

# WEEKLY GAME PLAN

## From Lust to Purity

### Read Hebrews 12:1 NIV, Psalm 139:23-24 NIV

**Context:** As believers, there is a pathway marked out for us in the race of life. The question we have to answer is whether we're willing to run the race marked for us. The verse in Hebrews tells us to persevere. God would not have warned us to persevere if it weren't going to be hard. So we ask God to search us and to point out areas where we can improve. Then we ask for humble hearts to listen to His instructions to us. That's how we become victorious in the eyes of God.

**Reflection Question:** Since we have people watching us and cheering us on, how do you want to conduct yourself in the eyes of those around you and in the sight of God? Why is this your choice? How can you be more receptive to God "lead[ing] you in the way everlasting?"

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### Read Hebrews 5:7 ESV, Romans 8:1 NIV, James 1:12-13, 1 Corinthians 10:13

**Context:** Jesus actively cried out to God, His Father, while He was alive on earth because He knew God was able to save Him. God heard Jesus because Jesus cried out in reverence. When we come to the Father in reverence for who He is and faith that He will do what He has promised, He confirms that He hears us. God is not the source of our temptations. But He does promise to help us through them if we are willing to do things His way.

**Reflection Question:** What is your first step when you deal with lust? How can you make crying out to our God who loves you your first step? Why is it difficult to deal with lust the way God asks us to?

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### Read 1 Peter 5:8 NIV, 1 Corinthians 6:9-11 NLT

**Context:** Sometimes we get tired and we let down our guard. We are warned to stay alert because Peter knows that when we're tired and worn out we do things that we wouldn't normally do. The enemy is never too tired to try to make us fall. He is waiting for any opportunity to turn us away from the way we know we should go. That's how we used to be and we don't want to revert to old habits. We have to choose to stop feeding the desire, or it will just keep coming back.

**Reflection Question:** What situations do you have to stay away from to stop falling into the trap of lust? Going to bed earlier, changing the time you go to the gym, or choosing a different group of friends? How can you separate yourself and your actions from what the world chooses to do? Is it worth it to you?

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## **Read Romans 14:12-13 NIV, Romans 12:1-2a NIV, 1 Corinthians 6:18-20**

**Context:** We will give an account of our actions one day to God. The Holy Spirit lives in our physical bodies and bears witness to what we do. Nothing is hidden from God. We cannot stand in judgment of anyone else either because, if we're being honest, we should be plenty busy dealing with whatever God reveals to us about our own hearts. He loves us and He wants the best for us. He doesn't want us to deal with the repercussions of giving in to our lustful desires. He knows where that leads and He wants to spare us from that. Our God is compassionate and tender hearted towards us.

**Reflection Question:** Why is it so easy to think of several other people when we think of the sin of lust, but so hard to face it in our own lives? How can we give an account of our actions one day with our head held high? What's a plan you can implement to keep you from lusting after something/one?

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**Context:** Purposes of sex:

1. Pleasing- God made sex pleasurable in the confines of a loving husband/wife relationship because He gives good gifts to His children.
2. Multiplying- No sex, no humans
3. Merging- God designed us to become one with the person we choose to have sex with. We become one physically, mentally and spiritually. We cannot separate these. (Genesis 2:24)

So how might one go about curing the sin of lust?

**L-** Locate Step 1's, know what your triggers are and keep away from them.

**U-** Upgrade Accountability, invite someone into your life who wants to see you succeed in this situation and will be faithful to help you.

**S-** Seek Conviction, ask the Spirit to show you when you're close to the edge. Ask your friends to call you out when you are about to make a bad choice.

**T-** Tear down stumbling blocks, remove those things in your life that cause you to lust.

**Reflection Question:** How seriously will you choose to take removing lust from your life? What actions will you take to show this? Where/when are you most vulnerable to the temptation of lust? How can you change those factors so that they won't be a problem?

End in prayer. Ask God to show you how much He loves you and that you are worthy of being pure.