

Dealing with Lust in Spirituality

From Fr. Mike Sis

The Mind – our main sexual organ

- Restructure and reshape thought patterns

The following will affect lust in your life:

- 1) Being in touch with your feelings and expressing them appropriately
 - i. Do not repress your emotions, they will affect your judgment and actions
 - or they will explode
- 2) Maintaining a few intimate relationships
 - i. Listen your friends and be sure you are heard
- 3) People you hang out with
- 4) Forms of input (movies, TV, internet, music) that imprint your mind
- 5) Humor used and heard (sexual jokes, comedy)
- 6) Physical Exercise
- 7) Alcohol

A Perspective of Others

- Let lust pass through your thoughts and float away
 - o (Like the image of a leaf blowing through a house on a breeze)

Encountering Others

- Consider the full person that is there
 - 1) Consider his/her relationships (Mom, Dad, siblings, friends, cousins...)
 - 2) Consider that he/she has opinions, beliefs, ideas, ambitions, views, attitudes...
 - 3) Short prayer: "Jesus, help me to look upon him/her with your eyes."
 - 4) Accept the attraction. Acknowledge that you are attracted and why you are.
 - 5) Acknowledge that he/she is *not* mine to possess and accept it.
 - 6) View your self like his/her brother/sister/relative.