

“Conquering Lust”

Series: “Conquering Your Giants”
(Part 3 of 5)

Discussion Starter: What evidence can be seen in today’s society that sexual standards have declined over the past 10 to 20 years (music, television, clothing styles, etc.)?

Explore: Read 1 Corinthians 6:12-20.

As the apostle Paul writes this letter to the Corinthians, he is clearly letting them know that they must flee from immorality. Our bodies are members of the body of Christ. We were bought for a price and we should guard against lustful sin.

1. What value does God place on our bodies (vs. 12-20)?
2. Give an example of something that may be “permissible” but not necessarily “beneficial” to do (vs. 12).
3. What is the connection between our physical body and spiritual soul (vs. 13-17)? What does it mean to be one with Christ in spirit?
4. How is sexual immorality different from other sins (vs. 18-20)?

Reflect: Review the LG and discuss the questions below.

1. What position(s) can people take when it comes to the subject of pornography? Read 1 Thessalonians 4:3-6. How is the Christian’s sexual conduct to be different from that of a non-Christian?
2. In our society, sex is flaunted in magazines, television, and on the internet. Discuss ways in which we can guard ourselves and our loved ones from such influences.
3. Point number 2 on killing the giant of lust focuses on the consequences. How should we respond when someone says, “It is possible to be a good Christian while also being sexually immoral”?
4. The Bible is clear that when a desire is conceived, it gives birth to sin. The good news is we are forgiven. Share ways we can motivate ourselves to live a life that is pure and holy.
5. In what ways do we hurt others when we wrong them by sexual desires and behaviors? Discuss how it will benefit our loved ones when we are focused on sexual purity.

Live: Take it home.

As a group: Sub-group into gender friendly groups. Share how you are doing in the area of sexual purity. Confess any short-comings and then discuss ways you can guard your actions, settings, and situations from sexual sin.

On your own: Pray about changes that you can make in your own life to avoid falling victim to immoral behavior.

Listening Guide Notes

What’s wrong with a little porn?

1. Pornography dehumanizes women.
2. Pornography is addictive.
3. Pornography is progressive.
4. Pornography leads to death.

^[15] “Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. ^[16] Don’t be deceived, my dear brothers.”

–**James 1:15-16 (NIV)**

^[3] “It is God’s will that you should be sanctified: that you should avoid sexual immorality; ^[4] that each of you should learn to control his own body in a way that is holy and honorable, ^[5] not in passionate lust like the heathen, who do not know God; ^[6] ... The Lord will punish men for all such sins.”

–**1 Thessalonians 4:3-6 (NIV)**

Kill the Giant of Lust by...

1. Committing to God’s standards.

“How can a young man keep his way pure? By living according to your word.”

–**Psalms 119:9 (NIV)**

“Drink water from your own cistern, running water from your own well.”

–**Proverbs 5:15 (NIV)**

2. Considering the consequences.

“I made a solemn pact with myself never to undress a girl with my eyes. I know full well that Almighty God above sends calamity on those who do. He sees everything I do and every step I take.” –**Job 31:1-4 (TM/LB)**

“I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.” –**Matthew 5:28 (NIV)**

“But a man who commits adultery lacks judgment; whoever does so destroys himself.” –**Proverbs 6:32 (NIV)**

Three reasons why I'm not going there:

a. I love Jesus Christ.

"If you love me, you will obey what I command." –**John 14:15 (NIV)**

b. I love my wife and kids.

c. I fear the judgment of God.

3. Changing the way you think.

"Take captive every thought to make it obedient to Christ." –**2 Corinthians 10:5 (NIV)**

4. Avoiding the opportunity.

"It is God's will that you should be sanctified: that you should avoid sexual immorality." –**1 Thessalonians 4:3 (NIV)**

Book: Every Man's Battle by Stephen Arterburn, Fred Stoeker, and Mike Yorkey

Book: Every Young Man's Battle (Same authors)

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