



“There is a candle lit [...] / Come blow it out ...” (*from a poem by Linda Pastan)

Lust: “intense, uncontrolled, or illicit sexual desire or appetite” ... We live in a reality in which it’s nearly impossible not to daily encounter something designed to appeal to this most intimate of appetites. What’s at risk? And how do we build a healthy mindset as we navigate this reality?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

What’s one thing you’re looking forward to in the future? Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **Ecclesiastes 2:1-11**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What comes to mind when you hear the word 'lust'?
- What are the effects that lust has on a person? How does it affect those around them?
- What are some of the ways lust can impact your relationships with God?
- Would you say that you are aware of lust in your life and how it shows up? What does it look like when lust shows up?
- What comes to mind when you hear the word 'chastity' or 'purity'?
- What does it look like to live a pure life? How does this impact others and your relationship with God?
- How can you nurture purity in your life?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.