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| TOPIC | YOUTHFUL LUST |
| DATE | Sunday, January 14, 2024 |

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| MEMORY VERSE | “Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age” Titus 2:12 (NKJV). |
| BIBLE TEXT | 2 Timothy 2:22-25 |

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| <p>INTRODUCTION</p> <p>Lust is any strong ungodly desire. Lust acted upon always leads to sin and death, James 1:15. Sin entered God's perfect world through lust, Genesis 2:16-17. David lusted after Bathsheba (Uriah's wife) and when he acted upon that lust, it led to adultery, murder of Uriah and the death of his infant son that resulted from the sinful act, 2 Samuel 11:2-4, 14-15; 2 Samuel 12:13-14. Lust can take various dimensions but God has empowered us to overcome lustful thoughts. Father, please help me to be contented with Your provisions only, in Jesus name, Amen.</p> |
| <p>LESSON OUTLINE</p> <ol style="list-style-type: none"> 1. SOME DIMENSIONS OF LUST. 2. GET RID OF LUSTFUL THOUGHTS. |
| <p>LESSON OUTLINE 1 – SOME DIMENSIONS OF LUST.</p> <p>A. Lust is not only of a sexual nature, Matthew 5:28.</p> <ul style="list-style-type: none"> • Greed is lust for money or power, Proverbs 15:27; 1 Timothy 6:10-11. • Envy is lust for the status or position someone else holds, Proverbs 23:17. • Covetousness is lust for anything we do not have, Exodus 20:17. • Worldliness is lust for the mundane and ephemeral things of the world system, 1 John 2:15-17. <p>B. It is important to note the following facts about lust.</p> <ul style="list-style-type: none"> • Lust starts with a thought, Proverbs 30:32. • While we are not responsible for every thought that enters our heads, we are responsible for what we do with those thoughts, Ezekiel 38:10; Proverbs 24:9. • A lustful thought must be seen as an enemy and dealt with before it takes over our lives, James 1:14-15. • The desire grows until it creates dissatisfaction with our current situation and imposes upon us the belief that happiness and contentment are impossible unless we have what we want, 1 Timothy 6:6. • The scripture admonishes youths to flee from all dimensions of lust, 2 Timothy 2:22; 1 Corinthians 6:18. <p>C. Ungodly actions result from lustful thoughts, so it is important that we get rid of such thoughts as soon as they arrive.</p> |
| <p>CLASS ACTIVITY 1 - Students should mention things that trigger lustful desires.</p> |
| <p>LESSON OUTLINE 2 – GET RID OF LUSTFUL THOUGHTS.</p> <p>A. To get rid of lustful thoughts, we must:</p> <ul style="list-style-type: none"> • Define your areas of weakness and greatest temptation. |

- Consciously replace lustful thoughts with thoughts that are true, honorable, right, pure, lovely, admirable, excellent and worthy of praise, **Philippians 4:8**.
- Take every thought captive to the obedience of Christ" **2 Corinthians 10:5**.
- Repent of entertaining lustful thoughts and ask the Lord's help in redirecting our thoughts, **Psalms 19:14**.

B. If the lustful thoughts we are trying to get rid of involve another person:

- We can defuse their power by turning those thoughts into prayers for the other person's well-being.
- By bringing that person before the Lord, we weaken lust's power to objectify him or her, **Matthew 26:41**.
- When we bring our will into agreement with God's will, we learn to see this person as He does, not as lust does.

C. Stopping lustful thoughts also requires:

- Filtering the information, we are allowing into our minds through our senses **Proverbs 4:23**.
- Asking the Lord to remove those pornographic images burned into our minds over time, **Psalms 51:7, 10**.
- Refusing to look at things that incite lust, filtering out music or language that creates lustful thoughts, and banishing lustful memories from our catalogue, we can starve lustful thoughts until they have little to work with, **2 Timothy 2:21**.

D. Memorizing and meditating on Scripture is also a good way to avoid lustful thoughts and renew our minds, **Colossians 3:16; Romans 12:1-2; Psalms 119:9, 11, 105**.

E. Keeping worship music playing in our ears also focuses our minds on that which is good, pure, and beautiful.

F. As we daily surrender ourselves to the Lordship of Christ, He helps transform a sinful thought life into one that pursues Him.

G. Taking authority over lustful thoughts, rejecting them before they take root, and seeking God's help can give us victory.

H. We must resist the lust for things beyond what God has already given us, **Numbers 11:4-6** and the lusts of the devil, Jn. 8: 44. These include the lust for power, glory and prestige at all cost, **Isaiah 14:13-14**.

I. You should rather long for righteousness, **2 Timothy 2:22**, avoid fake lives and lies **Exodus 23:1**, or being dishonest, **Deuteronomy 25:14-16**.

CLASS ACTIVITY 2 – Students should mention what they can do to avoid falling into lustful traps.

SUMMARY

Lust is an ungodly desire which can come in various dimensions. Therefore, youths should do everything possible to get rid of all forms of lust.

CONCLUSION

Do not give room for lust to thrive in your life.

EVALUATION

Teachers should ask students to mention some dimensions of lust.

CLOSING PRAYER

Father, please give me the grace to overcome youthful lust in all its ramifications.

ASSIGNMENT

Students should write five (5) areas of lust they are battling with and pray to God for victory over them. (No Mark).