



## Part Three: Lust // Mark Clark // October 24, 2021

Lust is a strong passion of longing, especially for sexual desire, when we objectify another person for our own personal pleasure. It is not a private sin but also destroys the lives of others. Fight this sin actively and help one another pursue the ultimate pleasure/fulfillment found only in Jesus.

**Scripture:** [Romans 8:13](#), [2 Timothy 2:22](#), [2 Timothy 3:1-5](#), [1 Peter 2:11](#), [1 Corinthians 6:18](#), [1 Thessalonians 4](#), [Matthew 5:28](#)

**Bottom Line:** "If you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body you will live." Romans 8:13

**Before You Begin the Discussion:** Recognize that this is a difficult subject, so give each other grace. Help others rather than scolding them.

### Getting Started:

1. When you wake up in the morning, what are three things you routinely do?
2. Can you think back to the first time you experienced an inappropriate image in a movie, show, or song? How old were you?

### Jumping In:

3. In the message, Mark shared that sexual desire is not in itself sinful. It is a gift from God, and he wants us to have pleasure and fulfillment. This is why he says to stop chasing lust. Why do you think our culture has such a hard time seeing it this way?
4. In what ways does our society normalize and promote giving in to lustful desires?
5. Read Matthew 5:28 and 1 Thessalonians 4:4-5. How does a Christian practically live in this culture when it's not easy to do?

**Discuss:**

6. Read 2 Timothy 3:1-5. According to this passage, can someone be both a lover of pleasure and a lover of God? Discuss why or why not. Do you believe that God wants you to be happy? Share what makes you believe he does or doesn't.
7. We all have areas in our lives that can be identified as our "Achilles heel" - things, people, or habits that lead us towards sin (i.e., the sin of lust). Break into smaller groups of 2-3 people and create/identify guardrails (boundaries) that can practically protect you from this sin.
8. Commit to keeping each other accountable in this smaller group of 2-3 by regularly checking in on each other. End the break-out group by praying for each other.

**Moving Forward:**

*"The moment you wake up each morning, all your wishes and hopes for the day rush at you like wild animals. And the first job of each morning consists of shoving them all back; in listening to that other voice, taking that other point of view, letting that other, larger, stronger quieter life come flowing in." - C.S. Lewis*