

SEVEN DEADLY SINS

DISCUSSION GUIDE

WEEK 5: LUST

Read the Text

Matthew 5:27-30

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 lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

Main Point

We all know that lust is rampant in our culture. None of us are immune to this sin, so it’s important that we talk about it. ***Lust is the wrongful directed perversion of intimacy and sexual gratification that is focused on satisfying pleasures of the self.*** This self-gratification drags us into a downward faith spiral that leads to separation from God.

Lust can be both obvious and external like looking at illicit materials or giving into sinful desires, but it can also hide. ***Lust can hide in solitude, justification of sin, and conforming to culture over Scripture.*** It can lead us to hide our lustful practices, and then convince ourselves why we’re not in sin. This self-deceit then makes us vulnerable to accept the worldly culture around us where we compromise what we know to be right and

true and we trade the truth of Biblical standards for the lie of the world that we are to be “sex-positive” and “sexually free”.

There is good news though. We are not slaves to our lust. Jesus knows our sinful hearts and He loves us and accepts us and forgives us. ***The antidote to lust is integrity that comes with a proper understanding of intimacy.*** This comes through setting boundaries where we protect ourselves from temptation, walking in the light with community where we can share when we stumble, and embracing the grace that Jesus generously pours out when we falter.

Reflect Together

For this week’s topic, decide as a group if you’d prefer to meet together as men and women, or split into single-gender groups.

- 1. *Who is God?***: God desires intimacy with us. What does that look like for you? Why do you think He has that desire?
- 2. *What has He done?***: Where has God rescued you from lust? What did that look like?
- 3. *Who are you?***: Where do you find yourself seeking false forms of intimacy? What does that say about your understanding of what true and holy intimacy really is?
- 4. *What are you to do?***: The antidote to lust is integrity that comes with a proper understanding of intimacy. On Sunday, we talked about setting boundaries with media, having accountability with community, and remembering the grace and mercy of Jesus. What kind of action do you need to take in those areas?

Abide Together

As an MC, pray together about what was revealed during this discussion. Pray that the Spirit would draw you closer to Him to experience true intimacy.

Mission Together

2000-3000 men, women, and children are currently being exploited in the greater Seattle area due to lustful desires. Consider partnering with an organization to help alleviate this crisis. Some options include [REST](#) and [International Justice Mission](#).