

## Heart Attack “Adultery and Lust” – Ben Foote October 27-28, 2018

### Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

Bible References: Matthew 5:27-30 and Psalm 37:3-4

### Community:

1. How do you think sex is portrayed (and valued) in our culture today?
2. Where do you first remember learning anything about sex and sexuality?

### Core:

1. What do you think God’s intentions are for you regarding sex and sexuality?
2. **Read Matthew 5:27-28.** How would you define lust? Do you think men and women view lust differently from each other? If so, what are the differences?
3. Ben said (regarding lust), “We want the right thing, but we’re looking in the wrong place.” What “right thing” do you really want when you find yourself lusting?
4. Lust can never give us the right or good thing we want. What are some of the consequences or outcomes we experience from giving into our lust?
5. **Read Psalm 37:3-4.** What do these verses tell us about living a life of sexual integrity—not only outwardly, but in our hearts and minds?

### Challenge:

Ben gave three questions at the end of his message to work through. Take some time this week to go through these questions—prayerfully considering each one:

- What good thing do I actually want for myself when I find myself lusting?
- If I follow the lust in my heart, does it actually have the ability to get me the good thing I want?
- If not, where might Jesus tell me to search for that same good thing?