

Cut It Off!

The sixth commandment is

Do not commit adultery.

It's probably easy for you to read this commandment and think, "*That's easy. I'm not married so I can't commit adultery.*"

Not so, according to Jesus.

In his words,

You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell.

To you, what is lust?

What or who do you lust after? With which part of your body?

Take the scissors and on the doll, cut off (or out) whatever part of the body makes you lust.

As you do, confess who or what you lust after to God, asking him for his forgiveness.

Then reflect on 1 Corinthians 6:18, which says,

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.

When it comes to that which you are lusting after, practically speaking, how can you flee this temptation?

Take a sharpie and on the **LOVE** banner, write down one practical way you can flee this temptation.

Finally, ask God to give you the courage to run from lust and other temptations, whenever and wherever you encounter them.