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## discussion guide for April 29th

### “EXTREME MAKEOVER-Week 3”

Changed By Christ's Toughest Words – Your Fantasy Life  
Matthew 5:27-30 (p. 1254-DSB\*)

GRIND IT  
BREW IT  
DRINK IT  
SAVOR IT



"Yes, I try to find **common ground**  
with everyone." 1 Corinthians 9:22b NLT

#### ➤ GRIND IT (11:00 am)

Begin group time by discussing why you feel the following statements are accurate or inaccurate:

- Lust is no respecter of persons. It is a problem for men and women, young and old.
- Lust is the widest spread but least discussed of all temptations.
- Simply put, lust is the desire to experience something that is knowingly off limits.

List some lustful temptations/situations to avoid. Is lust different for men and women? Explain.

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\*“DSB”=Discovery Study Bibles on common ground tables.

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#### ➤ BREW IT (11:10 am)

Once again Jesus raised the bar - this time in regard to moral purity. The old standard was to avoid the act of adultery or immorality. For people of grace, with the indwelling Holy Spirit, this simply would not do.

1. How would you describe Jesus’ new standard of morality given in Mt. 5:27-28? (p. 1254, DSB\*).
2. If Jesus were teaching in today’s culture, would he include an admonition to women? Why? Why not?
3. How can you know when your look, thought, conversation, or action has crossed the line into forbidden territory?
4. Explain how the following passages describe an intentional action you can take to battle lust.
  - Proverbs 7:7-9 (p.802, DSB\*)
  - Romans 16:19 (p.1508, DSB\*)
  - 1 John 4:4 (p.1652, DSB\*)
  - Ecclesiastes 4:9-10 (p.841, DSB\*)
  - 1 Thessalonians 4:3-4 (p.1584, DSB\*)
  - James 4:7 (p.1633, DSB\*)
  - Ephesians 6:10-11 (p.1565, DSB\*)
5. Why do you think Jesus used such radical language in Mt. 5-29-30 (p.1254, DSB\*)?
6. Did Christ view the importance of the lust battle differently than the average follower of Christ? How?
7. According to Jesus’ words, whose responsibility is it to take specific action in the battle against lust?

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➤ DRINK IT (11:40 am)

The most intense battlefield for moral purity begins in the mind. It is as simple as GIGO\*. Read the verse, then design a personal action plan for victory in this area:

Phil. 4:8 “*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things.*”

\*Garbage In – Garbage Out

Things to Avoid

Things to Embrace

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Prayer Time: (11:45 am)

- Pray for God’s strength in the battle for moral purity.
- Pray for needs of people outside the group.
- Pray for needs of members in the group.
- Pray for absentees by name. Consider giving \_\_\_\_\_ a call this afternoon.

Go Deeper: Use the “*Savor*” section of this guide in your daily quiet time this week. If you would prefer receiving these in a daily e-mail, [Sign up for “The Daily Cup” e-mail devotions: herb@hbcaustin.org](mailto:Sign up for “The Daily Cup” e-mail devotions: herb@hbcaustin.org)

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➤ SAVOR IT (all week long)\*\*

Last week you learned some practical things you can do to battle lust. These daily readings will reinforce the importance and necessity of victory in this life area.

Monday, April 30: Read James 1:12-15, (p. 1629-DSB\*).

Our goal is to live a life that pleases God. What downward spiral does James describe? Where does the spiral begin? Where is the best place to stop it? How can it be reversed?

Tuesday, May 1: Read Jude 24-25, (p.1659-DSB\*). What hope do we have of being able to withstand temptation? How does knowing Christ bring confidence? What does Christ do that we cannot?

Wednesday, May 2: Read 1 Peter 5:8-9, (p. 1642-DSB\*).

What two qualities does Peter encourage us to practice in vs. 8? Why? What action word does Peter use in vs. 9? Does it help to know that others struggle? How?

Thursday, May 3: Read Hebrews 4:12-13, (p. 1613-DSB\*). Do these words motivate you toward personal purity? How do people rationalize impure thought lives? Is it true that your thoughts are your own? Why not?

Friday, May 4: Read Hebrews 4:15-16, (p. 1613-DSB\*). Does it help to know that Christ experienced the temptation of lust? How? What does vs. 16 instruct you to do about failure in this area? What is waiting for a repentant heart?

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\*\*To subscribe to “The Daily Cup” email devotions, use the card on common ground tables, or e-mail [herb@hbcaustin.org](mailto:herb@hbcaustin.org).