

SHIFT

Shift: Your Vision (Week 4)

LifeNotes

TALK IT OVER

Main Idea

Stopping sin in its infancy leads to greater victory.

Key Scriptures

"You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. 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. 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 5:27-30

Avoiding the cliff of lust & adultery

1. Establish safe boundaries.

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Hebrews 12:11

2. SHIFT your vision to Jesus.

Let us fix our eyes on Jesus, the author and perfecter of our faith, Hebrews 12:2

The goal is not a heart empty of lust, but full of love.

Start talking.

- Have you been in an accident where you were blindsided? What was unique about that?
- Joel made the statement, "Unfaithfulness selfishly blindsides those we love and leaves a painful wound." Agree, disagree?
- Does culture distinguish between "good" and bad "desires"?
- How does culture decide what is "good" and what is "bad"?

Start thinking.

- Read Matthew 5:27-30. Jesus was addressing areas of self-righteousness. How had the commandment regarding adultery resulted in the Pharisees and Scribes considering themselves "righteous"?
- Joel shared the connection in the root words for "adultery" and "idolatry". How do they both refer to breaking a covenant?
- Joel explained that lust and envy were related. He said, "Lust is envy with a fist." How is that?
- How does attraction and admiration transform into lust?
- Noticing someone does not have to result in lust. Jesus gives us a clue that, "leering looks" set the stage for lust. How are the two different?
- Why did Jesus use such extreme examples of how to get rid of lust?
- What is the "cliff" Jesus wants us to avoid falling off?

Start sharing.

- How has lust and/or envy impacted you and those you care for?
- How does lust result in objectification?

Start doing.

- Read Hebrews 12:11. How can you commit to the discipline of safe boundaries?
- Read Hebrews 12:2. What is a tangible way to "fix your eyes on Jesus"? How does more of Christ in you, lead to greater protection from sin?

Closing prayer.

Jesus forgive me for the ways I've allowed envy and lust to overwhelm me. Give me the wisdom to establish healthy, safe boundaries. Help me to guard my heart and protect my mind by controlling those things I allow into my eyes. Above all else though, help to so fix my eyes and heart upon you, that there is no room for lust and or envy.