



LEAVING LUST IN THE DUST
Living The Sermon On The Mount - Wk 12

ICEBREAKER: What makes your heart beat fast?

OVERVIEW: Our society is sex-crazy. As many as 1 out of every 4 online searches are for porn. The average person has their first sexual encounter at age 16. 1 in 4 teen girls in the USA have had a STD. 50% of men and 42% of women will commit adultery. What's up with that? Is it a problem, or is it no big deal? The Bible has the answers. In this study, based on the sermon on Matthew 5:27-30, we will go deeper with the topic of lust and study what we can do to honor God with our sexuality.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Read 1 Corinthians 6:18-20.
 - What should do with sexual sin?
 - What does this passage say about the uniqueness of sexual sin? What does he mean?
 - What does this passage say about your body?
 - What does it mean to honor God with your body?
3. What do the following verses have to say about sexual sin?
 - Ephesians 5:3-5
 - Colossians 3:5-7
 - 1 Thessalonians 4:3-5
 - Hebrews 13:4

4. Lust is gazing at someone other than your spouse for the purpose of arousing illicit sexual desire. It is not a passing glance, but a willful, calculated stare that arouses sexual desire. It is when your normal observations become abnormal preoccupations. It includes, but is not limited to, pornography, sexual fantasies, strip clubs, etc.
 - How is lust destructive to one's marriage?
 - How is lust destructive to singles?
5. The Great Commandment (Matthew 22:37-40) is to love God and love your neighbor as yourself. How does lust prevent you from loving (1) God, (2) your spouse, (3) the object of your lust, (4) your children, (5) yourself?
6. When Jesus said that it's a sin to even look at a person other than your spouse with sexual desire, He was agreeing with the rest of the Bible that it is a sin to receive sexual gratification from anyone or anything other than your spouse — mentally, visually, physically, or emotionally. Since God is love and all His commands are motivated by love for us, why did God place such strict barriers around sex?
7. If you are married, what are some rules or boundaries you can (or have) put into place to guard your marriage against an adulterous affair?
8. The sermon mentioned three techniques for staying sexually pure: Remove yourself from temptation (or remove the temptation from yourself); bounce your eyes; and think Christian thoughts. Which of these, if any, is most helpful to you in your fight against sexual sin? Explain.
9. What are some steps you have personally taken or need to take to overcome and avoid sexual sin?

It's impossible to remove all temptation, but many times we fall into sin because of temptations that we could have avoided. Ask yourself, "What things that tempt me sexually can I remove?"