

In Progress: Spirit, Soul & Body
- Lust of the Flesh: The Desire to be Filled and Comforted -

We are created with the legitimate desire to be filled, comforted and significant; we become more whole as we look more and more to God to satisfy our deepest desire.

Psalm 63:1-5; 1 John 2:15-17; Mark 7:14-15,17-23

The lust of the flesh is primarily the craving for physical pleasure which we desire to result in physical and emotional filling, comfort and/or significance.

Matthew 5:27-30; 1 Corinthians 6:12

1. When we look to anything to become the consistent comforter in our life, then we risk becoming its slave.

1 Corinthians 10:31

A template to qualify why I do anything.

Does this glorify Christ or gratify self?

Does this love others or indulge me?

Does this embrace God's comfort or another comfort?

Does this take care of my Temple or harm my Temple?

Does this draw others to Christ or cause others to stumble?

Does this help or hurt my family?

Ephesians 5:15-20

2. There are lots of good things in life, but even good things done in excess can become bad things.

How to move from living in the lust of the flesh to living in the Spirit:

1. Admit the struggle. Be honest. Confess to a friend.

James 5:16

2. Identify the lie - what does the lie promise to deliver?

3. Replace the lie with the truth. "God, You are good and You are enough for me."

Next week's reading guide:

Psalm 23, John 10:10

1 John 2:15-17

1 Timothy 6:6-10, 17-19

Matthew 6:19-34

Matthew 19:16-30

1 John 3:16-24

Philippians 4:10-20

Discussion Questions:

1. Are you aware of your desire to be filled and comforted? Where does this desire show up most in your daily life?
2. Share a time when you have tried to find comfort or filling in the world. What was that like for you? What did it produce in you?
3. What is the deeper desire (acceptance, value, significance) you may be trying to fill with a lust of the flesh?
4. What is one thing in your life that is a good thing, but could become too much of a good thing?
5. Think of a worldly comfort you have struggled with. What is the lie it promised to deliver? What is the potential damage it could do, or has done?
6. In your life is God good enough for every situation? Discuss.