

**Discussion Guide: Nate Boerman**

**Message: *When A Look Becomes Lust* (series: *Sermon On the Mount*)**

**March 10, 2024**

### **PRIMARY PASSAGES**

**Matthew 5:27-30:** *You have heard the commandment that says, ‘You must not commit adultery.’ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. So if your eye, even your good eye, causes you to lust, 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 hand, even your stronger hand, causes you to sin, cut it off and throw it away. (NLT)*

**Ephesians 5:3-5:** *But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: no immoral, impure or greedy person - such a person is an idolater - has any inheritance in the kingdom of Christ and of God. (NIV)*

**Colossians 3:5-7:** *Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. (NIV)*

**Job 31:1:** *I made a covenant with my eyes not to look lustfully at a young woman. (NIV)*

**Romans 12:2:** *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. (NIV)*

**Ephesians 4:21-24:** *Since you have heard about Jesus and have learned the truth that comes from Him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God - truly righteous and holy. (NLT)*

### **MESSAGE HIGHLIGHTS** (How to find freedom when a look becomes lust)

- Admit your problem
- Build guardrails
- Choose your identity

### **DISCUSSION QUESTIONS**

1. **Read Matthew 5:27-30.** Jesus condemns sex outside marriage, but then he takes it to the next level as he challenges lust and sinful sexual desires too. What are your thoughts?
2. **Read Ephesians 5:3-5.** When a look becomes lust, your first step is to **admit your problem**. What areas of your life have hints of sexual immorality or impurity? What shameful, guilty pleasure are you hoping no one finds out?
3. **Read Colossians 3:5-7.** The second step is to **build guardrails**. What do you have to lose by building guardrails? What do you have to lose if you don’t have boundaries? What can you do to make your bad habits invisible, unattractive, difficult? What can you do to make your good habits obvious, attractive, easy?

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4. **Read Job 31:1, Romans 12:2 and Ephesians 4:21-24.** The third step is to **choose your identity.** What type of person do you want to be? What are some ways you can be transformed by the renewing of your mind? What can you do today to put off your old self and to put on your new identity in Christ Jesus?

*Dear Heavenly Father, help us live lives of sexual integrity. Please help us create boundaries in our lives to protect us from our enemy, the devil who wants to destroy us. Father, guide us and help us throw off our old sinful nature and embrace the life of freedom we can have in Your Son, Jesus Christ. Amen*

For accountability resources visit:  
[www.ImmanuelHome.org/Accountability](http://www.ImmanuelHome.org/Accountability)

