



Crosstalk

Truly Free Session 5

6pm-7pm on Thursday
1029 S. Main St
Lumberton TX
(409) 832-5772
info@hisclinic.org
www.HisClinic.org

Breaking the Snare of Lust

Put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its Lusts.

— Romans 13:14

Bible Study and Group Discussion

1. The snare of lust is one of the most subtle and deceiving spirits we will face, and this sinful enticement is one of the most serious battles our generation is facing. What are some of the ways our world has changed in the past two decades because of lust? How have these changes made lusting easier and more acceptable for many people?

2. **Read Proverbs 7:6-27.** Solomon tells about looking out this window and seeing a destructive drama play out right in front of his eyes. As you look at the passage, there are several things you can learn about the enticement of lust. Respond to one or two of the following questions:

What poor choice did this man make about *location*...where he went?

What mistake did he make when it came to *when* he wandered to this place?

What do you see in the woman's *attitude* that was dangerous and damaging?

How does this story paint a wrong *view of religion*?

How does it portray a twisted understanding of *love*?

The woman assured the man they *wouldn't get caught* because her husband was far away. How is this lie repeated over and over when lust is present?

When the man yielded to the temptation, there were *consequences*...cause and effect. What were these consequences?

The spirit of lust robs us of wisdom and understanding.

3. This passage in Proverbs operates on two distinct and interlocking levels. First, it was most likely a real scene that Solomon witnessed involving a man and a woman. But it is also a window into the spiritual world. As we look at this woman, we can see a picture of the tactics of the spirit of lust. Look at this biblical text through spiritual eyes and make a list of the **specific strategies** the spirit of lust uses to lure, entice, and destroy people.

Now pick a least one of these strategies. How can you identify it and battle against it?

4. **Read Romans 13:14.** When unhealthy desires crop up that are driven by lust, the enemy wants us to focus on them, fixate on them, and eventually seek to fulfill them. In what ways we fixate on lustful desires and even make plans to act on them?

What can we do to block the sources of lust-producing desires and train ourselves to run from lustful thoughts?

Do whatever is necessary to avoid evil.

5. **Read Proverbs 6:23-33, Proverbs 27:20, and Ezekiel 16:28.** Lust is like a black hole. It can't be filled, it is never satisfied, and it always wants more. The enemy will whisper in our ears, "Just act on your desires and you will be satisfied." But engaging in sexual sin is like trying to quench our thirst by drinking salt water. How have you seen someone you care about (maybe even yourself) begin drinking the lies of lust and ending up wandering deeper and deeper into this world of sin?

In what ways has God designed healthy, biblical, covenantal intimacy as a gift that actually satisfies our desires and fills our needs? Why is it critically important for married Christian couples to make sure their romantic and physical relationship is healthy and thriving?

6. **Read James 1:14-15 and Proverbs 7:22-23.** Lust is a killer! Being hooked by the enticement of this demonic power always leads to death. But this death takes many shapes and forms. Think about the kinds of death that can enter your life if you follow the lure of lust and let it snare you. What might death look like in the following areas?

In your marriage? In your family? In your trust with others? In your creativity? In your intimacy with God? In your freedom? In your peace?

Why is it helpful to reflect honestly and deeply on some of the possible consequences of sin rather than acting as if it is no big deal and you will never get caught?

7. **Read 2 Corinthians 10:3-5, Revelation 12:10-11, and Ephesians 6:17.** How is the blood of Jesus (His cross and sacrificial death) the greatest weapon against the demonic work of lust? How should we use this weapon in our day-to-day battles?

How is the Bible, the Word of God, a powerful weapon in our battle against the enticements lust throws our way? How do we use this "sword" in the daily battle?

8. Strongholds can be good and bad. God wants to be our stronghold, our fortress, and our mighty tower. But we can let lustful thoughts and actions become a false stronghold, and we can find ourselves running to these sinful patterns in the misguided belief they will comfort us. How is God our true fortress and stronghold? Why is He the only source of the comfort, hope, and strength we need?

How can lust become a false stronghold that "seems" to fortify us but actually puts in a prison cell on death row?

We have to replace evil thoughts with good thoughts.

9. **Read Philippians 4:8 and 1 Peter 2:12.** God wants us to be free from the prison of lust and sexual enticements. One of the primary ways to do this is to train our thought lives. Take time as a group to make a list of some of the things we can and should be meditating on as we walk through our days. Use the key words from Philippians 4:8 to get you started on what things we should think about, meditate on, and fill our minds with: true things, noble things, just things, pure things, lovely things, things of good report, virtuous things, praiseworthy things.

In what ways can we keep these things in our minds even when the world and the enemy throw lustful images and ideas in our faces?

Your destiny depends on which train of thought you board.

10. As Christians who long to honor God and walk in the footsteps of Jesus, it is not enough to meditate on the good; we have to actively fight against the enticements and attacks of the enemy. List a few of the most common sources of lust-producing content in our culture today.

What active steps can we take to ignore, resist, shut off, block out, or run away from these demonic enticements? How can we be praying for each other as we seek to live in holiness and resist the snare of lust?