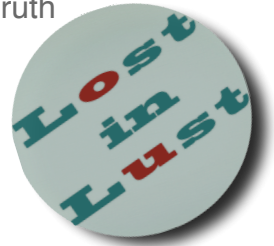


#7 Overcome Lust with Contentment



Lusts come in varied potions of poison, each strongly connected to the pleasure derived from the satisfaction of the senses and imaginations: food, comfort, fame, etc. This session uses sexual lust and addiction to illustrate the power of God's truth over lust. Let contentment bring God's joy and peace God to your life!

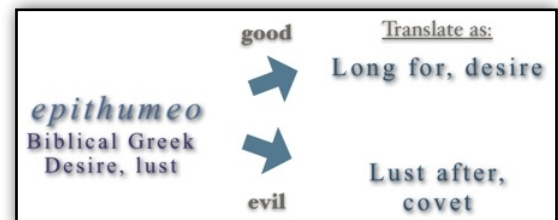


A.) Understanding Lust's Danger

- Want rules; desires win and destroy.
- Lust cripples integrity, destroys friendship, and ruins any joy in the Lord
- "Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry" (Col 3:5; Eph 5:3-6).
- Lust is a master of deceit, right named "Lusts of _____" (Eph 4:22).

◆ A Secret Look at _____

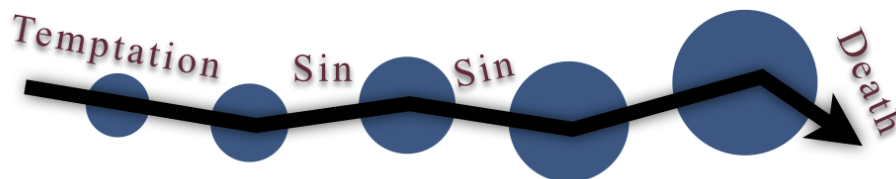
- Translation of *epithumeo* and usage of lust
 - Positively (Luke 17:22, Phil 1:23)
 - Negatively (Col 3:5; Gal 5:24; Rom 13:9)
 - Reject desires as evil (e.g., Buddhism, monastic)
 - Scriptures present a balanced view of desires
- Jesus' words: evil reigns from within (Mat 5:27-28)



◆ Pornography is dangerous

- Pornography is easy, secretive, cheap, everywhere, and damningly dangerous.
- The world has tightened its net; porn has penetrated our marriage and children's hearts.
- "I have made a covenant with my eyes; How then could I gaze at a virgin?" (Job 31:1).

◆ Temptation's Sneaky Path (James 1:14)



"But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death" (Jam 1:14).

- Temptation itself is not a sin.
- Temptation is subtle (starts innocently; becomes more direct).
- Temptation links thought to thought (notice the lines of thought).
- Temptation is a devilish strategy to bind us to himself (think of it as a trap).
- Temptation leads to sin and death.
- Addictions describe those enslaving periods when the mind is _____ to lust's driving and harsh treatment, hinting at oncoming death.

♦ Correcting our Values (1 John 2:15-17)

*"Do not love the world, nor the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the **lust of the flesh** and the **lust of the eyes** and the boastful pride of life, is not from the Father, but is from the world. And the world is passing away, and also its **lusts**; but the one who does the will of God abides forever" (1 John 2:15-17).*

- As God's people, we can choose not to be fascinated with the world.
- God saved us to live above our lusts and to do His will heartedly.

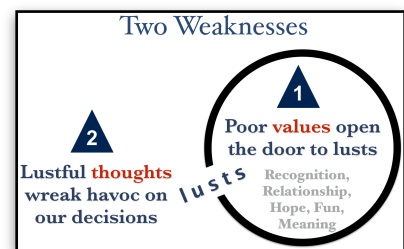
♦ Power of Love over Lusts

- Not being captivated by our desires, we are free to love and serve others in _____.
- Love is supremely better
- Love is much more powerful
- Love affirms the value of others
- Love develops friendships and warmth

B.) Replacing Lust with Contentment

♦ The Choice

- Lust **believes** by manipulating others or things, even at the expense of others, one's own desires can be genuinely satisfied. (Misplaced confidence)
- Contentment **believes** by focusing on meeting the genuine needs of others, even at the cost of self-sacrifice, God will satisfy one's proper desires at the appropriate time and place.
- Contentment's power over covetousness comes from trust in what God has given as best! Belief in the doctrine of the sovereignty of God is the backbone of true contentment and peace.



♦ Correcting Two Weaknesses: Values & Thoughts

Battle of Values: Poor values **open the door** to lust.

- False values: Value what we think lusts can bring us: Recognition, relationship, hope, fun, meaning.
- Actual values: Value God's love and care for us as His children. He provides for us when and how He wishes.

Battle of Thoughts: Lustful thoughts **wreak havoc** on our decisions

- Lusts gain control through our thought life.
- "Wouldn't you like to ...?" "Wow. Get a better look." "Go ahead. No one will know."
- Right thoughts: Restore a proper perspective of others and self by remembering every person retains some marks of God's image, compelling us to think of and treat them kindly.

♦ Truth attack against poor values and lustful thoughts (Phil 4:8)

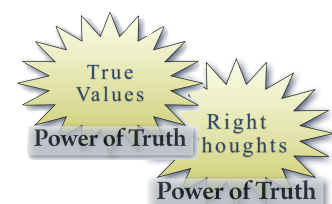
"Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things" (Phil 4:8).

- What do you value? A godly nature has godly desires; identify and affirm those values.
- What lustful thoughts come into your mind? Control what you think about! "Dwell on...." Note special exercise.

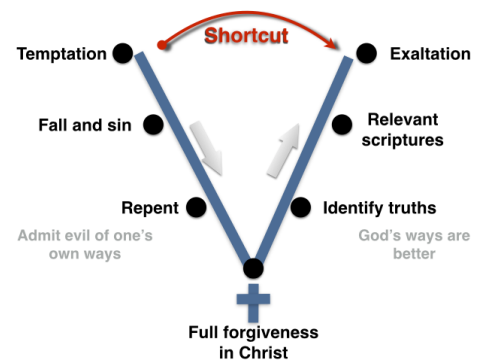
♦ Thought control: Entertain good and lovely thoughts

★ Catch and reject false thoughts - make notes.

- "She/he is nice looking." "Nice legs." "I wonder if she is seeing anyone."



- “I need physical release.”
- ★ Identify and embrace true thoughts - use notes to train oneself.
- Enjoy beauty. (“She’s beautiful but made for another.”)
- Separate sexual desires (God-given) from lustful thoughts (evil- Satan induced).
- Be content with your status (e.g., single, married, divorced, widowed).
- Meditate on appropriate scriptures - retrain your mind.
- Trust God with your sexual desires and life restraints.

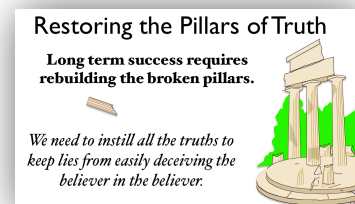


◆ Purify one’s environment the best possible

- Eliminate sources of lustful temptations - magazine covers, etc.
- Strictly censor your online viewing/hearing; no private times as needed.
- Purify your music/movie/game collection (Is it sensual? Does it encourage purity?)
- Stay away from your average party.
- Carefully govern television viewing; limit time. Mute ads.
- Avoid areas that have sensual pictures.
- Dress modestly; properly present oneself.
- Avoid the sensually-dressed. What if you can’t avoid it?

◆ Restoring Foundations (2 Peter 1:3-4)

- Repeated failures reveal fallen pillars, a weak or nonexistent foundation.
- Need to restore the foundation to overcome lust’s aggressive desires.



🚩 Life Application: Put on Love

- * Lusts are evil desires desperate for satisfaction despite what God says.
- * Desires, including sexual ones, are great gifts from God to understand His goodness.
- * Porn is never good as it feeds our evil desires.
- * Lust is never, even in romance, even remotely related to love. Lust is self-focused, while love is other-focused.
- * Find joy in what God has made, including our bodies, sex, and physical drives (Psalm 139, Genesis 2, Song of Solomon, Galatians 5:16-25).
- * Cherish good desires; be patient. “Enjoy the wife of your youth (Pro 5:18; Mal 2:14-15).
- * Discern the difference between thoughts and lusts (Mat 5:27-28, Gal 5:16-25, Phi 4:8-9).
- * Trust God for your life (Mat 6:25-34, Phil 4:4. Dan 1-2).
- * Regularly affirm commitment to follow Jesus (Heb 12:1-3, Phil 3:7-11, Rom 12:1-2.
- * Purpose to think good thoughts that induce you to carry out God’s works (Eph 2:10).

➡ **Key: Great joy springs from being content with God’s care for you!**

Life Sharing & Exercises

1. What are some desires, good and bad, that attempt to shape your decisions?
2. Is God pleased with films, words, photos, and clothing that induce sexual desires? What should be our response to them? Explain.
3. Do you agree with the statement that true love can never lust? Explain.
4. How does contentment overpower and extinguish all sorts of lusts?
5. Assignments #1-4 on Overcome Lusts & Biblical Meditation from Philippians 4:8.

