

## REALITY CHECK – THE LOVE PANEL

Ps. Waweru Njenga – 5 February 2017  
Cheaters Series  
LG Discussion Guide



This month we are starting a new series called, “Cheaters.” The Scriptures have a lot to say about cheating and infidelity. Cheating is a heart issue. Jesus refers to this in Matthew chapter 5.

### READ & DISCUSS: Matthew 5:27-30

The point of this conversation is that Cheating is a heart issue, with physical consequences. Jesus is simply saying when He talks of dealing with lust; Unless you have internal guardrails that keep your heart away from lust, you will end up committing infidelity, it’s just a matter of time and chance. And not just some people, BUT ALL OF US! In other words, unless we deal with the root cause, we all have potential to be cheaters!

When it comes to cheating, no one is above temptation! It's easy sometimes to say that this is a marriage issue. NO ITS NOT! It’s a heart issue. We all have sinful tendencies inside of us. If you don’t have internal guardrails while single, it's just a matter of time! Our hearts deceive us to think we can flirt, and be involved with anyone we want since we are not in a committed relationship and forget that it’s not a relationship that makes you a person of fidelity, it’s your hearts guardrails. What are heart guardrails? It's principles of purity and monogamy with or without a relationship. So what is God calling us to do?

- a) **Put Guardrails around our hearts** – We don’t win against lust by wishing, we have to make a conscious decision to guard our hearts against lust. Lust is a passionate or overmastering desire or craving for something, like sex or power. Our minds MUST be kept free from lustful thoughts by choosing the right thoughts. Don’t just entertain thoughts of wanting to get with someone and assume you won’t end up with them. You will! Refuse to entertain thoughts because you know they will determine your behavior outcomes.
- b) **Guardrails around our behavior** – We all know what our lust triggers are. Certain conversations, certain places, even certain people. You have to determine govern your choices if you don’t want to be caught up in impossible situations with temptations.
- c) **Guardrails of Faith** – Unless your heart is submitted to God, you can never truly win this war with temptation. Why? Because Cheating is a heart issue with physical consequences. We must submit our sexuality walk to the Holy Spirit. We must pray about these desires and submit to God's leadership over our private lives.

### DISCUSS:

- What did God speak to you through this message?
- What are some practical guardrails against lust that you need to put in place in your walk with the Lord?
- How can we pray, support and hold each other accountable as members of a life group to live sexually submitted to Christ?