A TRINFINITY MINI BOOK

Walking in Purity and Freedom

Guarding the eyes, the mind, and the heart

Andrew Dominguez

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About this book

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Introduction

Sexual temptation is one of the most common struggles people face, and one of the least talked about in church. Because it stays hidden, it grows. Many men and women carry it alone for years, convinced they are the only ones and that God must be finished with them.

I have spent time walking alongside others who were fighting for purity. This book is meant to be honest without being graphic. It looks at how God sees people, why a plan matters, what to do when you fall, and where real freedom comes from.

1 What Jesus said about the heart

Jesus did not limit purity to what we do with our bodies. He said that everyone who looks at a woman with lust for her has already committed adultery with her in his heart (Matthew 5:28, NASB). The battle starts in the eyes and the mind long before it shows up in actions.

That can sound discouraging, but it is actually freeing. It tells me where to fight. If I only try to manage my behavior, I will keep losing ground. If I bring my thought life to God, He can change me from the inside.

It also means pornography is not a harmless private habit. It trains the mind to see people as objects. Over time it can make it harder to be satisfied with a real spouse, damage a spouse's sense of worth, and open the door to deeper sin. God's design for sexual intimacy is a gift for husband and wife, and He wants to protect it.

2 Seeing people the way God does

the older women as mothers, and the younger women as sisters, in all purity.

1 Timothy 5:2 (NASB)

Paul told Timothy to treat older women as mothers and younger women as sisters, in all purity (1 Timothy 5:2, NASB). When I see a woman as an object of fantasy, I strip away who she really is. God created her to be someone's daughter, sister, mother, wife, or friend. She is not here for my thought life.

Jay Kesler once observed that the way to stop treating people as objects is to keep them in context. If I remember that the person in front of me

is dear to a husband, children, parents, and friends, the temptation to lust loses much of its pull. I have found that to be true.

Another practical tool is learning to bounce the eyes. When my eyes land on something that feeds lust, I look away right away instead of taking a second look. Stephen Arterburn and Fred Stoeker describe this in Every Man's Battle. It sounds small, but small decisions made over and over change the way the mind works.

3 Making a plan ahead of time

When there is no plan, I tend to follow whatever appeals to me at the moment. Jesus said to enter through the narrow gate, for the gate is wide and the way is broad that leads to destruction (Matthew 7:13, NASB). Staying on the narrow road takes decisions made before the temptation arrives.

In the heat of temptation there is too much emotion to think clearly. That is why my decisions need to be made beforehand. J. Allan Petersen tells of a man who ended up in a place full of temptation by mistake. What kept him faithful was a promise he had made to his wife before he ever left home.

Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge.

Hebrews 13:4 (NASB)

A plan might include filters on devices, staying out of certain places, avoiding being alone online late at night, and having someone I report to. None of that is legalism. It is wisdom from someone who knows his own weaknesses.

4 Walking in the light

Sin grows in the dark. Secrets give it room to breathe. That is why confession matters so much. James 5:16 (NASB) says to confess your sins to one another, and pray for one another so that you may be healed.

When someone falls, the first temptation is to hide. Pride kicks in because we do not want anyone to know. The enemy then uses that shame to convince us to quit trying altogether. The better response is to resist his lies, confess the sin to God, and then tell a trusted mentor or

accountability partner. Bringing it into the light takes away its power.

Honesty with that partner has to be complete. Leaving out the one area where I struggled defeats the purpose. I may fool another person, but God sees it all.

Isaiah 50:10 (NASB) speaks to the one who walks in darkness and has no light, and tells him to trust in the name of the Lord and rely on his God. Mike Nappa tells of a little boy who was afraid to walk down a dark staircase until his father promised to stay at the top where he could hear his voice. Knowing the Father is near gives courage to face what we fear.

5 Freedom that lasts

Real freedom does not come from willpower alone. It comes from a renewed mind. Romans 12:2 (NASB) says do not be conformed to this world, but be transformed by the renewing of your mind. God's Word is how my mind gets renewed.

When Jesus was tempted in the wilderness, He answered each temptation with Scripture from Deuteronomy (Matthew 4:1-11, NASB). Memorizing Scripture gives me something to reach for when temptation comes. I find it helps to learn one verse a week, give it a theme, review it during the day, and look for a place to use it.

Second Timothy 2:22 (NASB) tells me to flee youthful lusts and pursue righteousness, faith, love, and peace, with those who call on the Lord from a pure heart. Fleeing is not cowardice. It is wisdom. Pursuing is just as important, because a heart filled with good things has less room for the old ones.

If you are fighting this battle, you are not alone, and God is not finished with you. Second Corinthians 5:17 (NASB) says that if anyone is in Christ, he is a new creature. That is who you are. Keep walking toward the light.

Walking in Purity and Freedom

Sexual temptation is one of the most common struggles people face and one of the least talked about. This book looks honestly at what Jesus said about the heart, seeing people the way God does, making a plan ahead of time, walking in the light, and finding freedom that lasts.

Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.

2 Timothy 2:22 (NASB)

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