

Introduction

- Lesson text: [Col. 3:5-9](#)
- 1. To be a Christian, we must put off the old man and put on the new man.
 - a. When we follow the necessary steps of salvation, the old man is crucified with Christ and we become a new creature ([Rm. 6](#); [2 Cor. 5:17](#)).
 - b. Sound easy? The old man tends to come back to life from time to time.
 - c. Because of this, the Bible provides us with reminders and commandments regarding the old man and his deeds ([Col. 3:5-9](#)).
- 2. The sins listed to mortify are connected with lust ([Col. 3:5](#)).
 - a. fornication (*porneia* G4202) any unlawful sexual intercourse.
 - b. uncleanness (*akatharsia* G167) “in a moral sense, the impurity of lustful, luxurious, profligate living” (Thayer 21).
 - c. inordinate affection (*pathos* G3806) translated as “the lust” in [1 Th. 4:5](#).
 - d. concupiscence (*epithymia* G1939) translated most often as “lust(s).”
 - e. covetousness (*pleonexia* G4124) “literally, ‘a desire to have more’ (*pleon*, ‘more,’ *echo*, ‘to have’), always in a bad sense” (Vine vol. 2 p. 136).
 - f. idolatry (*eidololatria* G1495) often connected with lustful activities (cf. [Rm. 1:22-32](#)).
- 3. Satan uses three avenues of temptation ([1 Jn. 2:16](#)).

I. What is Lust?

- 1. Lust defined.
 - a. *epithymia* (G1939 noun) example use [1 Jn. 2:16](#).
 - i. “a desire for something forbidden or simply inordinate, **craving**” (BDAG 372).
 - b. *orexis* (G3715 noun) example use [Rm. 1:27](#).
 - i. “literally, ‘a reaching’ or ‘stretching after’ (akin to *oregomai*, ‘to stretch oneself out, reach after’), a general term for every kind of desire” (Vine vol. 2 p. 384).
 - c. *hedone* (G2237 noun) example use [Jm. 4:1](#), [3](#).
 - i. “desire for physical pleasure, often sexual” (Louw-Nida 291).
 - d. *epithymeo* (G1937 verb) example use [Mt. 5:28](#).
 - i. “to have sexual interest in someone, **desire**...with a strong desire for her, with lust for her (i.e., someone else’s wife...)” (BDAG 372).
- 2. A reminder on the process of sin ([Jm. 1:14-15](#)).

II. Is Lust Really a Problem?

- 1. Lust is a problem because the Bible provides plenty of warnings against it.
 - a. “**Lust not** after her beauty in thine heart...” ([Pr. 6:25](#)).

- b. Many of the works of the flesh are connected with lust ([Gal. 5:19-21](#)).
- c. The thorny ground heart has a lust problem ([Mk. 4:18-19](#)).
- d. Old Testament negative examples are given so that we do not lust as they did ([1 Cor. 10:6](#)).
- e. Youthful lusts are to be fled from ([2 Tim. 2:22](#)).
- 2. Lust is a problem because of the effects it produces.
 - a. Marital problems and broken homes ([Pr. 6:27-29](#), [34-35](#)).
 - b. Wasted time and addiction ([Pr. 5:9](#)).
 - c. Financial problems ([Pr. 5:10](#)).
 - d. Disease ([Pr. 5:11](#)).
 - e. Spiritual death ([Pr. 5:3-5](#), [6:32](#), [7:22-23](#), [27](#)).
- 3. Lust is a problem because of how accessible lustful content is ([1 Jn. 2:15-17](#)).
 - a. The Internet and cellphones have made access to lustful content extremely easy ([Pr. 7:6-12](#)).
 - b. Advertisements are constantly using lust.

III. How to Cut off Lust

- 1. Eliminate all controllable sources.
 - a. Turn off the phone, computer, TV, or whatever is causing the issue ([Ps. 101:3](#)).
 - b. If you cannot turn it off, at the least use filters.
 - c. Avoid troublesome locations ([Pr. 5:8](#)).
- 2. Have a strategy for uncontrollable sources.
 - a. Make a covenant with your eyes ([Job 31:1](#)).
 - b. Bounce the eyes when something is seen that may cause lust.
 - c. Employ prayer and meditation ([1 Th. 5:17](#); [Ps. 1:1-3](#)).
- 3. Ask for and maintain accountability.
 - a. Parents take ownership of what your children are viewing and children listen to your godly parents ([Eph. 6:4](#); [Pr. 5:1](#), [6:20-24](#)).
 - b. We are our brother's keeper ([Gen. 4:9](#); [Gal. 6:2](#)).
 - c. Accountability apps for pornography exist.
 - d. Exhort one another daily ([Heb. 3:12-13](#)).

Conclusion

- 1. Lust is a major problem in the world and must be put off in our lives.
- 2. Resolve to eliminate all controllable sources of lust, have a strategy for uncontrollable sources, and ask for and maintain accountability.
- 3. The devil is relentless but we have the victory through our Lord Jesus Christ!