

A Lesson On Lust
Congregational Worksheet – Wednesday, March 12, 2008

This worksheet was created by Pastor Kincaid to help you complete and keep structured notes during the corresponding sermon. To fill in the blanks of this worksheet listen to Pastor Kincaid's sermon from the date noted in the header of this worksheet. The sermon MP3 audio can be streamed or downloaded from the sermons page of the church website at <http://www.goshenfirstag.org/sermons.php> or a CD can be purchased (for \$1.00) from the church Media Ministry.

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#1. UNDERSTANDING WHAT “LUST” IS.

We hear all the time that “LUST” is wrong... But what exactly is “LUST”?

Well, Jesus gave the perfect definition of lust in Matt. 5:27-28.

Mat 5:27 Ye have heard that it was said by them of old time, Thou shalt not commit adultery:

Mat 5:28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Here Jesus is saying that LUST is _____ of _____
_____.

That word “heart” in verse 28 actually means “the thoughts, or the mind”...
So a more accurate definition of LUST would be “ADULTERY of _____.”

LUST is sexual perversion / sexual immorality that is performed
_____, _____.

LUST is a sin that is carried out in _____, not in _____.

*Also notice that Jesus said in these verses that someone who carries out the sin of adultery in their minds, is just as _____ and just as _____ as someone who carries out this sin in their flesh!!!

Mat 5:28 But I say unto you, That ***whosoever looketh*** on a woman to lust after her **hath committed adultery** with her already in his heart.

So that clearly shows us that to LOOK, IMAGINE, or to FANTASIZE...
Is just as bad as ACTUALLY _____ of IT!!!

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***No wonder we are COMMANDED not to “LUST”!!!**

Eph 5:3 But *fornication*, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints;

1Th 4:3 For this is the will of God, *even* your sanctification, that ye should abstain from *fornication*:

***FORNICATION** MEANS: “SEXUAL IMMORALITY of _____
_____”.

#2. UNDERSTANDING WHAT THE CONSEQUENCES FOR “LUST” ARE.

The familiar story of the woman who was caught in the very act of adultery shows us very clearly what the consequences for ADULTERY were in The Old Testament...

Joh 8:1 Jesus went unto the mount of Olives.

Joh 8:2 And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them.

Joh 8:3 And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst,

Joh 8:4 They say unto him, Master, this woman was taken in adultery, in the very act.

Joh 8:5 *Now Moses in the law commanded us, that such should be stoned*: but what sayest thou?

In The Old Testament the consequences for adultery was being _____ to death!

That gives you an idea of how much God despises the sin of sexual immorality!!!

But then in 1 Cor 6:9-10 & Gal 5:19-21, we see what The New Testament consequences are for LUST...

1Co 6:9 Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither *fornicators*, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind,

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1Co 6:10 Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners,
shall inherit the kingdom of God.

Gal 5:19 Now the works of the flesh are manifest, which are *these*; adultery,
fornication, uncleanness, lasciviousness,
Gal 5:20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions,
heresies,
Gal 5:21 Envyings, murders, drunkenness, revellings, and such like: **of the which
I tell you before, as I have also told you in time past, that they which do
such things shall not inherit the kingdom of God.**

The New Testament consequences for LUST are _____

So it is obvious that “LUST” will not be OVERLOOKED, TOLERATED, or
UNDEALT WITH in any way!!!

But it something that God takes full notice of, and it is something that God is going
to _____ and _____ accordingly.

THE SIN OF “LUST” IS NO LITTLE DEAL!!!

**IT WILL ROB YOU OF YOUR RELATIONSHIP WITH GOD & IT WILL
SEND YOUR SOUL STRAIGHT TO A DEVILS’ HELL IF YOU LET IT!!!**

#3. UNDERSTANDING HOW “LUST” HAPPENS.

*You might be saying to yourself, “That’s a stupid statement, Duh!!! It happens
when you see something that makes you LUST”!!!

But that is not true!!!

LUST is not just simply _____ or _____
something that can cause LUSTFUL THOUGHTS to arise in our minds!!!

But it is seeing that thing that can cause “LUST” to arise, and then you
_____ it to happen.

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**You need to understand that the only thing that can _____
_____ LUST is you!!!**

***The sin of LUST follows THE SAME PROGRESSION as temptation...
Because that's what LUST is... It is _____!!!**

This PROGRESSION is found in James 1:14-16...

Jas 1:14 But every man is tempted, when he is drawn away of his own lust, and enticed.

Jas 1:15 Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

Jas 1:16 Do not err, my beloved brethren.

1. You see something that _____ promote lustful thoughts in your mind.

2. You _____ yourself to be *drawn away* and *enticed* by what you saw.

3. YOU begin to _____ what you saw into ungodly thoughts.
Because no one MAKES YOU do it... And you could PREVENT IT if you WANTED TOO!

4. And when you allow this to take place, "SIN is BROUGHT FORTH"!!!

All sin _____ with the temptaion to partake of sin.

SATAN CAN NOT _____ TO DO IT!!!
But YOU HAVE TO _____ INTO YOUR LIFE!!!

Just because we see something that could promote lust, doesn't mean we have to _____ lust after it. **IT is A CHOICE!!!**

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#4. WE HAVE TO PREPARE OURSELVES, BECAUSE THE TEMPTATION TO

“LUST” IS WITHOUT A DOUBT, *GOING TO* COME OUR WAY!!!

It's not a matter of _____ this temptation is going to come, it's a matter of _____ this temptation is going to come!!!

The reason that I say that is because the two sins that plague *BOTH* _____ & _____ have to do with LUST!!!

The greatest sin that males seem to struggle with is

Such as LUST, SEXUAL IMMORALITY, PORNOGRAPHY, ECT.

The greatest sin that females seem to struggle with is

THE DESIRE to BE ATTRACTIVE, PRETTY, NOTICED.

SATAN REALIZES THIS & HE DOES ALL HE CAN TO MAKE THEM FALL “ _____ & _____ ”!!!

He has the girls do whatever it takes to _____.
SKIMPY DRESS, PROVOCATIVE BEHAVIOR, TEASE/FLIRT, ECT.

Which, in turn, makes it all the more difficult for the guys to _____ from LUSTING after them!!!

***SO UNDERSTAND...**

If you are a man, it is _____ that these things are a struggle for you!!! *SATAN IS DOING ALL HE CAN TO MAKE IT A STRUGGLE FOR YOU!!!*

It is a struggle for every man!!! *YOU'RE NOT WEIRD OR ABNORMAL IN ANYWAY!!!*

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***THE TEMPTATION TO “LUST” & TO GIVE TO SEXUAL PERVERSION IS GOING TO BE SOMETHING THAT YOU WILL HAVE TO DEAL WITH FOR THE REST OF YOUR CHRISTIAN LIFE!!!**

You need to _____ that and learn to _____ with it.

This temptation doesn't stop when you hit age 20.

And sitting around whining about it isn't going to take it away.

The devils' not going to stop such a “SURE FIRE” ATTACK just because it's Difficult for you!!! That's why he's doing it in the first place!!!

#5. HOW CAN WE KEEP OURSELVES FROM FALLING INTO “LUST”?

Jesus gives us _____...

Mat 5:27 Ye have heard that it was said by them of old time, Thou shalt not commit adultery:

Mat 5:28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Mat 5:29 And if thy right eye offend thee, pluck it out, and cast *it* from thee: for it is profitable for thee that one of thy members should perish, and not *that* thy whole body should be cast into hell.

Mat 5:30 And if thy right hand offend thee, cut it off, and cast *it* from thee: for it is profitable for thee that one of thy members should perish, and not *that* thy whole body should be cast into hell.

So how do we apply what He's saying in this text to people living in the 21st century?

We can do it in 3 basic ways.

#1. By making the _____ that you want to keep from falling into the sin of LUST!!!

That might sound basic, but it is _____!!!

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Being determined and making the decision that you are not going to “give in” to LUST is the first essential step that you need to take in order to keep yourself from falling.

Notice the _____ & _____ that David came to concerning this topic...

Psa 101:3 I will set no wicked thing before mine eyes: I hate the work of them that turn aside; *it shall not cleave to me.*

What David is saying here is that he will not _____ put himself in a situation that will _____ lustful thoughts in his life!!!

*If he was a man living _____, he might have said it like this...

When I’m at The University Park Mall shopping with my wife, I’ll refuse to look over at all the perverse posters hanging in the windows of the Victoria’s Secret store.

Whenever I see some girls walking around half naked, I won’t take that second look!!!

When I’m in the check out line at Wal-Mart, I won’t casually gaze over at all the filthy magazine covers that line the isles!!!

But I will _____ myself from that _____.

#2. By praying that God will keep you from seeing things that entice you, and also by praying that when you do see “lustful images”, they won’t be as enticing to you as satan would like them to be.

David prayed _____ prayer concerning this topic....

Psa 119:37 Turn away mine eyes from beholding vanity; *and* quicken thou me in thy _____ way.

*There are _____ in this verse that we need to pray.

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1. That God would _____ you from noticing all the things around you that could promote lustful thoughts.

2. That God would _____ it's effects on you when you do see it.

***Perversion can have strong effects on you if you let it!!!**

Historically, that is how the term “hooker” that is often used to describe a prostitute came about... It was said that a woman that engaged in that “occupation” would dress herself and act in such a way that she would set her “hook” into the heart on a man that was walking by, making it extremely difficult for him to refuse her.

*Now, we've already established that satan is going to bring _____ to LUST our way.

So we need to pray that God would shield us from them and that he would deaden their effects on us.

A lot of men foolishly say, “How can LUST not effect you? That's impossible”!!!

Well, I use to be bound by cigarettes to the point that I smoked 1 to 2 packs a day...

But now I can't even stand the smell of the things!!!

I use to drink and do drugs, but now those things don't entice me at all!!!

I use to look at pornography, but now I don't have anything to do with it!!!

And the reason why is because God can _____ us from the desire to sin!!

No matter what is presented to us!!!

#3. By _____ to let the temptation that satan presents you with, _____ any farther in you r mind.

*Remember the progression that sin follows that we learned about in James 1:14-16?

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1. You SEE something that could promote lustful thoughts in your mind.
 2. You ALLOW yourself to *be drawn away and enticed* by what you saw.
 3. You begin to ENTERTAIN what you saw.
 4. And when you allow that to take place, SIN IS BROUGHT FORTH, and all the consequences that come along with it.
-

***AND HERE’S WHAT YOU HAVE TO UNDERSTAND...**

YOU CAN’T HELP BUT TO BE _____ WITH STEP #1.

**BUT YOU CAN HELP YOURSELF FROM ALLOWING STEP 2,3, & 4
FROM _____ IN YOU MIND!!!**

Martin Luther, the father of The Great Reformation said it like this...

“I can’t stop a bird from flying over my head, but I can keep it from building a nest in my hair”.

In other words, you can help but to _____ those temptations...
But that doesn’t mean that you have to _____ them.

We need to deal with LUST just like we would any other sin that presents itself to us!!!

We need to _____ it, _____ it, and _____ it into subjection.

When it comes to the sin of LUST, we need to do exactly what we are
_____ to do in 2Cor 10:5...

2Co 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

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****REVIEW: How do we keep from LUSTING?**

#1. By making the decision _____ of time to not _____ look at sinful things.

#2. By praying that God would shield us from LUSTFUL _____ and _____ it's effect to entice us.

#3. By refusing to _____ past step #1.

This sound basic, But if you'll do these things, you'll be safe!!!

There are a lot of things that sound basic, but they keep us from harm...

“Don't jump off a building or you'll go splat”!!

“Don't tie a weight around your neck and jump into the lake and you won't drowned”.

“Don't play with fire and you won't get burned”!!!

All of those things sound basic, but those warnings will save your life if you'll let them!!!

#6. WHY IS LUST SO DANGEROUS? I'll give you 4 main reasons.

#1. Because _____ is just as bad as _____ when it comes to sexual sins.

Pretending IS participating when it comes to LUST!!!

#2. Because nobody _____ that you're doing it.

It is a _____ sin of the mind that can be kept totally private from everyone around you.

EXCEPT FOR GOD!!!

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Heb 4:13 Neither is there any creature that is not manifest in his sight: but all things *are* naked and opened unto the eyes of him with whom we have to do.

Like the old hymn says, “There’s an all seeing eye that’s watching over you, God has an all seeing eye that see’s everything you do”!!!

#3. Because it leads to all kinds of _____ of sexual immorality.

People who give themselves over to this kind of sin find out that after only a _____ their imagination isn’t enough!!!

So they move on to things like...

_____ : Magazines, video tapes, dvd’s, internet sites.

The actual _____ in fornication or adultery.

#4. Because it has ruin men of God that were a lot further along in their walk with God than you are.

SAMSON: He once had the power of God on his life in a mighty way...
But _____ and sexual sin stripped it all away!!!

SOLOMON: He was once the wisest and the most powerful king that ever lived!!!
Lust and sexual sin _____ him of all of his glory. 1 Kings 1-10.

DAVID: Lust and sexual sin took him from being “A man after God’s own heart”,
and turned him into a _____ and a _____.

And the consequences of David’s sin in those area’s haunted him for the _____ of his life!!!

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***LUST is one of satan's _____ and most _____
weapons that he can use against a man.**

But the only way that it can _____ us, is if we let it!!!