

SERMON-BASED STUDY: LUST

Matthew 5:27-30, ESV – 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.

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week’s teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

- 1 This week, we learned that sexual sin is serious. Why is sexual sin so serious?
- 2 We also learned that the root of these sins is our own hearts. So, how do we rid ourselves of these sinful desires?
- 3 Why is this such a difficult process? Why must this be a daily ‘dying to self’?

DIGGING DEEPER

A **Matthew 6:22-23, ESV** – ²² “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, ²³ but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

4 According to the passage above, “the eye is the lamp of the body.” What does it mean for the eye to be the lamp of the body?

5 If our eyes are ‘the way into our mind and heart,’ how can we protect them and keep things from entering?

B **2 Corinthians 10:5-6, ESV** – ⁵ We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, ⁶ being ready to punish every disobedience, when your obedience is complete.

6 Describe in your own words what it means to “take every thought captive”?

7 How can we tell when an idea or thought is against God or not from God?

C **1 Corinthians 6:18-20, ESV** – ¹⁸ Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.

8 According to the passage above, our body is a temple of the Holy Spirit. How does this truth effect the way you view sexual sin?

9 What are some practical ways that we can “flee from sexual immorality”?

TAKING IT HOME

Jesus reminds us that sexual sin is serious and needs to be taken seriously. The best way to take this sin seriously is to look away (with our eyes), throw away (thoughts), and run away (our whole self). How are you doing in this area? Are there times that you need to be better at looking away, throwing away, or running away? Share with your accountability partner what God has been showing you. Pray for one another as you seek to be pure before God and before others.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Exodus 20:13, 17
Mark 7:21-23
Ephesians 5:3-5
Colossians 3:5-6