



Week 7- “Love, Lust, And Freedom”

In this series we are diving into one of the most incredible talks Jesus ever gave: “The Sermon on the Mount”. When Jesus arrived He knew that our attempts at lasting change, and growth doesn’t lead to the life we all strive for and He came to bring a brand new way of living. In this week’s message we look at the part of Jesus’ sermon that talks about sex and sexuality. It’s a massive part of our lives and we hope to discover that the Christian view of sex is incredibly beautiful, powerful, and life giving.

1. What stood out to you in the message?

Read Matthew 5:27-30

Jesus is pointing out the reality that there is a thing called lust and it's a big deal. To understand what Jesus is saying we need to understand what lust is, what it is not, and that He gives us a real way to navigate it.

2. What has been your understanding of the word lust?

3. Why do you think lust is not that big of a deal in culture?

4. Would you say you think lust is a big deal in your life, you know it exists but you don’t really pay attention to its impact on you, or that you don’t think about it at all?

5. In the message, Justin points out the reality that in this passage the word lust isn’t a sexual word. Jesus is not equating sexual desire with lust. In what ways does this challenge your understanding of lust?

Lust is an impersonal desire: Sex brings the heart, soul, and mind together with healing and life giving properties. Engaging in casual sex breaks this power. Lust is also an improper desire: taking something good to try and get something from it that only God can give: identity, life, love, and hope. Lust can apply to many areas of our lives, not just sex.

6. How does it make you feel when you look for identity, life, love, and hope outside of God?

7. Are you able to recognize when you do this?

8. What do you think could be a helpful trigger to help you see where lust is an issue in your life?

9. Your understanding of who God is and how He sees you is an important reality if you are going to find freedom from lust. Do you agree with this, why or why not?

10. What does it say about God's heart for you that He didn't just say change your behavior, but sent Jesus to give you the identity, life, love, and hope that you are looking for?

11. What do you think it practically looks like to rest in the Gospel instead of looking to love, lust, or sex to fulfill what only God can?

12. What does it practically look like to use the Gospel as a tool to help guide you in situations that can trip you up?

13. How can this group help you gain a deeper understanding of God's view of you and the Gospel?

If we can deeply know the unrelenting love, never-ending love of God, and allow Him to be the lover of our souls then we will be able to navigate love, lust and Freedom in a brand new way. The Gospel gives us the identity, acceptance, and love that satisfies our soul through what Jesus did on the cross for all of us.