



Freedom from the Prison of Lust

Ice Breaker: What is your most prized possession? Tell your group why that thing is so important to you.

Please read together: Matthew 5:27-30

Keys to Set You Free from Lust

1. Guard your heart from lust and you will guard your life from regret.

Read: Jeremiah 17:9 and Proverbs 6:27-29, 32

Reflect: So often, we reduce sin to what we DO. Jesus is much more concerned with the root of what causes our actions. What we put into our hearts is what will come out of our heart and inform our actions. Pastor Jason said, “the heart of the matter is a matter of the heart.”

Discuss:

- What things do you pour into your heart? Consider and possibly discuss the following three things: What shows do you watch, what are you reading and what are you listening to that each benefits your heart?
- Conversely, what things might you be watching, reading or listening to that may be reaping harm in your life?
 - *You can discuss this, or you can journal and process with the Lord depending on your comfort level.*
- Take a moment to ask God what He may wish you didn't see, read or listen to in your day to day living.

2. Separate yourself from whatever fuels the lust of your heart, even if it is painful or inconvenient.

Read: Galatians 5:17

Reflect: This is where the rubber meets the road. Getting rid of something that is harmful is usually VERY hard to do. Pastor Jason encouraged us with some practical suggestions:

1. Put accountability in place.
 - a. Ask someone who loves you to check in about the temptations you face. Then, be honest with them about how you are doing in separating yourself from the temptations.
2. Delete platforms you are on.
 - a. If you are in an online chatroom or relationship that is harmful, delete that app or platform for communication.

- b. If you have a subscription that is causing you to be compromised or lust, cancel that subscription.

Consider: As hard as it may seem to lose the comfort that comes from lust, it is FAR less painful than losing out on your God-given potential and HIS plan for you.

Challenge: Lust un-surrendered and unchecked will destroy. Have you already experienced that reality? Do you think it can't happen to you? Ask God what He sees.

3. Fill your heart with truth and purity.

Reflect: As Pastor Jason said, "The word of God equips us to be victorious" over our temptations with lust. God gives us tools to succeed!

Read this out loud together!

Philippians 4:8 (NIV)

"... Brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Consider: What we allow in our hearts matters and we are each the gatekeeper of our heart, but it could be that we need help. Could someone in your group help you to guard your heart in a more effective way?

Challenge: Ask them if they will help you. Ask God to help you guard your heart and ask Him to fill the places that lust usually has filled.

Lord Jesus, we want more of You and less of us. Your plans for us are bigger than what lust can satiate. Please fill us. Please show us who You want to be for us as we release lust and allow You to fill that empty spot. In the name of Jesus! Amen!