

October 12 & 13, 2019 | Internal Enemies – Week 6
Group Discussion Questions

GROUP PREP

In preparation for group, read [Psalm 51](#) & listen to Emmanuel's Weekend Services message, then answer the following discussion questions.

INTRODUCTION

The use of pornography and other sexual sins are rampant in our culture and in the church. Many have concluded that such behavior, or at least the lust that drives them, is fundamentally an unsolvable problem - a sin that cannot be defeated. But this response is unacceptable in the face of the severe and incalculable damage that lust inflicts upon lives, families, and on our intimacy with Jesus Christ. How do we combat lust?

DISCUSSION QUESTIONS

1. What is the difference between sexual desire and lust? What is the root cause of lust? Without gossiping, how have you witnessed the destructive power of lust?

Where is sexual temptation present and most prevalent? Why do many Christians fail to overcome the internal enemy of lust?

2. Scholars have determined that [Psalm 51](#) was written after the prophet Nathan confronted David for committing adultery with Bathsheba. What is the backstory that led King David to write these words?

What other poor choices did David make because he fed the internal adversary of lust? How many people were affected by his choices and how? How does someone get to the point of being unable to control lustful desires?

In [v.4](#), David admits to sinning against God. Why would we categorize falling to the temptation of lust a sin against God?

In [v.16-17](#), David expresses that God would rather have a broken spirit than another sacrifice. Why is this concept so important if we are going to win the ongoing battle against lust?

Write down the different requests David makes to God in [Psalm 51](#)? Which of these do you find healing and why?

3. Below are five strategies to defeat lust.

- **Watch your eyes.** Read [Job 31:1](#).
- **Seek the Kingdom of God.** Read [2 Timothy 2:21](#).
- **Fill your mind with truth.** Read [Romans 12:1-2](#).
- **Take drastic measures.** Read [Matthew 5:30](#).
- **Run.** Read [1 Corinthians 6:18](#).

Which of the above do you find most difficult to practice and why?

Which of the above practices do you need to implement immediately, how would you put it into practice, and why do you feel it will help you with your ongoing battle against lust?

ACTION STEP

4. If you take the battle against lust seriously, what are the long-term benefits for you and those you love? What steps will you take this coming week to overcome the internal adversary of lust?

OUTREACH: GROUPS IN ACTION

BE THE CHANGE. Emmanuel's Student Small Groups will be holding many different fundraising opportunities this October for their annual fundraising event "Be the Change." This year, they are partnering with Shepherd Community to raise the money necessary to provide two meals a day over Christmas break to children who rely on their school system's free and reduced meal program. Find ways to participate in this project by visiting the [Emmanuel Church Outreach Facebook page](#).

COLLECTING FOR THE COLD: Emmanuel is collecting hats, gloves, coats, socks, and other cold weather apparel for our local nonprofit partners to pass out to families in need this winter. Ask your small group, coworkers, friends and family members to donate any items in their closets they aren't using and drop off the collected items in the bins found in the lobbies of the e-café. We'll be collecting the entire month of October!

To find out more details about these projects or other ways your group can serve together in our community, email Breanne Schafer at bschafer@eclife.org

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is _____.

This coming week, I will encourage _____ to complete their action step.

Their action step is _____.

My memory verse is _____.

This coming week, I will pray for the group's following prayer requests:

_____	_____
_____	_____
_____	_____
_____	_____