



## LifeGroup Discussion Guide

### Lust: Sex, Gluttony, Greed, and Gossip

Remember this page is designed to *begin* a discussion with your LifeGroup. It is not comprehensive. Allow the following questions to spur on deeper and fuller conversation, study, and discussion.

Go around and share why you think humans are so prone to temptation? How are humans tempted in a way that isn't shared by the animal kingdom? What do you observe our culture that facilitates human temptation?

**READ: Genesis 3:1-7** - Look over our definition for lust: "*Lust is (1) the distortion of the good acted upon to serve the self, (2) the issuer of your personal license for permission to relinquish self-control, and (3) the soil that stimulates a lack of trust in God.*" Can you identify where each of these three expressions of lust are present in the garden?

Let's go over our 4 Conclusions:

**READ: Judges 16:1-22** - Show in this story how - "*Lust lures you into a trap?*"

**READ: 2 Samuel 11:1-5** - Show in this story how - "*Lust lives in your heart?*"

**READ: Genesis 39:1-20** - Show in this story how - "*Lust lies?*"

**READ: Genesis 6:1-7** - Show in this story how - "*Lust leads you towards self-satisfaction that results in death?*"

We established how the world has made "lust" an unfair-fight. As you look over the list of (1) Pornography (2) Gluttony (3) Greed (4) Gossip, which do you think our world has most enhanced to expedite sin? Give some examples [eg. *How social media has allowed gossip to flourish?*]

Pastor Ryan gave some practical steps to recovering from the sin of lust: (1) Identify the triggers (2) When faced with the temptation force yourself to pause for at least 15 minutes to regain self-control (3) Invite a trusted friend to serve as an authority of accountability (4) Repeat. Which of these do you think we would find the most challenging and why?