

Digging Deeper: (Lust)

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Day 1

(Matthew 5:27-28) - In these verses Jesus examines under the surface of sinful actions to reveal that the problem actually begins in our hearts. Adultery doesn't begin with physical cheating, rather it starts with lustful thoughts. Immoral thoughts are sinful. In the world today popular culture has given in to immoral thoughts. Lust is promoted and encouraged at every corner. Pornography is the lure and it has become perfectly acceptable in society for all ages. It is very clear that we need God to guard our hearts and minds (Phillipians 4:7). What guardrails and protective actions have you set in place to prevent lustful and immoral thoughts?

Day 2

(1 John 2:15-16) - Loving the ways of the world and how it operates is not of God. Satan operates in the world to distract us and separate us from a close relationship with the Father. The lure of pornography is used as a spark to ignite our sinful fleshly desires. Books, smartphones, apps, tv, podcasts, people, places, and so much more can be a spark. Pray and ask God today to reveal the sparks in your life that lead to sinful fleshly desires.

Day 3

There is no doubt that the world is a breeding ground for lust and immoral thoughts. Lures and temptations are placed in front of our eyes and ears at all times. It seems like an impossible task to overcome it all. How then can we be saved from this? (Matthew 19:25-26) - With God all things are possible. Jesus assures us that he has overcome the world. Only he can save us. Have you accepted Jesus Christ as your personal savior? Give thanks to your savior today for making the impossible possible.

Day 4

(Colossians 3:1-5) - These sinful desires are alive and thriving in our earthly flesh. However verse 5 tells us what we need to do in order to deal with our fleshly desires. We must put them to death. Believers in Jesus Christ must die to self daily (Luke 9:23). We are now raised with Christ and therefore we must place our thoughts on things from above. Our life is now hidden in God. This does not mean God will remove all lures and temptations from our lives but rather he provides you with a way out so that you may endure. (1 Corinthians 10:13) What does it look like to die daily to self? How are you making this a daily practice in your life? Are you spending time daily in God's word, placing your mind on things above? Pray that God would reveal to you the way out of the temptations and lures that surround you.

Day 5

(Galatians 5:16-18) Having Jesus Christ as our savior and by daily submitting our lives to him we have the opportunity and ability to live a life that is pleasing to God. The Holy Spirit resides in us and he directs our path. Walking by the Spirit ensures that we will not gratify our fleshly desires. Commit yourself today to consciously and purposely walk by the Spirit. Allow the Spirit to order your steps in God's Word then repeat daily.

Day 6

(1 Thessalonians 4:1-5) - *"Finally, then, brothers, we ask and urge you in the Lord Jesus, that as you received from us how you ought to walk and to please God, just as you are doing, that you do so more and more. For you know what instructions we gave you through the Lord Jesus. For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God"* Put this scripture to memory this week and meditate on it daily.