

Note: If you are a Mixed Grow Group, please divide into separate, same-gender discussion groups for this lesson.

When it comes to sex, many of us were taught and try to live as either animals or angels. Animals are ruled by and give in to their every desire. Angels, on the other hand, do not have bodies so to live like an angel would be to deny and detach from our desires. However, God wants us to be something categorically different. Human. Truly human. A true human who discusses and delights in their desires.

1. What did “The Talk” look like for you growing up? What do you wish you would have learned about sex while growing up to give you a better road map?
2. Two wrong ways to view desire, such as the desire for sexual intimacy, are the extremes of either Animal or Angel. Each starts with Desire. However, it is what follows that distinguishes them. Share what dangers lie in following either the animal path or the angel path. Share how you have been personally affected by one or both.
  - a. **Animal:** Desire -> **Deserve** -> **Demand**
  - b. **Angel:** Desire -> **Deny** -> **Detach**
3. Read **James 1:12-15**. Steve shared a powerful tool to combat the lure of sin: the “Play it Out” method. This technique takes you through what it might look like if you “take the bait” (recall the fishing illustration). How might this be an effective tool in your battle against lust?
4. Read **1 Corinthians 6:12-20**. What does Paul mean when he says our bodies are temples? How would constantly thinking of yourself as a temple change the way you live?

5. The true human response is to Discuss and Delight.
  - a. Who do you have in your life with whom you can openly and transparently discuss your sexual desires in healthy ways?
  
  - b. What would good and godly delight look like for you in this area?

**Challenge:** In your journey to freedom from lust, take one or both of the following steps:

1. Implement one of these sexual purity resources: <https://faithbridge.org/resources/sexual-purity/>
2. Develop a relationship with another man/woman with whom you can be 100% open and honest about your challenges in this area. If you are looking to develop more Christ-centered relationships, consider joining us for whichever of the following events would be appropriate for you.
  - a. **Men – 33 The Series, Volume 3: A Man and His Traps:** [faithbridge.org/mensstudy](https://faithbridge.org/mensstudy)
  - b. **Women – IF: Gathering:** [faithbridge.org/if](https://faithbridge.org/if)

**Prayer:** Pray the following words, based on Psalm 51, out loud together.

*Have mercy on us, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out our transgressions.  
Wash us thoroughly from our iniquity,  
and cleanse us from my sin!*

*For we know our transgressions,  
and our sin is ever before us.  
Against you, you only, have we sinned  
and done what is evil in your sight,  
so that you may be justified in your words  
and blameless in your judgment.  
Behold, we were brought forth in iniquity,  
and in sin did our mothers conceive us.  
Behold, you delight in truth in the inward being,  
and you teach us wisdom in the secret heart.*

*Purge us with hyssop, and we shall be clean;  
wash us, and we shall be whiter than snow.  
Let us hear joy and gladness;  
let the bones that you have broken rejoice.  
Hide your face from our sins,*

*and blot out all our iniquities.  
Create in us a clean heart, O God,  
and renew a right spirit within us.  
Cast us not away from your presence,  
and take not your Holy Spirit from us.  
Restore to us the joy of your salvation,  
and uphold us with a willing spirit.*

*Then we will teach transgressors your ways,  
and sinners will return to you.  
Deliver us from bloodguiltiness, O God,  
O God of our salvation,  
and our tongues will sing aloud of your righteousness.  
O Lord, open our lips,  
and our mouths will declare your praise.  
For you will not delight in sacrifice, or we would give it;  
you will not be pleased with a burnt offering.  
The sacrifices of God are a broken spirit;  
a broken and contrite heart, O God, you will not despise.*

Adapted from Psalm 51:1-17, ESV

## STUDY DEEPER

Read “You Can Say No to Porn: A Pleasure Greater Than Lust”

<https://www.desiringgod.org/messages/you-can-say-no-to-porn>