Message Title: “The L Word”  
For the week of July 9 - 15, 2017

Warm Up:  
What type of food do you crave the most?

Open in Prayer

Main Thought:  
Over the past month we’ve learned about the main things that attack our heart: guilt, anger, greed, and jealousy. When discussing our heart, we also have to address the subject of lust. Lust is a strong desire created by God in the context of marriage, between a husband and wife. With sex came lust, it was a package deal. Lust can work for us or against us; therefore, lust isn’t a problem we solve, but an appetite we manage.

Anger, guilt, greed, and jealousy weakens our resolve against sexual sin. That is often why when either are present in our heart, we are more prone to be tempted sexually. The devil leverages these emotions to inflict damage to our heart, and nothing hurts us more than sexual sin. Often times, lust is just the fruit of deeper issues in our heart. We need to get to the root, and learn to manage our lust in a way that honors God with our lives. We can practically do this by:

1. Filling our hearts with the right things.
2. Be open and accountable to others.
3. Be wise, and run!

Main Passages:
“God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. 13And remember, when you are being tempted, do not say, ‘God is tempting me.’ God is never tempted to do wrong, and he never tempts anyone else. 14Temptation comes from our own desires, which entice us and drag us away. 15These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.” (James 1:12-15 NLT)

“And ‘don’t sin by letting anger control you.’ Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.” (Ephesians 4:26-27 NLT)

(Turn over for continuation…)
Scripture Exploration:
• Read James 1:12-15. Where does temptation come from? What does temptation produce in our lives?
• Read Ephesians 4:26-27. How does anger give the devil a foothold in our lives? What connection does anger have to sexual sin?

Personal Reflection:
• When are you most vulnerable towards temptation? What emotions do you feel that trigger a strong desire sexually? What is the root that is fueling sexual desires within you?
• Are you wise in being proactive about sexual temptation? What types of places and people do you need to avoid? How can you practically begin to fill your life with the right things?

Active Application:
• What practical step will you take to deal with the deeper issues in your heart that is triggering sexual desires in you? Be open and accountable to one another.

Close in Prayer:
• Pray for each other to properly manage lust in a way that honors God.
• Pray for healing from any past wounds.
• Pray for one person far from God.