Not Even a Hint

Guarding Your Heart Against Lust By Joshua Harris

TABLE OF CONTENTS

Preface

PART ONE The Truth About Lust

- 1. Not Even a Hint Why Can't I Seem to Beat Lust?
- 2. What God Called Good *Is It Biology or Is It Sin?*
- 3. You Can't Save Yourself
 Where Can I Find the Power To Change?

PART TWO In the Thick of the Battle

- 4. A Custom-Tailored Plan

 Where am I weakest and What Can I Do?
- 5. Guys and Girls

 How Are We Different,

 and How Can We Help Each Other?
- 6. Self-Centered Sex

 How Do I Deal With Masturbation?
- 7. Half a Poison Pill Won't Kill You

 How Do I Cope with the Temptations of Media?

PART THREE

Strategies for Long-Term Change

- 8. Lone Rangers Are Dead Rangers Why Is Accountability So Important?
- 9. The Sword of the Spirit

 How Can the Truth Help Me Defeat the Lies?
- 10. Holiness Is a Harvest

 How Can I Sow to the Spirit?

Appendix: The Path of Repentance Acknowledgements Notes About the Author