

## OVERCOMING THE ENEMY OF LUST

### Imagination: Gift? Curse?

"You have heard the commandment that says, 'You must not commit adultery.' But I say, anyone who even looks at a woman **with lust** has already committed adultery with her in his heart. So if your eye—even your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell." Matthew 5:27-29

Trigger → Fantasy & Lust → Isolation, Guilt & Shame → Compulsion

### Overcoming lust...new mindset

#### Foundation of purity

"Haven't you read the Scriptures?" Jesus replied. "They record that from the beginning 'God made them male and female.' And he said, 'This explains why a man leaves his father and mother and is joined to his wife, and the **two are united into one.**' Since they are no longer two but one, let no one split apart what God has joined together." Matthew 19:4-6

- Celebration of diversity • oneness • fidelity and purity

#### Boundaries for purity

You say, "I am allowed to do anything"—but not everything is good for you...I must not become a slave to anything. You say, "Food was made for the stomach, and the stomach for food." But you can't say that our bodies were made for **sexual immorality**. They were made for the Lord, and the Lord cares about our bodies...Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, "**The two are united into one.**" But the person who is joined to the Lord is one spirit with him. **Run from sexual sin!** No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 1 Corinthians 6:12,13,15-18

Illustration: King David

2 Samuel 11

### Overcoming lust...new lifestyle

Run from...

**Run from sexual sin!** No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 1 Corinthians 6:18

Run to...

- God's grace...the heart of purity

Don't you realize that your body is the **temple of the Holy Spirit**, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. 1 Corinthians 6:19-20

- Relationships and community

- Married: invest in your marriage

Matthew 19:4-6

Celebrate and affirm diversity

Pursue oneness

Fidelity and purity

- Single: invest in loving relationships

So you also are complete through your union with Christ...

Colossians 2:10

...Be an example to all believers in what you say, in the way you live, in your love, your faith, and **your purity**. Keep a close watch on how you live...for the sake of your own salvation and the salvation of those who hear you. 1 Timothy 4:12,16

- Community

As iron sharpens iron, so a friend sharpens a friend. Proverbs 27:17

Reflection Questions: Loneliness is a feeling, isolation is a choice.

What are examples you have seen when people run from sexual sin?  
What does it look like to run to God's grace and experience a heart of purity?  
What are effective ways you've seen people run to community?

