

**Spiritual How-to's**  
**The Power of Lust**  
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**Intro. Illinois Dept. of Natural Resources story –**

**“Deer aren’t the only creatures destroyed by preoccupation with sex.”**

Greg Asimakoupoulos, “Fresh Illustrations for Preaching and Teaching”

In these lessons we are looking at values and principles that Jesus taught about as being foundations in His kingdom. We can find them in His Sermon on the Mount in Matthew chapter 5.

Last time we looked at anger, today’s topic is LUST.

**I. In Matthew 5:27-28**, Jesus says this, “You have heard it said, “You shall not commit adultery”. But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”

A. So Jesus quotes the OT law about adultery. Exodus 20 & Deuteronomy 5 and then goes on to tell us the interpretation of that law. **It has to do with lust.**

B. **Lust defined is** “intense sexual desire. Overwhelming desire or craving. Intense eagerness or enthusiasm.” American Heritage Dictionary

C. So, He’s saying that **staring at someone with a willful and calculated stare** that **arouses sexual desire** is actually committing adultery, in your heart.

1. Folks, this is a choice to **undress someone** in your head with the desire to do so In real life.

2. And, the object of your passion **is not your spouse. Or, you are not married.**

3. And to be clear, the **sexual immorality** referred to here in the original language **includes these things:**

- a. any kind of sexual intercourse outside of marriage
- b. fornication
- c. prostitution
- d. pornography
- e. incest
- f. homosexuality
- g. bestiality

D. **Where do these types of stares happen?** Think... They can be in public or in private, right?

1. I am certain the opportunities come to all, in both locations

2. But acting on those sinful desires is what becomes toxic.

3. Sinful action is more dangerous than sinful desire.

4. But the desire in the heart is what must be exposed and dealt with.

5. Left unchecked, wrong desires lead to wrong actions

E. Which is why Jesus left for us a course of action for our lust.

II. Matthew 5:29-30, “If your right eye seduces you to fall into sin, then go blind in your right eye. And if your right hand entices you to sin, let it go limp... “ TPT

- A. Jesus, **recognizing that even a blind person can lust**, is not speaking about poking out your eyes. The eye is just the door to let things in.
  - 1. He is speaking about **removing** the very thing that that is **visually arousing** you
  - 2. He is telling you to **remove the very action** you are practicing
- B. **“Cut it off” and “poke it out”** are speaking of the **importance and severity** of dealing with that sin of lust.
  - 1. We must deal drastically with what we are seeing and what we are doing
  - 2. It will require a cutting off of things we view and things we do**
  - 3. Personal example – videos, movies, shows, songs, podcasts, magazines
- C. Physical purity alone isn’t enough tho’, we must guard against the mentality of choosing unfaithfulness.
  - 1. Unfaithfulness to God if we are single
  - 2. Unfaithfulness to our spouse if we are married

III. **Lust, unchecked will lead to adultery. And adultery is the next topic** Jesus mentions in The Sermon on the Mount. Matthew 5:31-32

- A. In this passage Jesus is addressing the common practice of divorce in His day.
  - 1. A divorce certificate was given to the woman and that returned her dowry to her in the divorce as she often returned to her father’s house in shame.
  - 2. Jesus was saying, that out of hardness of heart divorce was granted.  
Matthew 19:8
  - 3. But His interpretation of that OT law (and the twisting of 1<sup>st</sup> century practice) was that divorce should not be easily gained and only for sexual infidelity.
- B. A common practice had been (and still is) to use divorce to satisfy a lustful desire and remarry another. The grass is greener...
  - 1. But the words used in the original mean “sexually immoral lifestyle, practice.”
  - 2. Which would carry unconfessed sin or repented of sin
- C. Adultery is a serious offense because it violates another person and it breaks the marriage covenant.
- D. Genesis 2:24 tells us that the union of one man and one woman in one flesh is the permanent intention of God, the Father in marriage.
  - 1. Lust within marriage can be a valuable emotion and desire when focused on your spouse.
  - 2. But when focused outside of your marriage and your own self fulfillment, You have a harmful situation that needs attention for the health of you and your marriage.
- E. Remember, love and lust are different emotions. Don’t get them confused.

F. If you're single, your pursuit of lustful desires will lead to breaking your relationship with the Lord and often anxiety, sadness, & becoming impulsive.

1. Porn is not the answer, either

2. Porn, masturbation, homosexuality, sex outside of marriage all break our Covenant with God, our first love

IV. How to overcome and avoid lust

A. Admit your weakness – be honest with God and maybe others

B. Choose forgiveness and God's armor to equip you

C. Battle your desires with scripture. Learn some and use them

D. Establish boundaries – with people, devices, screens and sounds

E. Read and study these verses

1. Proverbs 6:25

2. 1 John 2:16

3. Ephesians 5:3

4. 2 Timothy 2:22

5. Colossians 3:5

6. 1 Peter 2:11

F. Pray like David, "Create in me a clean heart and renew a right spirit in me."

G. Speak like the prodigal, "Father forgive me, for I have sinned and am not worthy to be your child..."

H. Learn to say "NO" to, walk away from, and turn off things that violate your righteous passions

I. TRUST GOD WITH YOUR SEXUAL DESIRES TOO. He cares.

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