

Small Group Guide: Lust

Seven Deadly Sins Series

Key Takeaways from the Sermon

1. **Lust Defined:** Separating sexual desire from love
 2. **Sex is God's Good Gift:** Created for procreation and recreation within marriage
 3. **Three Deadly Effects of Lust:**
 - Disregards God
 - Dehumanizes people
 - Distorts you (physically, emotionally, relationally, and spiritually)
 4. **How to Kill Lust:**
 - Cut off the source
 - Cling to the Savior
 - Preach the gospel to yourself daily
 - Call on the Holy Spirit
 - Come out of hiding
-

Discussion Questions

Understanding the Issue

1. Jesus said that looking at someone with lustful intent is the same as committing adultery in your heart (Matthew 5:27-28). Why do you think Jesus set such a high standard? What does this reveal about God's view of our thought life?
2. The sermon mentioned that we live in an "overly sexualized culture." In what specific ways do you see this in daily life? How has this normalization of sexual content affected our ability to recognize lust as sin?

The Deadly Effects

3. Paul says in 1 Thessalonians 4 that lust "disregards God." How does sexual sin specifically damage our relationship with God in ways that differ from other sins?
4. The sermon emphasized that lust "dehumanizes people" - treating them as objects rather than image-bearers of God. How might this perspective change the way we view:

- People we're attracted to?
- Actors/models in media?
- Our dating relationships?

5. Lust "distorts you" physically, emotionally, relationally, and spiritually. Have you witnessed (generally speaking) how sexual sin has had these effects in people's lives? What patterns have you noticed?

The Path to Freedom

6. Jesus used radical language: "pluck it out," "cut it off." What are some practical, radical measures we might need to take to "cut off the source" of lustful temptation?

- What might this look like with smartphones?
- Social media?
- Entertainment choices?
- Where we go and who we spend time with?

7. The sermon said, "You're not going to kill this by trying harder to do better. The only way you're going to kill this thing is by desiring something greater." How does growing in our desire for Jesus actually help us overcome lust? What does this look like practically?

8. Why is it so hard to call on the Holy Spirit in moments of temptation? What would it look like to develop this habit?

Coming Out of Hiding

9. The sermon emphasized that "lust thrives in secrecy and isolation." Why is confession and accountability so crucial in overcoming sexual sin?

10. What are the barriers that keep people from being honest about their struggles with lust? How can we create a safe environment in our small group for honest conversations?

Personal Reflection

Take a few moments of silence for personal reflection. Consider these questions privately:

- Where am I most vulnerable to lust?
- What "source" do I need to cut off?
- Am I hiding something that needs to be brought into the light?
- Do I truly believe that Jesus' sacrifice covers my sexual sin?
- What is one specific step I need to take this week?

Practical Application

This Week's Challenge:

Choose at least **ONE** of the following action steps:

1. Audit Your Media Diet

Review your phone, streaming services, and social media

- Delete apps, unfollow accounts, or cancel subscriptions that feed lustful thoughts
- Consider installing accountability software (Covenant Eyes, Ever Accountable, etc.)

2. Preach the Gospel to Yourself

- Spend 5 minutes each morning this week meditating on what Jesus did on the cross
- Read and reflect on Romans 6:1-14 daily
- Thank God specifically for His forgiveness of your sexual sin

3. Establish Accountability

- Identify one trusted, same-gender Christian friend
- Set up a weekly check-in (coffee, phone call, text)
- Give them permission to ask you hard questions

4. Create Guardrails

- Identify your top 3 vulnerable times/places for temptation
- Create specific boundaries (no phone in bedroom, internet filters, avoid certain locations, etc.)
- Share these boundaries with your accountability partner

5. Memorize Scripture

- Choose one verse to memorize this week:
 - 1 Thessalonians 4:3-5
 - 1 Corinthians 6:18-20
 - Psalm 51:10
 - Romans 13:14

For Singles:

Discuss: How does God's design for sex within marriage actually protect us rather than restrict us?

For Married Couples:

Discuss: How can we honor each other's bodies and strengthen our intimacy in ways that glorify God?

Accountability & Prayer

Consider breaking Into Same-Gender Groups

For Men's Groups:

- Share (as comfortable): What is your biggest area of temptation?
- What practical step will you take this week?
- Who will you ask to hold you accountable?

For Women's Groups:

- Share (as comfortable): How has the culture's sexualization affected your view of yourself or relationships?
- What boundary do you need to establish?
- Who can you trust to walk with you in this?

Prayer Time

Pray for:

- Forgiveness for past sexual sin
 - Freedom from shame and condemnation
 - Strength to take radical action
 - A growing desire for Jesus that surpasses all other desires
 - Protection from temptation this week
 - Courage to come out of hiding and seek help
 - Marriages in the group to be strengthened
 - Singles to honor God with their bodies
-

Closing Encouragement

Read together:

"There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death." - Romans 8:1-2

Remember:

- You are not alone in this struggle
- Jesus died for THIS sin too
- The Holy Spirit lives in you with resurrection power
- Freedom is possible
- This group is a safe place

Leader Notes

Creating a Safe Environment:

- Emphasize confidentiality - what's shared in the group stays in the group
- Lead with vulnerability - share your own struggles appropriately
- Avoid judgment - we're all sexually broken in some way
- Point people to Jesus, not just behavior modification
- Have resources ready (counseling referrals, accountability apps, etc.)
- Be prepared for emotional responses - have tissues available
- Consider having men and women break into separate groups for the accountability section

Sensitive Situations:

- If someone shares about pornography addiction, affirm their courage and point them toward professional Christian counseling
- If someone shares about past sexual abuse, respond with compassion and recommend trauma-informed counseling
- If someone is in an adulterous relationship, lovingly call them to repentance while offering support
- Remember: your role is to facilitate, not to be everyone's counselor

Follow-Up:

- Check in with group members individually this week
- Share helpful resources (books, podcasts, counseling options)
- Consider planning a follow-up discussion in 2-3 weeks on sexual purity

Additional Resources

Scripture

1. Lust Defined & Exposed

- Matthew 5:27–28 (
- James 1:14–15
- 1 John 2:16
- Colossians 3:5
- Romans 7:7–8

2. Warnings About Lust

- Proverbs 6:25–26
- 2 Timothy 2:22

- Job 31:1
- Galatians 5:16
- 1 Peter 2:11

3. Consequences of Lust

- Romans 6:12–13
- Galatians 6:7–8
- Proverbs 5:3–5
- Ephesians 5:3–5
- James 1:15

4. Guarding the Heart & Mind

- Proverbs 4:23
- Psalm 101:3
- Philippians 4:8
- 2 Corinthians 10:5
- Psalm 119:9–11

5. How to Overcome Lust

- 1 Corinthians 6:18–20
- Galatians 5:24
- Romans 13:14
- 1 Thessalonians 4:3–5
- Titus 2:11–12

6. Purity & God's Design

- Matthew 5:8
- Hebrews 13:4
- 1 Corinthians 7:2–3
- Psalm 51:10
- 2 Timothy 1:7

Accountability Software:

- Covenant Eyes
- Ever Accountable
- AccountabilityApp