



Don't Look Now 3 – Don't Look Lustfully
Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

"Do not think that I have come to abolish the Law or the Prophets. I have not come to abolish them but to fulfill them."

"You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment."

"You have heard that it was said, 'Do not commit adultery.'²⁸ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Matthew 5:17, 21-22, 27-28

²⁹ If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. ³⁰ And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell."

Matthew 5:29-30

Reflection Questions:

- What is one of the most beautiful things you've ever seen?
- What stood out to you from Sunday's service – either from the songs or the words spoken?
- Read Matthew 5:17-28 slowly. Read it again, but from a different translation (use biblegateway.com if you need access to the NLT, Message paraphrase, NASB, NKJV). What words or phrases stand out to you?
- In Jesus' teaching, he is going below the surface level actions and focusing on the heart. When it comes to lust – or any type of desire – Chip talked about asking ourselves, why do I look? What am I trying to gain? Do you ever reflect on WHY you're doing something?

- Have you ever seen a good desire become destructive when it is used outside of God-designed boundaries?
- Read Matthew 5:29-30. In his message, Chip asked, what seemingly indispensable thing do you need to consider cutting out of your life? What are you GAINING by keeping it? What are you LOSING? Is it worth it? Take a moment to reflect on those questions and jot down some answers on paper. Share with others as you're willing.
- What is God calling you to do in response to Jesus' teaching and this message? Who can you share with this week about this?

Looking for some ways to grow and be stretched spiritually? Check out our highlighted resources at www.wschurch.org/resources. These resources can be purchased using the links or are available for a small donation at the Next Steps area on Sunday mornings. This summer, we're looking to slow down and be with Jesus. At the resource page linked above, find lots of ideas for a *summer slow down*.