



# The Rest of God: Finding Freedom from Lust in the Internet Age

*Jay Haug*

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## **The Rest of God: Finding Freedom from Lust in the Internet Age** Jay Haug

Jay Haug has spent nearly a quarter of a century sharing life with those who struggle with lust, pornography and sexual addiction. Having found his own way to long-term sobriety and recovery, Jay now shares insights from his own experience and the Epistle to the Hebrews to explain both the deeper issues of lust recovery and the solution that God has provided in Jesus Christ. This book is designed to help those who struggle, the people who serve them, and anyone seeking to grow deeply in the gospel.

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