

JESUS AT THE CENTER OF THE KINGDOM

LUST

July 21, 2024

DIGGING DEEPER

Use this guide by yourself or with friends as you seek to know God.
To find a group, visit brookwoodchurch.org/groups.

Unless otherwise noted, words and phrases in this study guide are based on language from the New International Version (NIV).

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)

Insight: Lust can manifest in different ways. Merriam-Webster defines lust as *usually intense or unbridled sexual desire, an intense longing or craving and enthusiasm or eagerness*. One can have a *lust for life* or a *lust to succeed*, as well as sexual lust.

Read Matthew 5:27-30.

1. Jesus echoes His words from verses 21-22 about what's happening in your heart. How does this make you view thoughts versus actions?
2. Our lusts and desires for anything can cause us to fall into sin. What are things that pull you away from God?
3. How is lust detrimental to a relationship?
4. How do you distinguish between wanting something and lusting after something?
5. Imagination is one place where lust takes hold. How do you guard your mind and heart against where your imagination takes you?
6. How can you refocus when these ideas and lusts enter your mind?
7. Jesus uses an extreme example of how to rid yourself of sin by removing body parts. What do you think He means by using this imagery?
8. What in your life needs to die or be cut out, and how can you make that happen?
9. How does society make it difficult for you to avoid temptation?
10. Where our eyes look is vitally important. Where are your eyes focused?
11. What tools can you use to keep your eyes focused on Jesus?
12. Who in your life can be a trusted brother or sister to rely on for help through times of temptation and struggle? How can they minister to you and you to them?
13. Pray and ask God what He wants you to know from this passage. Take time to sit and listen for His answers. Write down any thoughts or ideas that come to mind.

The eye is the pulse of the soul; as physicians judge of the heart by the pulse, so we by the eye; a rolling eye, a roving heart.

Thomas Adams