

**Lust: The Self Built Prison**  
**Matthew 5:27-28, 1 John 2:15-17, 1 Corinthians 6:18-20, 1 Thessalonians 4:3-5**  
**Al Gascon | October 19, 2025**

- All of the 7 deadly sins are forgivable by way of the Grace of the Father, the blood of his son, the power of his spirit, and by sorrowful repentance.
- A life of chastity requires lust to be guarded and battled on every front; we cannot hold onto any part of lust nor give it a key to freely come and go into our lives.

*Matthew 5:27-28*

- Lust and chastity both begin in the heart.
- Lust is craving sexually what God has forbidden. To lust is to want what you don't have and weren't meant to have. Lust goes beyond attraction, an appreciation of beauty, or even a healthy desire (for sex)—it makes these desires more important than God. Lust wants to go outside God's guidelines to find satisfaction.

"Lust is taking our perfect desire for intimacy that was God given and good, and stripping away from it the honor of man/woman and holy regard for God." — John Piper

*1 John 2:15-17*

- Lust is from the Devil, from within, and from the world.

*1 Corinthians 6:18-20*

- It's God's will for us to live chaste and holy lives free from lust.

*1 Thessalonians 4:3-5*

*1 Thessalonians 5:23-24*

- God is the one overseeing your sanctification; you do your part knowing he faithfully won't stop on his end.

**Discussion Questions:**

- a. Why do you think lust is such a deadly sin?
- b. Can you think of a person from a recent story or headline who has lost everything due to lust?
- c. What are some practical ways you can think of to battle lust?
- d. What major overhauls in our culture and country would you do to try and rid lust from our society?