

# Reflection on Lust

Good evening brothers and sisters. The topic given to us was Lust. One of the seven deadly sins as we know them.

So what exactly is lust?

Lust is to have an intense sexual desire or an excessive craving for something usually for power. This feeling is mostly uncontrolled and overmastering. Lust can also be taken in a positive manner whereby one could have a lust for life, which is to enjoy life to the fullest and appreciate it as a gift from God.

Lust, desire, excessive craving, did I ever have those?

That's simple.

1. For a child lust can be something like wanting a new bicycle as his friend. And he wants it so badly that he is not able to concentrate on his studies.
2. For a young man lust can be a craving for desire of pleasure, he crosses the limit of sin or he sins.
3. For an employee lust can be that of power. He might desire top power in the establishment and he can do anything in order to get that.
4. The fight for property between siblings can also be described as lust for material things.

So how do I know I am committing a sin of Lust? Does it really affect my life?

Lust is the desire for what is forbidden. The devil tells us that forbidden pleasures are worth the cost. He tempts us like he tempted Adam and Eve. The Bible tells us that Lust is a sin and sin is death. When we entertain fantasies through pornography, voyeurism, adultery, fornication, etc., we sin with our minds and according to Jesus, that's the same as committing the act. The commandments say do not commit adultery, do not covet your neighbor's wife or goods. These are all warnings against the sin of Lust.

Lust has many destructive effects. The most serious effect is that lust corrupts our ability to love God. Lust cripples our ability to give and receive love, and blocks God's love from working in us. Other effects of lust include slavery to sin, dissatisfaction, blocked blessings, separation from God, ruin, self-hatred and hardening of our heart.

Lust is bad. But how do I get rid of Lust?

Removing lust from your life begins with confessing and repenting from our lust.

Make a good confession. One should involve in a deeper relationship with Jesus Christ and in Christian group.

Pick up a Bible and memorize scriptures which are applicable such as: Cor 3: 16 – 17 don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.

Professional counseling is definitely another step one should take. They will be able to work with you and teach you ways in controlling yourself.

Thank you.