

Lust

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is lust? How is lust different than appropriate sexual desire?
- What has influenced or shaped your thoughts about lust?
- In what ways have you possibly struggled personally with lust?



LISTEN TO THE EPISODE: [Lust](#)

READ [2 Samuel 13:1-18 & 1 Corinthians 6:15-20](#)

REFLECTION After listening, consider the following questions:

- Humanity tends to view sex, sexuality, and sexual desire as private matters. Consider Dave Bast and Scott Hoezee's conversation in segment 2 about how lust is often expressed when a person is alone or isolated rather than in relationship. What are potential consequences for when sexual desires are wrongly directed and no longer serve the purposes for which God created them?
- Consider this quote from Os Guinness's book, *Steering Through Chaos: Vice and Virtue in an Age of Moral Confusion*: "But at its heart, lust is an idolizing of sex in the sense of an unethical and unrestrained expression of the sexual impulse. It happens even in proper sexual relations when the object of sexual desire is not the sexual partner but rather the pleasure of services that the partner can provide."* What do you think of his observation that lust can occur even in proper sexual relations? How can recognizing every person's identity as a child of God, made in His image, help combat the temptation to lust?
- Do you think Christians should be more open to discussing sex and sexuality? What would be important guidelines for those conversations so that they are beneficial and congruent with God's intention and not another destructive path to lust?

*Os Guinness, *Steering Through Chaos: Vice and Virtue in an Age of Moral Confusion* (Colorado Springs, CO: Navpress, 2000), p. 240.

RELATED PASSAGES for further study

[Genesis 2:18-25](#), [Matthew 5:27-28](#), [Song of Songs](#)

CONCLUSION

Meditate on the following prayer.

Dear Lord, by your perfect design, you created us for relationship with you and with each other. Help me honor your creation intent. Guard my heart and mind that I might see the people I love and the people I meet as your image bearers, as your redeemed children. Grant me the wisdom and guidance of your Holy Spirit to appreciate, respect, and understand your gift of sex and sexual desire from your perspective and according to your design. Amen.

<https://groundworkonline.com/episodes/lust>

Printed on June 23, 2026