

**Lust, Matthew 5:27-30** | Trent Thompson

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**Why is lust a problem? (27-28)**

- Defining lust
- The heart matters most
- Lust is the root of adultery
- Lust IS adultery
- What else does lust do that makes it a problem?

**How do I fight against it? (29-30)**

- Make no provision for the flesh (Romans 13:14)
- See the eternal danger of lust
- Seek to be increasingly satisfied with all that God is for you in Christ (2 Peter 1:3-4, Matthew 5:8, Psalm 84:11)

**DISCUSSION QUESTIONS**

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**Questions for Discussion**

1. Lust can be a hard thing to discuss and admit to. Why do you think this is the case? Do you think this is different for men and women? Why or why not? How can we, as a church body, get better at admitting weakness in this area and fighting against it?
2. Read Matthew 5:27-28. What are some principles you see Jesus teaching us about lust in these verses?
3. Read Matthew 5:29-30. What do you see Jesus teaching us about how to fight lust in these verses?
4. What other verses can you think of in the Bible that address sexual desire and how to direct it correctly?
5. When do you find yourself most susceptible to lust?
6. What have been the most helpful and least helpful practices you have put in place to fight against lust?
7. What needs to change about the way you are currently fighting against lust?

**Memory Verse:** Matthew 5:27-28

<sup>27</sup>“You have heard that it was said, ‘You shall not commit adultery.’ <sup>28</sup>But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.