



Part 7: Lust | Pastor Brad Williams | May 31, 2009

A. Fellowship Time (10-15 minutes)

1. Chitchat. Perhaps offer coffee, tea, or a cold drink with some snacks.
2. Pray (or invite someone to pray) to open the discussion.

B. Review Time (Read the summary below to the group: 5-10 minutes)

Today, we are wrapping up our series on the Seven Deadly Sins, and this week's topic is *lust!* Understanding sexuality has an important correlation to the sin of lust. What the Bible has to say about lust and sex is not only true and relevant, but beyond that, it makes sense. We live in a world and are raised in a culture that thinks what the Scripture has to say about this subject is impractical and irrelevant--but it's not. The Bible's take, which is God's take, on sex and lust is 100% relevant to each and every one of us today. Let's look at how lust impacts people's lives and how God can help us in this area of sin.

1. Understanding Sexuality:

a. **Unchecked sensuality doesn't make your life better. It makes your life more complicated.** Anyone struggling with whether or not to believe God on the subject of sex should ask this question: Has sex outside of marriage made your life better or just more complicated. Sexual immorality doesn't lead us anywhere good, and our culture is just trying to promote it to make a buck. God, however, loves us. He wants us to do the right thing so we can thrive. So how do we turn this thing around? A Scripture that speaks on the area of sexuality is **1 Corinthians 6:18a**: "*Flee from sexual immorality.*" Flee means to run away; don't flirt with it or even go near it. Don't be entertained by it. We all know what it means to "flee?" It's an easy definition. So in our lives, flee sexual immorality!

b. **Immorality is sexuality or sensuality outside of marriage, including lust.** Intentional sensuality outside the context of marriage is what the Bible considers immorality. God want us to flee from immorality. This doesn't mean sex is bad...No! Why? Here is the reason...

c. **God created sex.** It satisfies our desire to know and be known, to feel and be felt, to love and be loved. God created sex for the purpose of intimacy and connection. God created it for the context of marriage. In **1 Corinthians 6:18b**, it says: "Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body."

d. **Every other sin is different.** Sexual sin is in a category all its own. It's not because God gets so bent out of shape about it, but because of what it does to us. It's what happens to the sinner. The effects of lust and sexual immorality are long-standing. Sex isn't merely physical. Sex is a soul thing. It's a heart thing too. Sex was God's way to physically illustrate and create a sense of intimacy. Sex is about intimacy and when we take sex out of the context that God intended it, we foul up our intimacy factor.

2. **Experiencing Purity.** Purity is one part of how we can flee from sexual immorality. It all starts with perspective. **1 Corinthians 6:19**: "*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?*"

a. **See people as God sees people.** When we realize we are a temple of the Holy Spirit it changes how we view ourselves. We're a living expression of God in our world. Recognize and tell yourself "I am a temple of the Holy Spirit." It's amazing how that kind of thinking expels the deadly sexual attitudes that destroy our lives. God is in us. **1 Corinthians 6:20b** says: "*Therefore, honor God with your body.*"

b. Take drastic measures: Flee sexual immorality! Make major lifestyle changes. Get with other people to talk about your sexual issues.

c. Practice the discipline of confession. Confession says, "I'm going to get on my knees and I'm going to put all of my sexual sin out on the table. I'm going to bring it all back up, and I'm going to ask God to forgive all of it." Confess and God will begin to heal you. He loves you and wants you to be free of your sexual immorality. Sex isn't just physical; it's way deeper than that, because God designed it to be deeper. Let's treat it as God intended it.

C. Life Group Questions (select, revise, and add as desired: 20-40 minutes)

1. What kinds of things in our everyday world tend to promote "sexual immorality?"
2. How can you practice "fleeing" from some of those everyday things that promote sexuality or sensuality outside of marriage?
3. How can lust undermine our relationship with God and those around us? Can you see how lust can lead to lying to others and distracting your attention from those you are intended to love?
4. One step towards purity is to see people as God sees them. Lust undermines that sense of honoring your own (or others') body as a temple. What ways can you counter lust while honoring your body as a temple? Can you think of others sins we've discussed that act to undermine that honor as well?
5. Are you comfortable with the notion of "confession?" Why or why not?

D. Personal Application (1-3 Minutes)

- Be aware this week of the things around you that lure you into lust. As you are aware of these things, flee them! Plan ways to avoid them.
- Remind yourself that you are a temple of the Holy Spirit and that others are too.
- Take some time to look back through your notes on this series.

E. Prayer Time (As a whole group or subgroups of 3-4: 10-15 Minutes)

- Ask yourself, and ask God, if lust is creeping into your life. If it is, confess to God, who is always ready to forgive you and help you start afresh.
- Pray for God's guidance to help you "flee." Remember that God will provide a way for you.
- Offer any other praises or requests that arose during the discussion.