

Some Assembly Required *Help! I Think I'm In Lust*

TALK IT OVER

Pastor Dre's Main Idea: An ideal marriage's foundation is not found entirely in a couple's romanticism, but in their commitment to live a holy life according to God's will.

Pastor Dre's Application Point: Learning to love, as an individual will help you love your spouse.

Key Scriptures:

²⁷ "You have heard that it was said, 'YOU SHALL NOT COMMIT ADULTERY'; ²⁸ but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart. **Matthew 5:27-28**

Read...**Ephesians 5:1-20**

² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect **Romans. 12:2**

¹⁷ Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness. **Ephesians. 4:17-24**

Practical Steps To Lead You To Victory Over Lust:

1. Ask God for help.
2. Die to lust.
3. Walk in the Spirit.
4. Renew your mind.
5. Resist and flee.

Start Talking.

- What does these passages state about love that Hollywood does not teach?
- How can individuals become stronger spiritually before getting married?

Start Thinking.

- Why do you think people have trouble loving others?
- How do you think believers can practice *agapē* love?

Start Sharing.

- Which practical step should you be focused on? To lead you to victory over lust!
- What and or who are you lusting over?

Start Doing.

- What is one step you can take this week to start living a more careful and intentional life?
- How can we be praying for each other as we ask God to help us overcome our lustful desires?

Start Praying.

"Dear Heavenly Father, I can't deal with lust apart from you. Please forgive me and cleanse me from my sin. And please replace my lustful desires with Your desires for my life, so that I can glorify You in everything I do. Thank You. In Jesus' name, Amen"