



DEFEATING LUST

Matthew 5:27-30 // Dr. Ron Jones

“You have heard that it was said, ‘You shall not commit adultery.’²⁸ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.” MATTHEW 5:27-28 ESV

Lust = (1) intense sexual desire or appetite, (2) uncontrolled or illicit sexual desire or appetite DICTIONARY.COM

According to Jesus, lust is _____ in the heart.

Samson: A Life Destroyed by Lust / Judges 13-16

Samson went down to Timnah, and at Timnah he saw one of the daughters of the Philistines. ² Then he came up and told his father and mother, “I saw one of the daughters of the Philistines at Timnah. Now get her for me as my wife.”

JUDGES 14:1-2 ESV

Samson went to Gaza, and there he saw a prostitute, and he went in to her.

JUDGES 16:1 ESV

Samson fulfilled his _____, but he failed to reach his _____.

Ways to Defeat Lust

1. _____ the lust monster.

“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. ³⁰ 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 5:29-30 ESV

2. Protect your _____.

“I made a covenant with my eyes not to look lustfully at a young woman.”
JOB 31:1 NIV

For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world. ¹⁷ The world is passing away, and also its lusts; but the one who does the will of God lives forever. ¹ JOHN 2:16-17 NAS

3. _____ Lust Vegas.

Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart. ² TIM. 2:22 NAS

One day [Joseph] went into the house to attend to his duties, and none of the household servants was inside. ¹² She caught him by his cloak and said, “Come to bed with me!” But he left his cloak in her hand and ran out of the house.
GENESIS 39:11-12 NIV