



## Fighting for Your Life

**Focus** The lust of the flesh is a major door through which Satan enters our lives. If we leave this door open, it will cost us our lives.

**Fun** Where were you born? Count how many states and countries are represented in the group.

**Review** Key Scripture: Proverbs 7

King Solomon wrote about the lust of the flesh in Proverbs 7. When we are in bondage to a spirit of lust, it always leads to death. Here are three things we need to know about the lust of the flesh:

- *Desire* (Proverbs 10:24; Philippians 1:23; Luke 22:15; Titus 2:12; 2 Timothy 2:22; Ephesians 4:22; Galatians 5:16–17; Romans 6:19, 8:5–6, 13:14)  
God gives us good desires, but Satan twists those desires into lust. It's okay to fulfill our healthy sexual desires within the context of God's design for marriage.
- *Deception* (Proverbs 6:23–33; Proverbs 27:20; Habakkuk 2:5; Ezekiel 16:28)  
People commit adultery when they are not satisfied with God's provision for their lives. Lust never satisfies. It only causes us to want more satisfaction.
- *Death* (James 1:14–15; Proverbs 7:23, 27; Romans 8:12–13)  
Love always brings life, but lust always brings death. Ultimately it leads to physical death, but also to death of marriages, families and businesses.

*Deliverance and discipleship* are the solution to bondage to a spirit of lust (2 Corinthians 10:3–4; Philippians 4:8; 1 Corinthians 6:15–18; 1 Thessalonians 4:3–5; 1 Peter 2:11). We need deliverance because there is a spirit holding us captive. We need discipleship so that we can retrain our flesh.

**\*Group Dynamics Idea\*** Consider challenging the group to memorize Scripture together. Friendly competition is a fun motivator.

- Discuss**
1. What stood out to you from Proverbs 7?
  2. Read Proverbs 10:24 and Luke 22:15. Then read Titus 2:12 and 2 Timothy 2:22. How can we know the difference between healthy, God-given desire and lust, which is twisted desire?
  3. Most of us have been tempted with thoughts of dissatisfaction with God's provision in one or many areas of our lives—marriage, finances, work, friendships, etc. How have you learned to take those thoughts captive and choose contentment?
  4. Read Romans 8:13. What is the key to overcoming the lust of the flesh? How does the Holy Spirit help us?
  5. Pastor Robert mentioned three steps of discipleship we can take to retrain our minds: memorize Scripture, take our thoughts captive and meditate on good things. Which one of these would you like to grow in? What are some ideas in how you can do that?

- Take Home**
- As we conclude, remember the following:
- God gives us good desires.
  - Lust deceives us into thinking we will be satisfied, but it never satisfies.
  - Giving in to the lust of the flesh leads to death.
  - God does not condemn us but offers hope. He will set us free from the lust of the flesh and teach us to think differently.

**Pray** Pray for the needs of the group members.

**\*New Leader Tip\*** If you meet in someone else's home, check in to see if there is anything you can do to help them in their role as host/hostess.