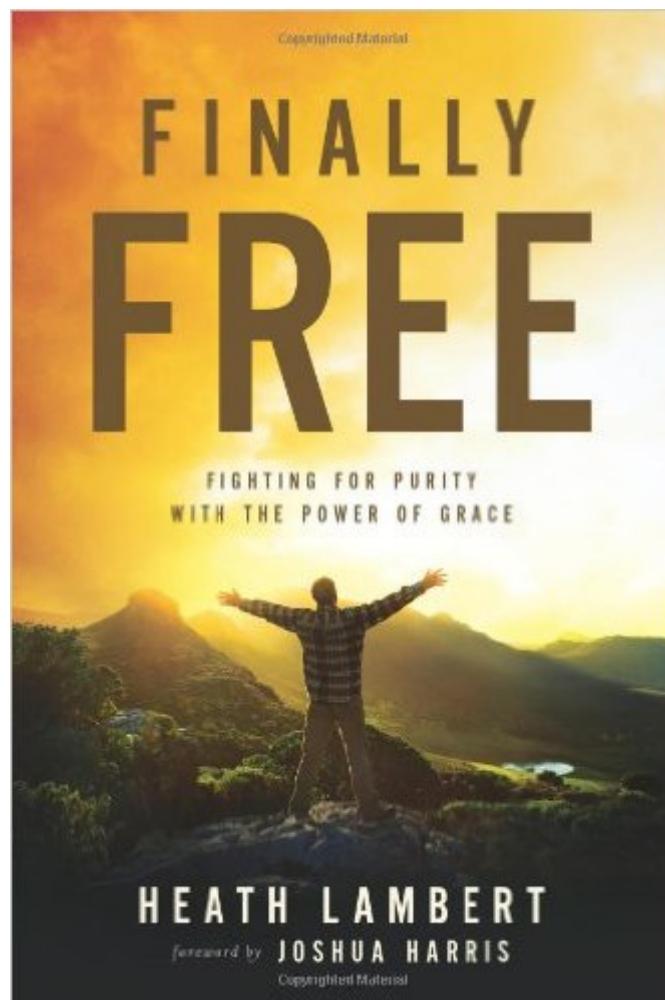


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# Finally Free: Fighting For Purity With The Power Of Grace



## Synopsis

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. We've read just about every Christian book on the topic of pornography. Finally Free is now the number one book I will recommend to pastors, counselors, strugglers, and those who love them. - Bob Kellemen, Ph.D., Executive Director, The Biblical Counseling Coalition; Author, Sexual Abuse: Beauty for Ashes *This book is richly biblical, soundly Christian, and centered in the gospel. Christians should read it and quickly pass it to others. It will be of enormous help to pastors, youth ministers, college ministers, and the Christians of all ages struggling against the tide of our pornographic age.* • - R. Albert Mohler Jr., president Southern Baptist Theological Seminary

## Book Information

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## Customer Reviews

Pornography is a massive problem inside and outside the Church. It is also a problem that has

affected me personally as one who has overcome an addiction to pornography. While I've often written about pornography and how to overcome it, I'm always amazed that there is more to cover and examine when it comes to this issue. I've read widely on the topic of pornography from both a secular and Christian perspective to better understand a variety of issues that relate to why people get addicted to pornography. I can honestly say I haven't read a better book that ties the Gospel to the problem of pornography and how to overcome a porn addiction than Dr. Heath Lambert's new book *Finally Free: Fighting for Purity With the Power of Grace*. I've become increasingly convinced both through my own studies, experience and ministering to those who are addicted to pornography that one cannot minister and speak on this topic without struggling with this issue to some degree themselves. This is one reason I appreciate Dr. Lambert's book because he writes about his struggle and the process he went through to overcome an addiction to pornography. People who've wrestled with an addiction to pornography and found freedom in Jesus are able to point out why they struggled and how people can find hope and healing in Jesus. While the whole book is extremely helpful, grounded in the Word of God and the Gospel of the Lord Jesus, two ideas from the book stood out to me, namely forgiving and transforming grace. While the vast majority of the literature on this topic talks about how to "overcome" or how the brain is affected by pornography or how to be pure, what I appreciate about this book is how the author holds out the Gospel to those who are struggling. While some books do this particularly well, what is different about Lambert's effort is his approach is grounded not just in the idea of grace but rather the explicit focus on the Gospel of grace. It is this explicitness on the Gospel that sets this book apart from the rest and is one reason why I believe that when it comes to the literature on this topic, *Finally Free* sets itself apart from the rest. It's Word-centered, Gospel-focused and grace-centered approach will help those struggling with pornography to see beyond their struggle and the issues that surround their addiction to pornography. Pornography is all around us. Pornography is an insidious disease that is crippling men and women of all ages. Many Christians struggle with this issue in silence trapped by its power. Yet breaking free of porn does not happen by trying harder to change or following a particular method. As this book sets forth, the only sure and effective motivation for change is the Gospel of Jesus Christ. In this book you'll be guided by an experienced counselor and teacher in Dr. Lambert who identifies eight strategies grounded in the work of Christ that will help people locked in the grip of pornography to find freedom and a road map for change. Whether you are struggling yourself or are trying to help someone who struggles with pornography, there is good news. No matter how intense the struggle, there is hope in Jesus Christ who can, will and does set people free from the power of pornography. Coming to terms with an addiction to pornography is a very

difficult thing and requires a great deal of courage. The Gospel calls one out of the darkness and into the light. This is exactly what Finally Free does so well -- it calls sinners to come out of hiding, out of shame, and out of guilt and into Jesus Christ. While I've read widely on this topic, I've not read a better book on this topic, one that is richly biblical and centered in the Gospel. This book will be of help to Pastors, youth ministers, college ministers, and Christians of all ages who struggle against the tide of our pornographic age.

I read many books over time concerning the topic of purity, especially related to men and purity. In particular, many books that came out in the early 2000s tended to promote more of a "do better, try harder" approach and I found most of those books lacking in terms of how they failed to tap into the crucial truth of God's grace and how His grace is the transforming and teaching agent (see Titus 2:11-13). I wish I had this book when I was in my very late teens and early 20s. I do believe it would have helped me to make some crucial connections much sooner in my life. Joshua Harris wrote the only other book that is somewhat similar, and he wrote the forward to this book. The biggest strength in this book: the Gospel is clear, and it is the overwhelming presented theme of the means by which one obtains the desired freedom. (The Gospel is the power of God unto salvation to everyone who believes... Romans 1.) I would also like to say that women who battle porn for their purity may also find great help from Lamber's book. One note in particular: one of the later chapters discusses how we often come to Jesus wanting something from Him versus wanting HIM. Lambert related this to how the crowd wanted Jesus to keep feeding them and then even asked Jesus to give them a sign (after feeding them first with the 5000 people). How many times we do this - we come to Jesus wanting to be free from (insert whatever sin) and we stop short of simply wanting Him, just like the crowd did. This was a newer idea for me and one I much appreciated. Bottom line: purchase this book. Give a copy to every graduating high school senior (males in particular). I cannot say enough positive things about this book.

Cross Focused Reviews provided me the opportunity to review this new book on gospel centered stategies to combat pornography. The great thing about the book is that it is not ultimately about pornography. Don't misunderstand me, Heath Lambert deals with pornography better than any author that I have read. But in the course of doing this he also makes the gospel very plain, shows clearly how the 8 strategies that he puts forward serve to grow the reader spiritually, and avoids offering the types of salacious details that make some readers uncomfortable. This gospel centered approach to pornography which will serve any reader well in any area of spiritual struggle. As I read

this book I found myself spiritually encouraged and uplifted. The strategies that Lambert outlines would serve any man (or woman), whether or not they are struggling with pornography. I can honestly commend this book to anyone, regardless of age or gender, as a good book on how to grow spiritually. This leads to a second strength of the book. I think Lambert achieves this goal by putting pornography in its place (so to speak). Pornography is such an overwhelming problem for our society now that it needs to be put in its place, lest folks lose hope. Lambert convincingly shows the link between this sin and other sins. He makes it clear that pornography is not the only spiritual struggle that an addicted person must address. One advantage to Lambert's approach as compared to others I've seen is that if men follow his counsel then they will continue to grow spiritually in other areas after they no longer feel in bondage to pornography. The result is a book that leaves the reader more hopeful than discouraged, more focused on Christ than sin, more compassionate for those who struggle with sexual sin while at the same time more zealous to pursue purity in one's own life. Other strengths: Lambert's insight into the real root of pornographic sin, his practical guidelines on what makes for helpful versus unhelpful accountability, his comments on when and how to confess sin, and his insight on how to positively pursue one's spouse instead of lustful thoughts struck me as especially fresh insights and very helpful. Lambert's final chapter is directed at wives and other family members who are affected by a man's struggle. I'd encourage wives to read this chapter first, as it addresses some common misconceptions about this particular sin. Finally Free is very, very good. When Ed Welch and Al Mohler both heartily endorsed the book I was hopeful that it would be good. I was not disappointed. Buy it and read it! You will be blessed.

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