

**Step 1: Discern the Lusts of your Life and the Dynamics Thereof**

- A. Identify the desires of your heart that have become the lusts of your life. (James 4:1-3)
- B. Identify the ways you have become friendly with the world's system in order to satisfy the lust of your life. Identify the people, places, products, and perspectives you have used as avenues to satisfy the lust of your life. (James 4:4-6)
- C. Identify when you are most vulnerable to succumb to these desires (i.e. alone, tired, hungry, bored, at morning/afternoon/night, pressure situations, and painful moments, around men, women, or children, at home or away from home).
- D. Identify when you have a hungry heart but refuse to come to the Bread of life (Jesus Christ) to satisfy your hungry heart, thereby running to the lust of your heart to fill the void. (I Hunger)
- E. Identify when you have a guilty conscience, or pain in your heart and refuse to come to the God of Grace (Jesus Christ) to cleanse you of the guilty conscience or to heal you of the pain in your heart, thereby running to the lust of your heart to numb the pain. (I Hurt)
- F. Identify when you are angry with God, people, or circumstances and refuse to accept what God has allowed, to submit to what God has commanded, or to embrace God's Redemptive Plan in the matter, thereby running to your lust as means of punishing others, vindication, or validation. (I Hate)
- G. Think about the distance, damage, and devastation the lust of your heart has brought between you, God and others. Allow it to sober you, and sadden you to the detriment it has caused. Think about how you are in opposition to God when you satisfy the lust of your heart. (James 4:4-6)