



1. What is Lust?

- Jesus talks about a taboo subject
- Jesus' extreme remedy reveals the extreme problem

2. The Tipping Point

- The “joy of sex” is God’s plan
- Jesus Redraws The Lines Of Sexual Purity

3. Embracing the Struggle (Rom 6-8)

- Changing behaviour
 - *Flee*
 - *Cut off*
 - *Put to death*
- Filled with the Spirit
- Bear each other’s burdens

“You have heard the commandment that says, ‘You must not commit adultery.’ But I say, anyone who even looks at a woman with (the intent to) 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. And if your hand—even your stronger hand—causes you to sin, cut it off 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.” (Matt 5:27–30, NLT)

Study Questions: Prepare to Break Free from Lust

1. Do you think having a struggle with lust is taboo subject in our society? Why or why not?
2. In Matthew 5, Jesus talks about taking the “second look” – the look with the intent of lusting. Do you think Jesus was exaggerating to make a point when he called this second look “adultery of the heart”? Why or why not?
3. The heart condition that prompts the “Second Look” is found in every deliberate sin, not just lust. Why do you think people seek security, or comfort, or excitement, or relief in ways that do not involve God?
4. How can having “God-replacements” move us toward addictive behaviors?
5. Why do we work so hard to hide the things that hold us “Hostage?”
6. How would your life be different if you were free...free from everything holding you Hostage?
7. What is the first step that God is asking you to take toward freedom from everything holding you “Hostage?”



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