

Small Groups

SERMON-BASED STUDY GUIDE

Sermon on the Mount – Week 7 – *What Jesus Says About Lust*

October 22, 2023

DIGGING IN:

1. “Jesus invites us to a transformed heart.” What is the difference between transformed *behavior* and a transformed *heart*? Why does a transformed heart matter?
2. This week’s topic is Jesus’ teaching about lust. What are some of the messages about lust that you have received, either in childhood or in the church”? A few cues to help you think about this:
 - Who was included in the commands about lust?
 - How was lust defined?
 - What were you taught causes lust? Who is responsible?
 - How were you taught to deal with lust?
3. What are the dangers of some of the faulty messages we were taught?

MAKING IT REAL:

4. Read Matthew 5:27-30.
5. What is the difference between attraction and lust?
6. “Lust dehumanizes the other person, and it dehumanizes you.” Respond to this statement.
7. Talking about lust can be a bit awkward or challenging. Take a minute in silence to answer the question, “What untransformed part of me is this revealing?” You may want to write down your answer. (No need to share this with the group)

Alex shared three answers to “What Should We Do?” This is the most important part of the conversation.

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8. In emptiness, choose wholeness in Jesus.

- Read this sermon quote: "The answer isn't shame. It is to know that you are deeply loved by your Father who sees you as all you can be, who longs to see you transformed."
- What are some ways that you experience God's love for you? What practices help you find wholeness in Jesus?
- Take a few minutes in silence to reflect on the Father's love for you. Think about Him accepting you as you are, with all your strengths and weaknesses. What does it feel like to know that He sees you through the lens of Jesus, who has covered all your sin and failure? (If you have time, read and think about some of the verses in the extra Bible study idea section below).
- How would experiencing the deep love of the Father for you transform your heart in regard to lust?

9. In attraction, choose to be human.

- What does it look like to have human interaction with someone you might feel attracted to? (Rather than avoiding them or treating them as non-persons out of fear)
- How would having human interaction make a difference?

10. Choose to see instead of look.

- In all of our interactions (whether or not they involve attraction), what does it mean to *see* the person instead of just looking at them?
- How might this change your perspective on people you find *un-attractive*?
- How might it transform your heart and your relationships if you focus on truly *seeing* the people around you?

PRAYER IDEAS

Pray for one another, that God will transform your hearts by allowing you to fully experience His love for you and to enable you to truly see the people around you for who they are.

WANT TO DIG A LITTLE DEEPER?

(Extra Bible study ideas)

Read through these scriptures and make notes of what you learn about God's love for you and about relationships with the people around you. (These lists are by no means exhaustive and do not address every possible issue – Just a few to help you start thinking about these things)

God's love for us: John 3:16, 14:23, 15:9, Romans 5:5, 5:8, 8:39, 1 Corinthians 13:4-8, Galatians 2:20, Ephesians 3:14-19, Hebrews 12:5-6, 1 John 3:1, 4:9-10, 4:16-18, Jude 1:20-21

Seeing/Loving Others: 1 Samuel 16:7b, Isaiah 53:2 (about Jesus), Mark 12:31, James 2:2-4, John 15:12, Romans 12:10, 1 Cor 16:14, Galatians 5:13, Philippians 1:9

Sexuality: Proverbs 5:15-19, 6:32, Song of Solomon (whole book), 1 Corinthians 6:15-20, 7:1-9, Ephesians 5:3, Colossians 3:5, 1 Thessalonians 4:3-5, Hebrews 13:4

ADDITIONAL RESOURCES

Red Couch Theology Podcast

If you or group members have questions around parts of the sermon that are not included in the discussion guide, it's always helpful to listen to *Red Couch Theology*, where Alex and Aaron talk about the sermon and answer questions that come in from people in the congregation. <https://guysdrinkingtea.podbean.com/>

The Great Sex Rescue: The Lies You've Been Taught and How to Recover What God Intended by Sheila wray Gregoire, Rebeca Gregoire Lindenbach, and Joanna Sawatsky.