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

MATTHEW 5:27-30

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



Overcoming Seven Enemies of the Soul



## MATTHEW 5 V. 27-30







### WHAT WE KNOW ABOUT LUST: • DESTROYS INTIMACY



- · DESTROYS INTIMACY
- FUELS SEXUAL VIOLENCE



- · DESTROYS INTIMACY
- FUELS SEXUAL VIOLENCE
- DECREASES FREQUENCY OF SEX



- · DESTROYS INTIMACY
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- CONTRIBUTES TO BODY IMAGE ISSUES



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## MATTHEW 5 V. 27-30



# PRACTICALS FOR RESISTING LUST: MAKING CERTAIN SHOWS OR MOVIES OFF-LIMITS



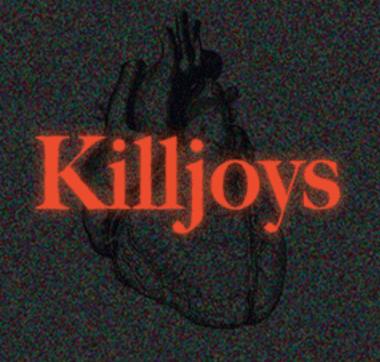
#### PRACTICALS FOR RESISTING LUST:

- MAKING CERTAIN SHOWS OR MOVIES
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- PURSUING ACCOUNTABILITY ON YOUR DEVICES



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- USING DISCRETION ABOUT DATING APPS



#### PRACTICALS FOR RESISTING LUST:

- MAKING CERTAIN SHOWS OR MOVIES
   OFF-LIMITS
- PURSUING ACCOUNTABILITY ON YOUR
   DEVICES
- · USING DISCRETION ABOUT DATING APPS
- TELL SOMEONE





BUT GOD DEMONSTRATES HIS OWN LOVE FOR US IN THIS: WHILE WE WERE STILL SINNERS, CHRIST DIED FOR US.

ROMANS 5:8



