

What is Lust? To look at another with sexual longing. This may also be coupled with sensual imaginings from the past or totally contrived fantasies with no connection to real events. In the modern world of electronic visual images (television, internet, billboards, etc), it is a daily struggle to avert the eyes from portrayal of sexual images. This can lead to even greater falls.

The questions below can you help you assess whether lust manifests in your life...

Unchastity	<input type="checkbox"/> Are you refusing to fulfill the purpose of your marriage by neglecting your family's care (children, lack of consideration for your partner, not taking full share in family responsibilities)? <input type="checkbox"/> Are you unfaithful to your spouse, and seek indulgence outside of your marriage through thoughts or acts?
Immodesty	<input type="checkbox"/> Do you seek to stimulate sexual desires in others through your words/how you dress/actions? <input type="checkbox"/> Do you seek to stimulate sexual desires in yourself through the internet/pictures/movies/fantasies?
Prudery	<input type="checkbox"/> Do you actually have a fear of sex, or condemn it as evil? <input type="checkbox"/> Do you stimulate excessive and even harmful curiosity about sexual nature by inappropriate/excessive secrecy?

Source: Huneycutt, Joseph David (2012-08-01). Defeating Sin: Overcoming Our Passions and Changing Forever (Kindle Locations 892-894). Regina Orthodox Press. Kindle Edition.

Critical Thoughts

The roots of lust run so deep that it is almost instinctive. And once we begin to fulfill our own lusts, a vicious cycle begins. Lust leads to sin. Sin breaks our relationship with God (Romans 1:24-32). We become numb to lust's impact, so we think we can lust even more.

There are external lusts, including ungodly sexual appetites and overindulgence in food and drink; and there are internal lusts, such as the lust of power, fame or position.

Source: The Christian Broadcast Network, www.cbn.com (Keys to Powerful Living: Overcoming Lust)

SEEK SOME ANSWERS!

Galatians 5:1

Galatians 5:16

Romans 8:31-32 Proverbs 5:8

James 4:7-8