



## **Freedom from the Prison of Lust**

Matthew 5:27-30 (NIV)

“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”

### **Keys to Set You Free from Lust**

1. Guard your \_\_\_\_\_ from lust and you will guard your \_\_\_\_\_ from regret.

Jeremiah 17:9 (NIV)

“The heart is deceitful above all things and beyond cure. Who can understand it?”

Proverbs 6:27-29, 32 (NIV)

“Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched? So is he who sleeps with another man’s wife; no one who touches her will go unpunished... But a man who commits adultery has no sense; whoever does so destroys himself.”

2. Separate yourself from whatever fuels the lust of your heart, even if it is \_\_\_\_\_  
or \_\_\_\_\_.

Galatians 5:17 (NIV)

“The flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.”

3. Fill your heart with \_\_\_\_\_ and \_\_\_\_\_.

Philippians 4:8 (NIV)

“... Brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”