

**Review – Look over your notes from this weekend or the points below before your group meets. A copy of this study is available online at [www.lifeisforliving.org](http://www.lifeisforliving.org) and contains hyperlinks to Bible passages.**

**Remember – you don't have to ask every question and cover all the material.**

### SHARE IT – Connecting with each other

- Totally Random Question: The Winter Olympics are coming up shortly. If you could compete in any two events, which would they be and why?
- Looking back over your sermon notes, was there a particular point or passage of Scripture that most challenged, confused or caught your attention?

### GO DEEP – Connect with the Scriptures

The sin of lust is an unbridled sexual desire or intense longing for something. It often is referenced towards obsessive sexual cravings but can include anything contrary to the will of God. Lust is sin and sin is death. Jesus said, "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." When we entertain fantasies of lust, we sin with our minds. According to Jesus, that's the same as committing the act.

James described the temptation process in James 1:14-15: "... each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death." Sin by lust causes the death of innocence, sexual health, the ability to love and sensitivity to God.

It is important to recognize where lust begins. Read Genesis 3:1-7, Matthew 5:27-28

According to Genesis 3:6, how did lust for the fruit of the tree of knowledge begin with Eve?

According to Matthew 5:27-28, what is the beginning point of lust and sexual immorality?

In Matthew 6:22-23, what is the significance of the eyes?

What can people's eyes be full

What is the "lust of the eyes" described as being a part of in 1 John 2:16?

Lust often begins with the eyes but it quickly goes further. Read Job 31:1-12.

- It is shameful and sinful to allow the heart to be led with the eyes into lust
- It is shameful and sinful to entice another person to sin
- Lust will destroy the harvest of good things that a righteous man has

In Job 31:9, where did lustful enticement take place for Job?

According to Matthew 5:28, where did the committing act of adultery take place?

Even if we think the sins of our heart are secret, who knows about them?

The sin of lust is bad enough in and of itself, but it often leads to other things in our life.

According to Mark 4:19, what happens to people when they are full of lustful desires?

According to Romans 1:26-30, unrestrained sexual lusts can eventually lead to "shameful lusts".

What are those shameful lusts? What is the end result of all of this?

In Galatians 5:17, what is the conflict that is going on inside of people?

What does this conflict lead to?

## NEXT STEPS – Applying the truth of Scripture to life

### John's Lust Busters

#1 – Refrain from flirtatious comments and gestures. Read Proverbs 6:23-26

Can any sort of flirtation be innocent?

How can supposedly innocent flirtation lead to something more?

#2 – Look past the lure of lust to the consequences. Read James 1:13-15

The lustful desire ultimately leads to what?

Do you think most people really weigh the consequences or count the costs of a decision before making it?

If we chose to give in to our lustful desires, what are some of the possible consequences?

#3 – Monitor your media intake

How much influence does media (music, TV, magazines, movies, etc.) have on your thought life?

#4 - Maximize your sexual relationship in marriage. Read 1 Corinthians 7:1-6

In verse 5, the words "mutually consent" are significant. Why is communication so important in a marriage?

#5 - Establish accountability in your life. Read Proverbs 27:17, Ecclesiastes 4:9-12

It is important to have people in our life that "sharpen" us, that hold us accountable to God, our families and our neighbors. Find someone you trust, where you both can be honest with each other with your struggles and temptations in life. Set a time that you can meet on a regular basis to talk, challenge, encourage and pray for each other.

## PRAY

Removing lust from your life begins with confession and repentance. We can pray this simple prayer to confess our sin to God:

"Lord, I confess that I have lusted in these specific ways. I see my attitudes as sinful. I am sorry for grieving your heart in my pursuit of carnal pleasure with my eyes and mind. I ask Your forgiveness through the blood of Jesus Christ. Thank you, Lord, for this forgiveness I have in Jesus Christ."

Repenting from our sin is just as important as confessing it (Luke 13:3). Repentance means to turn from our sin and commit to living for God. We must sincerely turn from our sin and avoid it from this point forward:

"Lord Jesus, I turn from my lustful ways now, and I surrender every source I have used for lust. I cast them off from my mind and body, committing my eyes, mind and body to serving you in holiness with your help. Lord, please teach me, strengthen me, guide me, and draw me close to You for the difficult road ahead. Thank You, Jesus, Amen."

Renouncing our sin is the final act that closes the door to Satan:

"I renounce my sin of lust and any evil spirits associated with it. I command you in the name of Jesus Christ to depart from me and trouble me no more. I close the door to lust, bar it with the cross of Christ and seal it with the blood of Christ, Amen."