LUST

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CAN THE SCRIPTURES HELP US OVERCOME LUST?

Lust – to greatly desire to do or have something—'to long for, to desire very much.

Let's take a brief look through some Bible verses to help us answer this question.

IS LUSTING NOT A GOOD THING IN THE EYES OF JESUS?

Matthew 5:27–28 (NASB95)
"You have heard that it was said, 'You shall not commit adultery'; but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.

1. Everyone who looks at a woman with lust for her has already committed adultery with her in his heart.

WHERE DO THESE TEMPTATIONS COME FROM?

James 1:14–15 (NASB95)
But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.

1. We are tempted when we are carried away and enticed by our own lust.
2. When this lust has conceived, it gives birth to sin.
3. When sin is accomplished, it brings forth death.

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WHAT CAN I DO TO RESIST LUSTING?

Job 31:1 (KJV 1900)
I made a covenant with mine eyes; Why then should I think upon a maid?

1. Make a covenant with your eyes.
2. Not to look upon another person with lust.

HOW DO I RESIST LUST IN MY THOUGHT LIFE?

2 Corinthians 10:5 (KJV 1900)
Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

1. Cast down every imagination or thought.
2. We must cast down every thought that is contrary to the knowledge of God.
3. We must bring every thought into captivity to the obedience of Christ.

CAN I TURN TO JESUS FOR HELP WHEN I AM TEMPTED?

Hebrews 2:18 (NASB95)
For since He (Jesus) Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted.

1. Jesus was himself tempted in that which he has suffered.
2. He is able to come to the aid of those who are tempted.

WHAT CAN WE TAKE AWAY FROM THIS LESSON?

1. To look at a woman or man with lust is sin.
2. Our lust brings us into temptation.
3. Make a covenant with your eyes, not to look on anyone with lust.
4. Cast down every lustful thought.
5. Make every thought obedient to Jesus.
6. Jesus is able to come to the aid of those who face temptation.