

# Sermon Notes

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## **Not Lusting**

Matthew 5:27-28

Christian Sanich, 9/25/2016

Text sermon questions, during the sermon, to (602) 824-8030

The first standard: **You shall not commit adultery.** (vs. 27)

Each sort of sexual sin has a specific theological offense.  
(Rom. 1:25-27, 1 Cor. 6:18-20, Gen. 2:21, Eph. 5:22-33)

Jesus' higher standard: **Looking with lust is heart-adultery.** (vs. 28)

Trust Jesus and receive forgiveness of your sins.

Don't just do what you want and claim forgiveness.  
Worship God by presenting yourself to righteousness.  
(Rom. 6:13)

Don't just feel guilty. Change. (2 Cor. 7:10)

Avoid two extremes.

1) Thinking that merely finding someone attractive is sinful

Lust is having a strong desire take for one's self.

2) Not taking this seriously enough

This can destroy your life.

**Commit to fight, and maybe for life.**

Write a battle plan.

Identify your struggles, and the places and times.

Put preventative measures in place,  
and develop helpful habits.

**Don't fight alone. Live by the Holy Spirit.** (Galatians 5:16)

Seek help if you need it. Don't give up. Progress in purity.

Ladies (read: Matt. 7:1-5, 1 Tim. 2:9)

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**What is your response to this? Discuss it with someone today.**

Recommend to watch: [www.RightNow.org/Content/Series/1266#4](http://www.RightNow.org/Content/Series/1266#4)  
(for free access send an email to [Lola@StoneCreekBibleChurch.org](mailto:Lola@StoneCreekBibleChurch.org))

Application questions for 9/25/16 sermon  
Matthew 5:27-28  
**Not Lusting**

**(This would almost surely be a good topic to split up the women and men.)**

How have you in the past and how do you now understand “lust”?

How do you think it applies to you?

(Don't spend too long on this.)

If you realize that you do lust, have you had one of these two responses:

- 1) Feeling like you can do whatever you want, because you have forgiveness
- 2) Just to continuing to feel guilty, and defeated

Do you feel like that response needs to change, and how?

(Don't spend too long on this.)

Have you had one of these two extreme responses:

- 1) Thinking that merely finding someone attractive is sinful
- 2) Not taking your lust seriously enough

Do you feel differently about lust now, and how (with regard to one or both of those extreme responses)?

We learned about the chemical in our brains called dopamine, how it can cause addiction, and the ways lust can mess up the normal, good effects of dopamine. What do you think about that?

How is knowing that helpful?

Do you have an ever-present awareness that you need to fight lust? If not, do you think that needs to change?

**(Make sure to leave plenty of time for the questions here forward.)**

What are some of the things you struggle with, what places, what times/seasons?

Will you write a battle plan to be prepared to fight those?

Should we get together and write our plans together?

What are some of the preventative measures and helpful habits that have worked for you?

What are some of the preventative measures and helpful habits you think you might need to put in place? Also, what are some lust issues you have that you don't know what kind of preventative measures and helpful habits you should maybe put in place?

(Help each other out with ideas.)

Is lust enough of a part of your life that you really should get some help (like from pastor or another counselor)? What are you going to do?

**(Make sure to get to this series of questions.)**

Do you realize the need for dependence on the Holy Spirit?

Do you do that now, even with other issues besides lust? Do you do it with lust?

How do you go about that? How does that work for you?

**Ladies**

Have you judged men harshly on this issue, like their sin is worse than your own?

How do you feel about that now? Is there anything you feel like you need to do?

Is there anything you need to do with your wardrobe, so that you are not being a problem for men?

Is there another Christian woman who you need to talk to about her being more modest in the way she dresses?

Bonus:

If you remember any of what was talked about with regards to each sort of sexual sin being a specific theological offense, what do you think about that?