

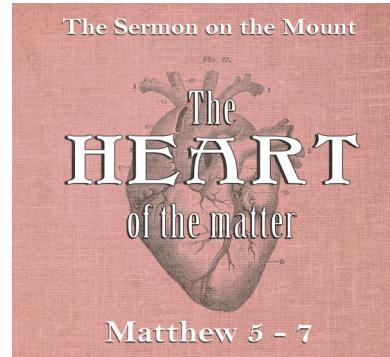
The Heart of the Matter

14. What has stood out to you from our study?

15. Reflecting on what Jesus said in Matthew 5:27-30, why does Jesus urge us to take such drastic action to cut lust out from our lives?

16. Earlier in the Sermon on the Mount, Jesus spoke about the importance of hungering and thirsting for righteousness. How does that apply in the fight against lust or pornography?

Praises and Prayer Requests



Life Group Study Guide

Lust...Adultery of the Heart Matthew 5:27-30

For the Week of June 6, 2021

Getting Started

1. Some say pornography is victimless. Who are the real victims? How are they impacted?
2. Neuroscientists describe pornography as addictive as cocaine and heroin. It takes little exposure to these drugs for addiction to occur. Yet with porn, most viewers dismiss any possibility of their being addicted, especially if they only watch it once per month. How are they living in denial? What is the appeal of porn?
3. How might a wife feel about her husband watching/reading porn? What affect would it have on her trust and respect for him? How would it affect her sense of self-worth and her desire for intimacy with him? What impact would his watching have on his relationship with his kids?
4. In order to resist porn why is self-control so crucial (Proverbs 25:28)?

Digging Deeper

5. Read Matthew 5:27-30. What point was Jesus making in regards to adultery? Where does it begin? How are we to deal with lust, sinful thoughts and sinful practices?

6. Studies show that lust is not limited to only males but includes females as well. Does Jesus actually promote self-mutilation in dealing with lust (5: 28-30)? How should we resist lustful thoughts (Philippians 4:8; 1 John 1:9-10)? What are other verses that can help us?

7. What can we do to protect ourselves from lust and porn when we're alone or traveling? What can we do to help our spouse, kids, friends and others break free from lust and porn?

8. How can an accountability partner help us? How can accountability hinder us?

9. How can pornography negatively impact our relationship with God? How will it erode our faith? How will it affect our prayers?

10. How is it possible for a Christian to be serving the Lord and living like a Christian in most areas of life—yet still be watching/reading porn?

11. In Matthew 5:27-30, Jesus talks about radical, drastic action to eliminate lust from our lives. What are some specific steps you might suggest to a loved one caught up in pornography?

12. Since adultery is a matter of the heart...why is it so important that we fight against it in our own lives and in the lives of our spouse, child or parent? What are you willing to do: pray, initiate conversation, set up safety measures (i.e. install a computer filter), etc.?

13. Why is 5:30 so disturbing? Why does Jesus give such a severe warning? If a person doesn't deal drastically (eliminate) lust...adultery of the heart, what does it say about their relationship with Christ (Romans 2:5-8; 1 Corinthians 6:9-11)? What are the consequences when they die?