

Relentlessness of Lust...Freedom of the Gospel

Matthew 5:27-30 "You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell. (ESV)

The Reality of Lust

Masculine

- Physical, Powerful, Deceptive, Shaming, Dominating

Feminine

- Mental, Emotional, Unspoken, Thrives in a "not enough" mindset (appearance & otherwise)

Principles of Lust

- Lust is a problem for all of us
- Lust looks sinless
- Living in Godly Desire vs. Lust

What is Lust

- Lust is Misdirected Desire for God
- Lust is Torment
- Lust is Isolation from God
- Lust is Sin

Freedom of the Gospel – How We Are Set Free

1. We Receive God's Love
2. We Learn to Mortify the Flesh / We Choose God
3. We Learn Repentance / We Return to God
4. We Learn the Sanctifying Work of Purposeful Providence / We Trust God
5. We Build Meaningful Connections / Community - Accountability - Support

Questions for Discussion:

- Discuss any preconceived notions about lust only being sexual or physical in nature.
- Of the 5 action steps above, which is the most difficult for you during a time of struggle?
- Brainstorm ways to use your community to bring you out of a "shame spiral."