

**Step 4: Detox from the Lusts of Your Heart**

- A. Discipline yourself to say **no** to satisfying the lust of your heart. (1 Peter 4:1-2)
- B. Learn to live with the **physical pain** that comes from denial, disappointment, difficulty, and dishabituation (stopping a way of doing something) in relation to turning away from the lustful desires that have captivated your heart above obedience to God. (1 Peter 4:1-2)
- C. Learn to live with the **emotional pain** that comes from denial, disappointment, difficulty, and dishabituation (stopping a way of doing something) in relation to turning away from the lustful desires that have captivated your heart above obedience to God. (1 Peter 4:1-2)

**Step 5: Develop in Your Obedience to God to Overcome the Lusts of Your Heart**

- A. Discipline yourself to **submit** to the roles and responsibilities God has called and empowered you to walk in with the purpose of pleasing God accordingly.  
(James 4:7-10, Philippians 2:12-13)
- B. Learn to live with the **physical pain** that comes from the inconveniences, afflictions, and hardships of training in obedience to God in character and service.  
(Romans 5:1-5, James 1:2-4, 2 Corinthians 4:7-18)
- C. Learn to live with the **emotional pain** that comes from the inconveniences, afflictions, and hardships of training in obedience to God in character and service.  
(Romans 5:1-5, James 1:2-4, 2 Corinthians 4:7-18)

**Step 6: Delight in the Presence of God to Overcome the Lusts of Your Heart**

- A. Learn to expect and enjoy the **comfort** and **refreshment** that comes from God as result of being His Sheep. (Psalm 23)
- B. Learn to expect and enjoy the **fullness of joy** that comes from walking in obedience to God. (Psalm 16:11)
- C. Learn to expect and enjoy the **satisfaction** that comes from walking in obedience to God. (Psalm 16:11)

## The Overall Big Picture

Step 1 – **Discern** the lusts of your heart

Step 2 – **Divulge** the lusts of your heart and the corollary sins that have come with it accordingly

Step 3 – **Detach** from the lusts of your heart and the corollary sins that have come with it accordingly

Step 4 – **Detox** from the lusts of your heart and the corollary sins that have come with it accordingly

Step 5 – **Develop** in obedience to God in character and service accordingly

Step 6 – **Delight** in presence of God and the benefits that come in His presence