

SE7EN

Week 7 Lust

Pride:

Excessive belief in one's own abilities.

Virtue: **Humility**

Envy:

The desire for others' traits, status, abilities or situation.

Virtue: **Kindness**

Gluttony:

An inordinate desire to consume more than that which one requires.

Virtue: **Self-Control**

Anger:

A strong feeling of grievance and displeasure.

Virtue: **Patience**

Greed:

An overwhelming desire to have more of something than is actually needed

Virtue: **Generosity**

Sloth:

The avoidance of physical or spiritual work.

Virtue: **Diligence**

Lust:

An inordinate craving for the pleasures of the body.

Virtue: **Purity**

"You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.
Matthew 5:27-28 (NIV)

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Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

James 1:14-15 (NLT))

Lust is an inordinate craving for the...

- Pleasures of the Body Without _____

I have made a solemn promise never to look with lust at a woman. What does Almighty God do to us? How does he repay human deeds? He sends disaster and ruin to those who do wrong. God knows everything I do; he sees every step I take. I swear I have never acted wickedly and never tried to deceive others. Let God weigh me on honest scales, and he will see how innocent I am. If I have turned from the right path or let myself be attracted to evil, if my hands are stained with sin, then let my crops be destroyed, or let others eat the food I grow. If I have been attracted to my neighbor's wife, and waited, hidden, outside her door, then let my wife cook another man's food and sleep in another man's bed. Such wickedness should be punished by death. It would be like a destructive, hellish fire, consuming everything I have.

Job 31:1-12 (TEV)

Our thoughts shape our _____.

- Pleasures of the Body Without a _____

But from the beginning of creation, 'God made them male and female.' 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two, but one flesh.
Mark 10:6-8 (NRSV)

- Pleasures of the Body Without a _____

Do not lust in your heart after her beauty or let her captivate you with her eyes, for the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life. Proverbs 6:25-26 (NIV)

How to Break Free From Sexual Lust

1. Admit My _____

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy. Proverbs 28:13 (NLT)

- Admit my struggle to _____
Finally, I confessed all my sins to you and stopped trying to hide my guilt. Psalm 32:5a (NLT)

- Admit my struggle to _____
Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. James 5:16a (MSG)

2. Develop My _____

- Make a commitment to _____ for sexual expression

Now this is God's will for you: set yourselves apart and live holy lives; avoid polluting yourselves with sexual defilement. Learn how to take charge over your own body, maintaining purity and honor. Don't let the swells of lustful passion run your life. 1 Thessalonians 4:3-5 (TVNT)

- Make a commitment to control my _____
So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Colossians 3:5 (NLT)

- Make a commitment to _____ from sin
Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the

companionship of those who call on the Lord with pure hearts. 2 Tim. 2:22 (NLT)

As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but like the Holy One who called you, be holy yourselves also in all your behavior; 1 Peter 1:14-15 (NASB)

- Monitor your _____
- Monitor you _____
- Monitor your _____

3. Restore My _____

- Start With _____
Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. Psalm 51:1-2 (NRSV)

- Then _____
Create in me a clean heart, O God, and put a new and right spirit within me.... Restore to me the joy of your salvation, and sustain in me a willing spirit. Psalm 51:10, 12 (NRSV)

- Finally Receive _____
Jesus - "I do not condemn you either; all I ask is that you go and from now on avoid the sins that plague you." John 8:11b (TVNT)

My Next Step Today Is To . . .

- Commit my life to God today, asking Him to forgive me and help me to begin to live for Him.
- Agree with God's Word that lust is a distortion of His plan for my life and seek His purity for my life.
- Avoid sexual temptation in my life by changing _____
- Meditate on and/or memorize James 1:14-15