

## **“What’s going on?”**

+ Sunday, August 11th we will be celebrating our children and teachers as they return to school. Make sure to join us as we lift them up in prayer!

+ Monday, August 12th, 6:30-8:00pm we will be hosting our Women's Prayer and Praise Night. We hope that this will be an evening of encouragement and celebration, where we can build relationship with one another and with Christ. Childcare and light refreshments available.

+ Saturday, August 17th at 8:00pm Horizons will be hosting their annual Moonlight Ride for Hunger. The Moonlight Ride for Hunger is a family-friendly bike ride that benefits the Horizons Soup Kitchen and Food Pantry. The routes take you through different parts of Quincy, but all of them include a trip over the bridges! Check out Horizons' Facebook page for more details!

## **MATTHEW 5:27-30**

### **ICE BREAKER**

**Question:** When you think of service men and women, who do you think of? What are some of the most noble service jobs, in your opinion?

**Question:** How would you define true, authentic love?

### **CENTERING FOCUS**

Meditate on this passage as you spend 3-4 minutes of silence.

*Create in me a clean heart, O God, and renew a right spirit within me.  
-Psalm 51:10*

### **LAST WEEK'S CHALLENGE**

Last week's challenge was to practice submitting to others by being willing to be wrong. This was and is a hard challenge.

**Question:** Did you have any circumstances come up where you had to practice this? How was it? Was it hard? What did you learn through it?

## THOUGHT PROVOKING QUESTION

**Question:** What are some ways that we see people used as objects or taken advantage of in our culture? What about around the world?

**Question:** How would you describe adultery? How would you describe lust?

## ENGAGING WITH SCRIPTURE

**Matthew 5:27-28 (ESV):**

*“You have heard that it was said, ‘You shall not commit adultery.’ 28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.*

**Question:** Once again, Jesus tells us that we have heard it said, *“You shall not commit adultery.”* What is he referring to? Where can we find this commandment?

**Question:** What do you think Jesus means when he says, “lustful intent?” What makes lust wrong?

Just like anger, Jesus is calling us to go beyond the bare minimum of not cheating on our spouse, and calls us to look deeper, into our heart’s motives. When we have a lustful intent with someone we are making that person an object for our own personal use. Lustful intent has no regard or honor for the person, but merely selfish gain.

**Question:** While Jesus is talking about a sexual lust, what are some ways that we make people into objects that merely exist to serve my needs?

Jesus isn’t telling us to not look at people. Even more, Jesus isn’t saying that sexual desire is wrong. People are beautiful, and desire is a natural, God-given reaction to beauty. But, desire that is marred by sin and self-serving is destructive to both the sinner and the one sinned against. Jesus is urging us to see people not as objects for our desires, but as image bearers that lead us to worship our Creator!

**Question:** The Hebrew word for adultery was actually an idiom that was often used for those drawn away into “idolatry”. What does idolatry mean? What is an idol? (Use your phone to look up the words.)

**Question:** Now understanding idolatry, how is adultery a form of idolatry? Similarly, how is lust idolatry? If lust had a voice, what would it say to you?

**Matthew 5:29-30 (ESV):**

*“If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.”*

**Question:** Jesus uses extreme language to get our attention about the consequences of lust. He is giving us very serious commands in combating temptation. What are some ways that we often passively deal with sin and temptation in our lives?

**Question:** Jesus uses the graphic language of “tearing out our eye” or “cutting off our hands” knowing that it would physically hurt if we had to do that. Are you pursuing a pure heart at all costs? What are some things that you need to do or give up in order to pursue purity, which might cause a lot of pain to you?

**Question:** We must not be fooled into thinking that we are above or beyond temptation. We must be vigilant and active. How are you actively protecting your heart from lustful intent and objectifying people? Think practically. Are there movies or shows you watch? Are there books you read? Are there pictures or accounts you follow on social media? Are there relationships you’re engaged in?

**Philippians 2:3-7**

*“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. 4 Let each of you look not only to his own interests, but also to the interests of others. 5 Have this mind among yourselves, which is yours in Christ Jesus, 6 who, though he was in the form of God, did not count equality with God a thing to be grasped, 7 but emptied himself, by taking the form of a servant, being born in the likeness of men.”*

**Question:** In striving to be like Christ, what can we learn from this passage about the way Jesus treated people?

**Question:** How can having the mind of Jesus keep us from lusting or objectifying someone?

**Question:** After all that you have learned and processed, what do you feel God is convicting you of? What are some steps you need to take to live in light of the truth you've learned?

## **NEW CHALLENGE**

This week as we continue to practice the discipline of submission, we are going to practice by holding back from taking charge in an environment where you are used to taking the lead.

Whether this is at work, in your home, or in a group environment, allow someone to lead when it would come natural or easy for you to take charge.