

have a mixed group, consider having the men and women talk in separate rooms to encourage greater depth and vulnerability in the discussion.

1. Is lust the same as love? What are the differences? Read Genesis 39:6–19. Did Potiphar’s wife love Joseph? Why or why not?
2. Read James 1:14–16 and Matthew 5:28. Lust is a sin by itself, but it also leads to fornication and adultery (outward transgression). How and why are sexual immorality and deception so closely related to one another? How does sexual immorality in our lives teach us to resist the Holy Spirit?
3. Read Exodus 34:7. Do you think that lust in your heart (internal thoughts and fantasies) affects your family even if you never act on them? Why or why not?
4. According to Galatians 6:7–8, the things we do and think has consequences. What are some practical consequences of impurity in a believer’s life?
5. Job said, “I made a covenant with my eyes not to look lustfully at a young woman” (Job 31:1).
Read Proverbs 27:20 and Matthew 6:22–23. Why must we guard our eyes and hearts? Discuss practical boundaries that you have or could set to protect your eyes?
6. Impurity affects our future. As a slave, Joseph could have bought the lie, “you’ve already lost your destiny, so it doesn’t matter.” But he didn’t. Why?

7. What is romance? And when does desiring romance become problematic for a believer?

Moving Forward

Lust is empowered by looking. It’s an appetite of the flesh. Confess and repent from sin, and become accountable—especially to your spouse. Then don’t look! If you’ve fallen, you can be restored by confessing and repenting of your sin and returning to God’s ways—your destiny is at stake. God provides everything we need to pass the purity test.

1. If you’re married, why is it critical to “struggle together”? Why can this feel so difficult? How can we encourage openness with one another?

2. Read 1 John 1:5–10. If we’ve fallen (through sin or iniquity), what are we to do? What does God promise? In pairs, confess to God any area in which you’ve fallen or are struggling with sexual impurity. Ask Him to forgive you, cleanse you of unrighteousness, and set you free. Commit to seeking the help you need.