



Chapter #7

Overcome Lust, Embrace Love

Study Exercises

(65-74)

Chapter resources

Illustrated Teaching Handout: [View PDF](#)

Chapter Exercise Overview: [View PDF](#)

Chapter #7 Exercises on Lust

Complete these four exercises on overcoming lust when assigned.

☐ **#1 Understanding our Lust: pdf**

- Purpose: Better understand how lust affects your life.

☐ **#2 Tracing Lust Responses: pdf**

- Purpose: More deeply understand how you respond to and relate to lust. Think of the most recent time your strong desires impacted your life. Recall that incident and go through the following questions.

☐ **#3 Preventing Lust: pdf**

- Purpose: Better understand how an evil desire enters and impacts your life. Our goal is not to fall into lust. There are things we can do.

☐ **#4 Combating Lust: pdf**

- Purpose: Equip a person to identify and solve their problems with lust. Three starting points: (1) Identify lust's desires, (2) The truth about that lust, and (3) Scriptures that support that truthful perspective.

☐ **Life Application sheet: pdf | docx | epub**

- Don't forget to think about the verses, thoughts, or examples most meaningful to you. Just quickly flip through the chapter and remember what you read. In the following lessons, circle particular words as you read or view the lesson.