



**“Nitty Gritty” ” – October 5th
“See It, Want It, Take It?”**

Big Idea: We are more than a mouth, a stomach and a pair of eyes.

Open It: Give me your preferences: Target or Wal-Mart?? Mac or PC?? McDonalds or Burger King?? Pepsi or Coke?? Early Morning or Late Night??

We shared some alarming statistics this week about the rampant use of Internet pornography. We see the “sex” business becoming powerful. What is our response? How is it possible to live a transformed life in this setting? Is there anything significant we can do? Jesus, in the Sermon on the Mount, talks about a righteousness that goes beyond a “rule” or “law” and addresses the heart. How can our response to sexual temptation be centered in a life focused on Heart Transformation? This lesson will definitely get to the Nitty Gritty.

Dig It: Read Matthew 5:27-30 and I Corinthians 6:18-20

1. In the Sermon on the Mount Jesus says several times, “you have heard it said, but I say.” Jesus is aiming at the type of righteousness that goes beyond law and addresses a transformed heart. Describe in your own words that kind of righteousness?
2. Give some examples of how prevalent sex is in our culture and how challenging it is to hear and obey Matthew 5:27-30.
3. In 1 Corinthians 6 we are given our identity. How can our identity in Christ help us in sexual temptation?
4. How does our identity in Christ help us in every other part of our life?
- 5.

Reflect on it: We are going to reflect on a few quotes that were used in the lesson this week.

Freedom is not found in the external gratification of every appetite.

Freedom is found when our own appetite does not enslave us.

- How can we become slaves to our appetites? How can getting what we want lead us to places we never wanted to be?

“Failure to attain a deeply satisfying life always has the effect of making sinful actions seem good. Here lies the strength of temptation.” Dallas Willard

- How does our level of gratitude and soul satisfaction affect our strength in facing temptation?
- Can you think of a time when your dissatisfaction with life left you very vulnerable?
- Could you be there now?

Do It:

1. Is there a need for accountability when it comes to sexual temptation?
2. Is there any action you or this group need to take to help each other?

