



DATE	October 22, 2017
SPEAKER	David Smith
TITLE	Taming Lust
SERIES	We've all heard of the seven deadly sins, but they don't have anything to do with us. Or, do they? We often don't realize the subtle impact sin has on our daily lives. We need to learn how to recognize it and know how to fight back.

Joy Stealers... as we zero in on the infamous "seven deadly sins," David has shown they aren't as irrelevant to our lives as perhaps we first thought. They are as deadly today as when the adversary first welded them. This week's lesson touches on a very personal topic. As you discuss in your groups, be sensitive and as Paul exhorted, "Encourage one another and build up each other, just as you are in fact doing." 1 Thess. 5:11

Lust – the Raging Fire

David shared that 40 million people are using porn, and the number is rising. What factors do you think are contributing to the escalation?

Do you think technology and social media make people more vulnerable to sexual sin? Why or why not?

David said, "The ultimate driving force behind lust is not our sexual drive, but unbelief." Read Romans 1:21-24. Paul correlates unbelief in the true God with Him giving people over to their lusts. How do you see this truth manifested in our culture? Have you ever thought that God's plan for you included your sexual drive? Why or why not? *Food for thought:* Ask yourself am I honoring God in this area?

The Distortion

Just like Eve with the apple, we find forbidden things attractive. Can you think of an example from your own life when you pursued something forbidden? What happened? Read Romans 7:7-8, 21-25 and discuss Paul's dilemma. What is the solution?

Everything from God is good, but the enemy wants to pervert all good things. Sexual desire is good and was a gift from God. Read Genesis 1:27-28 and 1 Thess. 4:8. Discuss how we have diverged from God's intention.

Sanctification - being set apart by God. Read 1 Thess. 4:2-5. Why do you think God singled out abstaining from sexual immorality, which David said is created by lust, as His will for your sanctification?

Do you think parents in today's world are teaching abstinence to their children to encourage sexual holiness in their lives? What would you say to parents who assume their kids will fall into temptation and focus on educating them about birth control rather than abstinence?

Taming the Tiger

David listed six ways to tame lust:

1. Identify triggers (2 Timothy 2:22, Romans 13:14)
2. Say no to thoughts (James 4:7)
3. Quote a promise of Jesus (Hebrews 12:2)
4. Fight (1 Peter 1:14)
5. Trust that Jesus has something better
6. Create a diversion (1 Corinthians 15:58)

Can you think of a time when you were tempted and utilized one of these strategies? Did it work? Can you think of additional techniques that are equally successful in combating lust?

As time permits, read the scriptures associated with each strategy and discuss how it relates.

Encourage one another...

As you feel comfortable with your group, discuss any of the following questions...

What areas of your life is lust affecting right now?

Have you ever thought about lust in this way?

What are the areas you need to cut out of your life to get rid of temptation?

James 5:16 So confess your sins to one another and pray for one another so that you may be healed.

As David said guilt is not the purpose of this message, but rather an encouragement for change.

God's grace is sufficient and no matter where you are right now, God can free you from this and restore ALL!