

Outline

7 Deadly Sins: Lust

Lust describes a desire that is simply hunger. Desire is good when it drives us to meet healthy needs and to get fulfilled in good ways. The Bible says that when separated from God, we all have a tendency toward lust that can take many forms: lust of the eye, lust of the flesh, or the boastful pride of life. When our natural hunger isn't directed into healthy ways, it can be channeled into destructive and unhealthy ways. The book of Ephesians gives us insight into lust, and how being separated from the life of God creates a distortion in our healthy desires. Our lust can and often does lead to a variety of addictions that have the power to destroy us and our relationships. When we are not getting filled up with good things, God and others, we will feel deprived and seek unhealthy false solutions.

Small group discussion questions:

1) What is my pattern of lust? What do I lust for?

2) What deprivation drives my lust?

3) How can I identify my needs and get them met in healthy ways?