

DAY 1 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”) COM

CONVERSATION STARTER

Is your view of sexuality positive or negative? Why?

SCRIPTURE OBSERVATION (5 MINUTES)

**Scripture:**

So God created human beings in his own image. In the image of God he created them; male and female he created them. Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.”

**Genesis 1:27-28 NLT**

*Jesus said,* “You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.” **Matthew 5:27-30 NIV**

**Sermon Insights:**

We are image-bearers of God. “Image” is our spirit/personhood. Sexuality was a part of creation; Adam and Eve were NOT complete without each other!

Jesus is giving us a boundary so that we can experience a life of contentment and honor all around us!

APPLICATION SUGGESTIONS (5 MINUTES)

How does knowing that God designed and delights in healthy sexuality help your perspective?

According to Jesus, how important is observing God’s boundary on sexuality? Do you regard this boundary as ultimately beneficial for your well-being?

At what point does Jesus identify someone as guilty of committing adultery?

How do these differ? 1) having a pure heart, and 2) being on the right side of “the line”

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for creating me for healthy relationships, telling me the truth, and empowering me to live in a much better way to honor you than simply following what comes naturally.

DAY 2 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

Do you consider yourself a “people person”? Why or why not?

SCRIPTURE OBSERVATION (5 MINUTES)

**Scripture:**

*Jesus said, “You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”* **Matthew 5:27-30 NIV**

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. And remember, when you are being tempted, do not say, “God is tempting me.” God is never tempted to do wrong, and he never tempts anyone else. Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

So don’t be misled, my dear brothers and sisters. Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession. **James 1:12-18 NLT**

**Sermon Insights:**

In Larry Crabb’s book, “Inside Out,” he identifies three spheres of human need: **casual** (relationships you want but do not need to survive), **critical** (your relational needs like love and respect by your mate or children, longing for friends, etc.), and **crucial** (a deep soul-level longing of the human heart to be loved unconditionally, accepted, and worth something). So often we turn to another person, social media, drugs, alcohol, work, sex, even exercise, and NOT to the source.

The problem is, we are tempted to embrace **self-gratification** (such as out-of-bounds sexual behaviors in pursuit of feeling whole, likeable, worthy, desirable) or **self-glorification** (such as the pursuit of status or power or stuff—looking for self-worth, value, and significance)

**Jesus knew that lust is a symptom of an empty life.**

APPLICATION SUGGESTIONS (5 MINUTES)

How far are you letting the deadly process of sin progress in your life? Enticement...being dragged away...giving birth to sinful actions...letting sin grow...sin “giving birth to death”...

Sin ultimately isolates you from your casual, critical, and crucial relationships. Are you letting sin disrupt or destroy your relationships? What next step do you need to take?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for loving me despite my sin. Thank you for your forgiveness despite my disobedience. Help me be honest so I can defy isolation and allow healthy relationships to disrupt sin’s plan to destroy.

DAY 3 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

What do you “long for” most in your life?

SCRIPTURE OBSERVATION (5 MINUTES)

**Scripture:**

*The Apostle Paul wrote, “We are human, but we don’t wage war as humans do. We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.” 2 Corinthians 10:3-5 NLT*

*From God’s Ten Commandments: “I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery. “You must not have any other god but me. “You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. Exodus 20:2-4 NLT*

*King David wrote, “As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him? Day and night I have only tears for food, while my enemies continually taunt me, saying, “Where is this God of yours?” My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration!*

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God! Now I am deeply discouraged, but I will remember you— even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. I hear the tumult of the raging seas as your waves and surging tides sweep over me.

But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. “O God my rock,” I cry, “Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?” Their taunts break my bones. They scoff, “Where is this God of yours?” Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!” Psalms 42:1-11 NLT

**Sermon Insights:**

Jesus knew that lust leads to addictive behaviors, a seared conscience, and a broken relationship with God.

How do we overcome lust? (1 of 5) Acknowledge God’s Moral Law (Ten Commandments in Exodus 20).

APPLICATION SUGGESTIONS (5 MINUTES)

How are you “taking thoughts captive” and winning the battle for your mind?

King David knew the value of bringing his pain and brokenness to God who restores what has been lost. Can you write out a song of lament and offer it as a request for God to heal your heart?

When and where will your next battle with temptation be? Do you have people “in your corner”?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for allowing me to be honest with you. Restore what the Enemy has stolen, and help me connect with trustworthy Christians who can pray for me and stand with me in my upcoming battles.

DAY 4 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

If you could have a conversation with Jesus about anything, what would you talk about?

SCRIPTURE OBSERVATION (5 MINUTES)

**Scripture:**

*Jesus said, “Wherever your treasure is, there the desires of your heart will also be. “Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!”* **Matthew 6:21-23 NLT**

“Keep on loving each other as brothers and sisters. Don’t forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it! Remember those in prison, as if you were there yourself. Remember also those being mistreated, as if you felt their pain in your own bodies.

“Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.

“Don’t love money; be satisfied with what you have. For God has said, “I will never fail you. I will never abandon you.” So we can say with confidence, “The Lord is my helper, so I will have no fear. What can mere people do to me?” Remember your leaders who taught you the word of God.

Think of all the good that has come from their lives, and follow the example of their faith. Jesus Christ is the same yesterday, today, and forever.” **Hebrews 13:1-8 NLT**

**Sermon Insights:**

How do we overcome lust? (2 of 5) Understand that the fulfillment of God’s Moral Law is Jesus Christ. A personal relationship with God through Jesus is the point, not merely following rules or religion.

How do we overcome lust? (3 of 5) Understand that marriage is anointed by God and fulfills God-given social and sexual needs.

How do we overcome lust? (4 of 5) Recognize the personal price you will pay.

APPLICATION SUGGESTIONS (5 MINUTES)

How is a personal relationship with God through Jesus more deeply fulfilling than merely following the rules of religion?

Within a fireplace, fire can warm a family. Outside of its boundaries, fire can destroy a home. God’s creation and gift of sexuality is extremely powerful and must be carefully respected. How are you honoring marriage (whether or not you are married)?

What do you think is God’s motive for providing corrective discipline for those who sin sexually? Can you appreciate God’s fatherly heart to help his children have peaceful and productive relationships?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for being a good, good father. Forgive me of the times when I thought you simply were against me. Thank you for working through all things to bring good to those you love, and help me to embrace your guidance even when it is contrary to my temporary and sometimes destructive desires.

DAY 5 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

Do you prefer short days with a little sunlight or long days with a lot of sunlight?

SCRIPTURE OBSERVATION (5 MINUTES)

**Scripture:**

*Jesus said, “You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”* **Matthew 5:27-30 NIV**

*The Apostle John wrote, “This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth.*

But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. If we claim we have no sin, we are only fooling ourselves and not living in the truth.

But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.” **1 John 1:5-10 NLT**

*King David wrote, “I will sing of your love and justice, Lord. I will praise you with songs. I will be careful to live a blameless life— when will you come to help me? I will lead a life of integrity in my own home. I will refuse to look at anything vile and vulgar. I hate all who deal crookedly; I will have nothing to do with them. I will reject perverse ideas and stay away from every evil.”* **Psalms 101:1-4 NLT**

**Sermon Insights:**

How do we overcome lust? (5 of 5) Recognize, repent and confess lust, pornography, adultery, and all sexual sin.

APPLICATION SUGGESTIONS (5 MINUTES)

How can focusing on, and praising, God lift your eyes and heart past the allure of temptation?

God promises to draw close to you if you draw close to him. What next step should you take to “draw close to God”?

What do you need to confess?

Who do you trust enough to talk with (someone who will tell you the truth in love)?

When will you set a date to take a step of honesty and experience freedom?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for not condemning me as my sins deserve. Thank you for promising to forgive me and cleanse me from all wickedness if I confess my sin to you.