

SHIFT

the life we are meant to live



January 31st, 2016

Living Without Lust

1. TWO FALSE NARRATIVES:

The "Christian" One: All Sexual Desire Is Evil

The Secular One: All Sexual Desire is Good

2. EMBRACE THE JESUS NARRATIVE:

Lust is Not sexual Attraction, but Epithumia

"You have heard that it was said, 'You shall not commit adultery.' ²⁸But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. ²⁹If 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. ³⁰And 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. – Matthew 5:27-30 ESV

A DEFINITION: AN IMMORAL, SELF-CENTERED DESIRE THAT OBJECTIFIES ANOTHER PERSON

HOW JESUS SEES LUST

1. Sexual Expression is Only For Marriage.

Song of Solomon

Honor marriage, and guard the sacredness of sexual intimacy between wife and husband. God draws a firm line against casual and illicit sex. - Hebrews 13:4 MSG

2. He Focuses on Heart Righteousness.

Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts. - 2 Timothy 2:22 NLT

Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. - Philippians 4:8 NCV

3. The Eyes Are The Gateway To The Heart.

I have made a covenant with my eyes, not to look with lust at a young woman ... If my heart has lusted for what my eyes have seen...if my heart has been seduced by a woman, or if I have lusted for my neighbor's wife, then let my wife serve another man, and let others sleep with her. - Job 31:1,7,9 NLT

They commit adultery with their eyes, and their desire for sin is never satisfied. - 2 Peter 2:14 NLT

4. He Advocates Moral Maiming!

For you have died and your life is hidden with Christ in God...Therefore consider the members of your body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry. - Colossians 3:3,5 NASB (see also, Colossians 2:11)

James 1:14-15

But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. - 1 Corinthians 9:27 ESV

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. - Psalm 51:7 ESV

Though your sins are like scarlet, they shall be as white as snow. - Isaiah 1:18 ESV

I Will Shift by...

- Memorizing [2 Timothy 2:22](#).
- Pursuing, with passion, a heart-centered life of worship.
- Guarding my eyes and placing godly moral limits on my life.
- Giving my life to King Jesus for the first time.

WALK THE TALK

A Growth Group Guide

1. Which of the false narratives (see notes above) were you most exposed to growing up? How did this affect your life?
2. Explain how a lustful person has the same inner condition as an adulterer?
3. If Jesus was “pro sex” how can we do a better job of separating the wholesome value of sexuality from its more destructive aspects?
4. How might living closely with Jesus in his kingdom help you deal with *epithumia*?
5. Why are the eyes so important when it comes to the issue of wrong sexual desire? In what ways can we guard our hearts better once we know the eyes’ significance?
6. When you think of the hyperbole of cutting off a hand or gouging out an eye, why do you think Jesus used such gruesome language to deal with a lustful heart? What are some practical ways we can practice this art of moral maiming?
7. How is David’s story of recovery (Psalm 51) helpful in helping someone find restoration from the sin of a moral failure?

SOUL TRAINING – MEDIA FAST

A Personal Transformation Exercise

The Principle:

Epithumia is huge problem in our culture today. Whether you struggle with it in the realm of sexuality or not, it's most likely a part of your life! One of the best ways to recalibrate your mind to things like this is to step away. In one way or another, media takes up a good portion of our free time; it's what we turn to after a long day when we are tired. As a matter of fact, it has probably gotten in the way of soul training exercises during the last few months. By fasting, we purposefully starve ourselves of things that we are used to enjoying. By stepping away from media, we can allow ourselves to focus on things that are more important.

If you took media away for a few days, what would replace it? Perhaps, enjoying nature? Playing with the kids or grandkids? Hosting a meal for friends? Spending more time reading the Bible? Spending more time in prayer? Going out with your wife?

The Plan:

This week, the challenge is to fast from all media for two days. That's 48 hours! This will be challenge, but don't be afraid, you won't die from it. Allow this time to let the Holy Spirit renew your thinking! A media fast will mean going without:

- Internet
- TV
- Newspapers & Magazines
- Radio
- Video Games
- Phones, iPods, Tablets, etc.
- Sports Bars, BestBuy, FYE, Game Stop, etc.

Hopefully, what you will notice is that the things you crave the most during these two days will maybe be the source(s) of epithumia in your life! The biggest temptation you face during this fast is the thing that has the strongest hold over you. Take time during this fast to pray and seek God about these things. Talk to him about your difficulties! He understands and he never rejects or makes fun of you for it! Consider making a media fast part of your routine. You could take a day away from media once a week (or month)!