



# The Deadly Danger of Sexual Lust

## *Selected Scripture*

### I. The Basic Nature of Sexual Lust

#### A. The Primary Words

1. Lust (Matt. 5:28)
2. Greed or Covetousness (Eph. 5:3, 5)

#### B. The Major Expressions

It is not lust...

1. To find someone physically beautiful or attractive.
2. To have a strong desire to have sexual intimacy.
3. To anticipate and be excited about enjoying sexual intimacy with your spouse.
4. When the body becomes sexually excited without sinful thinking or a conscious decision to do so.
5. To experience an external sexual temptation.

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1. Looking at someone except your spouse either to excite or fulfill sexual desire.
2. Creating or recalling sexual images in your mind or imagination.
3. Doing anything that excites lust in others.
  - Moving your body in a way intended to produce lust.
  - Clothing yourself or revealing your body in a way that intentionally or negligently elicits lust.
  - Using words or images to seduce or tempt sexually.
  - Using speech with sexual innuendo or explicit off-color comments and jokes.
  - Engaging in sexual contact that intentionally or negligently arouses sexual excitement in a way that cannot be biblically fulfilled.

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## *Selected Scripture*

- I. The Basic Nature of Sexual Lust
  - A. The Primary Words
  - B. The Major Expressions
- II. The Danger of Sexual Lust
  - A. It Bears the Moral Guilt of the Sinful Act (Matt. 5:28).
  - B. It Excludes from Christ's Kingdom (Eph. 5:5).
  - C. It Condemns to Eternal Hell (Matt. 5:29-30).
- III. The Battle with Sexual Lust

# III. The Battle with Sexual Lust

1. Run!
  - Leave (Gen. 39:9-12)
  - Stay away (Pr. 5:8).
  - Make it difficult to sin (Mt. 5:29-30).
2. Develop a habit of thanksgiving (Eph. 5:3-4).
3. Use the Word!
  - In pursuit of sanctification (Jn. 17:17).
  - In temptation (Mt. 4:3-4).
4. Pray!
  - Pray that you don't enter in to temptation (Mt. 6:13).
  - Pray in middle of temptation (Heb. 4:15-16).
5. Rehearse the tragic consequences of sexual lust (Pr. 5:3-5, 8-11).
6. Enjoy the gift of married love (Pr. 5:15-20; 1 Cor. 7:1-5).
7. Depend on Christ Alone.
  - Rely on and plead for the forgiveness He earned for us (Eph. 1:7).
  - Rely on and plead for His help in temptation (Heb. 4:15-16).
  - Rely on and plead for sanctification (Jn. 15:1-5; Eph. 5:25-26).

# Recommended Resources...

- *Sin and Temptation* by John Owen (edited by Kelly Kopic & Justin Taylor)
- *Sex Is Not the Problem (Lust Is)* by Josh Harris.
- *Addictions: A Banquet in the Grave*, by Ed Welch.
- *Sexual Detox: A Guide for Guys Who Are Sick of Porn* by Tim Challies