseling movement's development since Jay Adams shows how shifts in methodology and style are producing a new generation of increasingly well-balanced counselors.

Pornography is powerful. Our contemporary culture has been pornified, and it shapes our assumptions about identity, sexuality, the value of women and the nature of relationships. Countless Christian men struggle with the addictive power of porn. But common spiritual approaches of more prayer and accountability groups are often of limited help. In this book neuroscientist and researcher William Struthers explains how pornography affects the male brain and what we can do about it. Because we are embodied beings, viewing pornography changes how the brain works, how we form memories and make attachments. By better understanding the biological realities of our sexual development, we can cultivate healthier sexual perspectives and interpersonal relationships. Struthers exposes false assumptions and casts a vision for a redeemed masculinity, showing how our sexual longings can actually propel us toward sanctification and holiness in our bodies. With insights for both married and single men alike, this book offers hope for freedom from pornography.

One in five Christian women use pornography. One in three visitors to a porn site is a woman. Many, many more women read explicit books like Fifty Shades of Grey. Even more

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than that write their own pornography - not on paper for publication, but in their heads for their own use. Helen Thorne knows all this because she's done it. But no one talks about it. Our churches are silent on it. There are very few books about it. It is the unspoken struggle of thousands of Christian women - perhaps you, and probably someone you know. But no more. In this refreshingly honest, resolutely hope-filled and gospel-soaked book, Helen speaks the unspoken. In doing so, she shows how purity is better and more satisfying than fantasy - and that, whoever you are and whatever your struggles, that purity is possible.

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