



## GET TO THE HEART OF THE MATTER ON LUST

Series: Apprentice II-Life On The Rock  
Presenter: Jim Hammond  
Texts: Matthew 5:20, 27-30

**FOCUS:** Jesus helps us get to the heart of the matter on lust.

I. Looking With \_\_\_\_\_  
Is Ugly

II. Even “\_\_\_\_\_” Can Hurt Someone

III. \_\_\_\_\_ Ruin Relationships

IV. What Steps Can I Take To Address My  
\_\_\_\_\_ ?

1. *Admit It Is* \_\_\_\_\_
2. *Ask For* \_\_\_\_\_
3. *Take Big Steps* \_\_\_\_\_
4. *Take Big Steps* \_\_\_\_\_

## SOUL TRAINING EXERCISES: WEEK 3

**GOING DEEPER OPTIONAL READING:** Read chapter 5 of *The Good and Beautiful Life*, by James Bryan Smith (available for purchase in the hallway).

### Soul Training Exercises:

- Our culture is sexually saturated. This week, as a soul training exercise, consider fasting from all media. If this is your first media fast go for two full days without Internet, television, newspapers or magazines, radio, video games, or iPods, mp3 players or stereos. You can do it. Nobody has died from this.
- Don't just stop something, do something else positive in its place.
- Reflect on your experience.

### With a friend or group:

- How did your media fast go? What was hardest? Did anything positive come out of your experience?
- In Job 31:1-12 what did Job say he did with his eyes? (Job 31:1) Why did he do this? (Job 31:2-3, 7) How are the eyes and the heart connected? (Job 31:7) What assessments did Job make of “lurking” “looking” “lusting” (Job 31:9-12)?
- What connection is there between Matthew 5:20 and Matthew 5:27-28?
- How can just looking hurt someone?
- What are “eyes full of adultery” (2 Peter 2:14)? What is “adultery in the heart”?
- In light of Jesus teaching in Mark 7:21-23, that the problem comes from inside an ugly heart, what does Jesus mean by his strange words in Matthew 5:29-30 to start chopping off external body parts?

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If you would like a CD or DVD of today's message, write your request on the back of your attendance card, and place it in the offering plate. Your CD or DVD will be at the Connection Central desk in the Connection Hallway next Sunday. We suggest a \$2 donation per DVD and a \$1 donation per CD.