

## WEEK 6

**Title:** LIFE; Beyond Lust

**Passage:** 2 Samuel 11

**Big Idea:** Real life is about intimacy with God, enabling us to see others as those we love and those we are loved by, lust is when we want someone we shouldn't have by forgetting all we do have. In Jesus' death and resurrection we die to lust and rise to love and intimacy.

**Key Verse:** Psalm 32:5

**Secondary Passages:** 1 Thess 4:3-6a & Gal 5:19-26

**Metaphor:** Sowing seeds that sprout as weeds

**Story:** David and Bathsheba (2 Samuel 11)

**Key Question:** What it would be like to be free from the power of lust – and no longer hide it away in the dark?

**Key Application/action:** Cultivate a deep relationship with God, and deep relationships with others

**CTA:** Who is the one person who will ask you questions, and encourage you to cultivate healthy habits of heart?

**Songs:** Relentless; This life I live; The Love of the Father; Love changes Everything; Shine into our night

**Video of a version of this talk:** <https://vimeo.com/230327750>

**Video of the kids spot:** <https://vimeo.com/230103263>



## **MOVEMENT 1.** *Intro the sin*

In 1875 three Frenchmen set out from Paris with one thing in their mind –

They were going to set the altitude record for ballooning.

Three balloonists – Tissandier, Sivel, and Spinelli.

It was a dangerous attempt so they made sure they had oxygen gear with them. So they set off, and up they went. Higher and Higher.



But when they hit 7,500 metres, hypoxia sets in. Hypoxia's when the body doesn't get enough oxygen. You feel delirious. Lose your sense of logic.

Lose your ability to make good judgment

At this height these fellas were dumping ballast to

keep them going higher and higher.

...But because they were delirious they weren't just dumping ballast, but also the oxygen gear –

...The gear they'd taken to help them survive at that height.

Things were getting bad - Tissandier was unconscious, collapsed in the basket,

...And meanwhile the other two men were throwing out the ballast and the oxygen gear,

...In the end, Spinelli and Sivel didn't make it.

The two men, in their delirious state, literally *THREW THEIR LIVES AWAY*

Tissandier said afterwards, "Towards 7500 metres the numbness you experience is amazing –

...You become *INDIFFERENT*, you no longer *THINK OF THE DANGER*,

...You just want to *RISE AND RISE*.

...And so you *CHASE THE THRILL* and you *THROW YOUR LIFE AWAY*."



We're up to Week 6 in our series: Life Beyond the Seven Deadly Sins

Today we're thinking about lust.

And you'll recognize from the story the power this sin has over your life –

The potential to become *DELIRIOUS*, to lose *YOUR JUDGMENT*, to *CHASE THE THRILL*. But ultimately to *THROW YOUR LIFE AWAY*. This is a deadly sin.

One evening David got up from his bed and walked around on the roof of the palace. From the roof **he saw** a woman bathing. The woman was very beautiful,  
2 Samuel 11:2

It was a deadly sin for David – as we heard \_\_\_\_ read for us this morning.  
And it's deadly for us too.



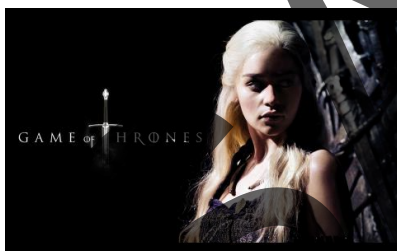
Our culture feeds us images and stories that cultivate lust in our heart.



Whether it's ROMANTIC NOVELS



Or ROMANTIC COMEDIES



Whether it's TV SHOWS

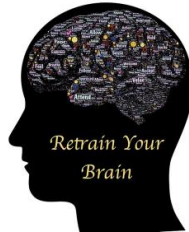


Or TV ADVERTISEMENTS



This is the world we're living in.  
And it's fertile soil for the seeds of lust to take root in our lives.

Our culture feeds the fantasy the people exist for my pleasure



It's training our brain to become *CONSUMERS*  
...Not consumers of *PRODUCTS*, but consumers of *PEOPLE*  
...Turning *PEOPLE INTO PRODUCTS*



The more technology advances the easier it is to feed this consumer mentality

Which is why the porn industry is thriving

Porn is accessible, affordable, and anonymous

Which is why it's a multi-billion dollar industry –

...The porn industry rakes in more revenue than Microsoft, Apple, Amazon, Google, Ebay, and Yahoo ...COMBINED



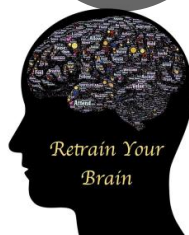
Addicted:  
50% **men**  
20% **women**

A recent study discovered that 50% of Christian men  
And 20% of Christian women are addicted to porn.

[Source: [marketwire.com/press-release/Christianet-Inc-703951](http://marketwire.com/press-release/Christianet-Inc-703951). Quoted in Tim Chester  
*Captured by a Better Vision*. Pg 11]

1 in 3

In other words – 1 in 3 Christian are struggling with porn addiction.



Studies show that looking at porn changes our brain.

You develop a “tolerance” – so the images have less and less power to stimulate.

Studies are showing that many young men are now impotent because,

“their brains were virtually marinated in porn when they were adolescents”





Patricia Weerakoon – a sexologist – talks about the impact of porn.



*There is a release of brain neurochemicals like dopamine when watching porn that mimic the drug high of cocaine.*



*Porn use leads to an addiction cycle of desensitization and the need for increasingly higher doses*

Porn re-wires the brain.

...Makes us CHASE THE GREATER THRILL

...Higher and higher...



But it's not just impacting us, it's also impacting our relationships.

A recent survey of Uni students discovered – More than 50% of students at Australian Uni's were sexually harassed at least once in 2016

Overwhelmingly, men were the main perpetrators

It's impacting people in our world -



Studies also show an inseparable link between porn and sex trafficking.



Websites like “Fight the new drug” are trying to raise awareness -



Clicking porn directly fuels the demand for sex traffickers

...who make money by selling videos of their sex slaves to porn sites.

If you're watching porn then you're supporting this industry.

Because you don't know if people are there willingly. And even if they are "willing" - whether they were coerced or threatened into agreement.

<http://fightthenewdrug.org/the-internet-can-be-a-very-unsexy-place-we/>



God made love and sex as a good thing enjoyed in marriage.



Our sin takes this good thing and twists it for our own purposes.

I'm speaking to you today as someone who is married

But I know how deadly this sin is for me

And how easily it can take root and spread in my life

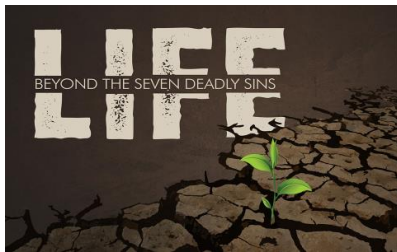
What impact is lust having on your life?

And what it would be like to be free from the power of this deadly sin?

To no longer hide it away in the dark?

But to bring it to light so you can enjoy the good life that God made you for?





**MOVEMENT 2.** *What the passage read teaches about the nature and effects of sin, how we see that in our lives... really paint how BAD the sin is in what it does to life*

The story of King David shows us just how lust can impact our lives

How deadly it is, and how quickly it takes root and spreads



You might remember this story from back in Bible in 10 last term.

One day David sees this beautiful woman.

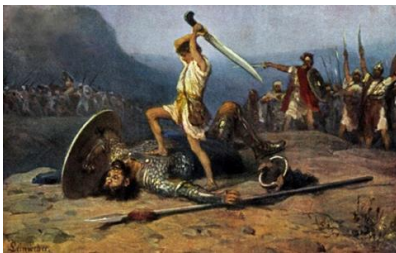
...he DESIRES her, and TAKES her for himself.

...When she falls pregnant, David has her husband killed.

...And David takes her as his wife.

...Looks like David's off the hook. But God knows.

...And it's not long before the truth comes out.



This isn't the story of some sick man –

Some perverted power-hungry tyrant,

Who takes advantage of people.

David's the "good guy" in the Bible story.

...The slayer of Goliath.

...The friend to Jonathan.

...The servant of Saul.

He's the powerful war general. And the enthusiastic worship leader.

He wins battles. And writes praise songs to God.

The strong warrior. And the smooth crooner.

Fierce with a sling. Fast on the strings.

*DAVID'S THE KING AFTER GOD'S HEART.*

So how did he end up here – the king after BATHSHEBA'S HEART?

...Or better, the king who's *AFTER BATHSHEBA* – *but not AFTER HER HEART*



What went wrong for David?



You hear in the story – David was becoming a very a successful King. But the more his success, the more he was *SOWING SEEDS* of his own downfall  
Because long before lust was sprouting  
...He was feeding his character to be *SELFISH* and *SELF-CENTRED*.



...Creating space in his heart for the weeds of pride to grow  
...And with that – other sins too  
[pause]

In the spring, **at the time when kings go off to war**, David sent Joab out with the king's men and the whole Israelite army.

2 Samuel 11:1

They destroyed the Ammonites and besieged Rabbah. But David **remained** in Jerusalem.

2 Samuel 11:1

They destroyed the Ammonites and besieged Rabbah. But David **SAT** in Jerusalem.

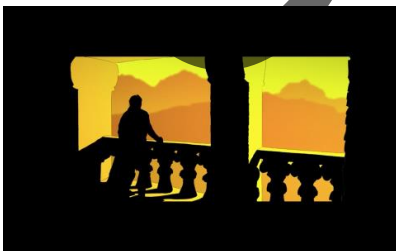
2 Samuel 11:1

So you hear it in chapter 11

Springtime comes - “the time when kings go to war” – But David sends his soldiers out *while he stays home*.

His soldiers fight –  
[READ] But David **remained** in Jerusalem.

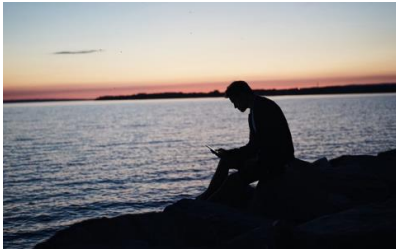
Literally it says “David **sat** in Jerusalem”



This is David's mistake: Not just that he doesn't go out with his friends

But that he isolates himself  
*REMOVED* from the action  
*RELIEVED* of his duties  
*RELISHING* in a dangerous amount of leisure.  
Lust grows fast in the garden of leisure.





It's like that for us isn't it?  
When we're isolated and lonely we're most vulnerable  
We reach for other things to give us connection



Isolation and loneliness gives space for lust to thrive  
without anyone knowing  
That's what happens for David

**One evening** David got  
up from his bed,  
2 Samuel 11:2

So one evening David **got up** from his bed.  
...Not after a short nap or an afternoon siesta  
...After *SLEEPING ALL DAY!*

One evening David got  
up from his bed and  
walked around on **the**  
**roof** of the palace.

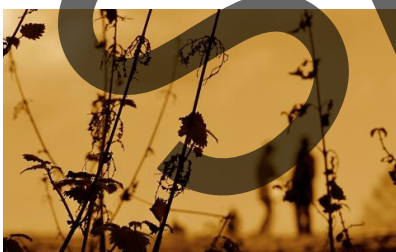
He goes up to the roof

2 Samuel 11:2

One evening David got  
up from his bed and  
walked around on the  
roof of the palace. From  
the roof **he saw** a  
woman bathing. The  
woman was very  
beautiful,

And from there his eyes catch something that rouses  
his excitement.  
A beautiful woman bathing on her rooftop.

2 Samuel 11:2



Lust sprouts in David's heart.

David **sent** messengers  
to **get** her. She **came** to  
him, and he **slept** with  
her.

Suddenly everything happens fast –  
David wants this woman. And he's got the power.  
He makes an order. People obey.  
King David gets what he wants.

2 Samuel 11:4

David sent messengers to get **her**. **She** came to him, and he slept with **her**.

2 Samuel 11:4

Notice too – this is no longer *BATHSHEBA* we're talking about

Just an anonymous, "SHE"... "HER" - A person cut off from her story.

Not even really a person. Just an object which David acts upon.

An object – a piece of apparatus David uses for his own pleasure.

This is how lust takes root in our lives.

For the fantasy to be fulfilled we've got to strip people of their humanity

....turn them into a product that exist for my pleasure

We re-imagine a world where people exist all for me.

We become kings of our kingdom.

With willing servants who do my bidding.

Ultimately lust puts us in the place of God. [pause]

Now we might say, But I'm not like David.

I'd never do what he did.

But here's one thing we learn from King David:

*The SEEDS of the most horrible atrocities are in EVERY HUMAN HEART*

...Every human heart has that *SAME CAPABILITY*

Do you believe that?

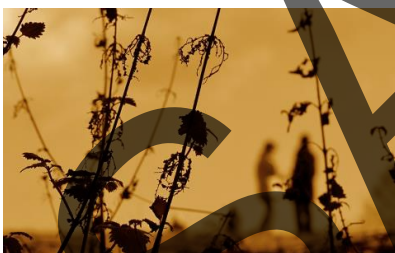
Maybe you don't.

Maybe you think, *No I'd never do what David did.*

But the moment you say that you've taken one big step towards *ACTUALLY DOING IT.*

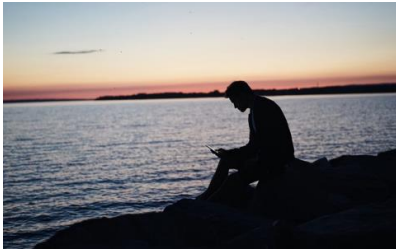
The worst thing you could do is believe you're *INCAPABLE* of doing it.

That makes you *MORE CAPABLE.*





Because the seed of lust grows in the same soil as any other sin.  
All seeds start small.  
It doesn't look like much but it has so much potential.



When we don't get the love we desire we can get filled with self-pity.  
We feel sorry ourselves.  
We feel worthless and lonely.  
And we'll only feel adequate when there's someone else in my life.



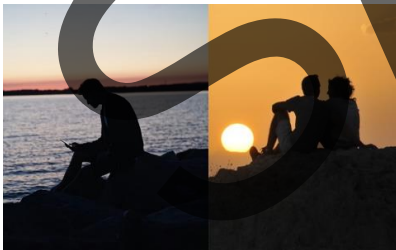
Lust takes root and creates a fantasy where I am powerful and significant in people's lives  
Lust sells the lie that there is a way to feel adequate without having to commit.



Or sometimes we see the love and intimacy other couples share  
And we wish we had someone who loves me and adores me like that



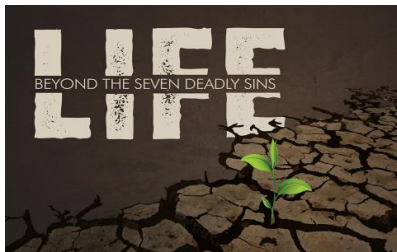
Lust takes root and creates a fantasy where I'm loved and adored and worshipped  
Where this other person exists just to make me feel good.



Ultimately lust offers us a sense of worth, and, value and significance.  
A fantasy world where I am desired, adored, and worshipped.  
A sense of love, connection, and intimacy.

GOOD THINGS – Things that God made for us to enjoy  
Which become BAD THINGS – When they're ultimate for us  
Which become DEVASTATING – When we don't get what we desire





**MOVEMENT 3.** *How Jesus shows us something beautiful in the cross*  
 – *paint the **BEAUTY** and **GOODNESS** of the virtue seen in Jesus*

To be free of lust we need to learn to spot the lies and replace them with the truth. We need to gaze deeply into the beauty of Jesus. To fix the eyes of our heart on him.



Because lust fixes our heart on lies. And that's why Jesus came -

To turn our hearts back to him.

To turn us back to the truth.



David won lots of battles and defeated lots of enemies.

But there was one enemy he couldn't defeat.

And there was one battle he could never win.



*HE COULDN'T BEAT LUST*

Couldn't stop the seeds of sin taking root in his heart.

Pride...Lust

I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And **you forgave** the guilt of my sin.

Psalms 32:5

But still David would speak of a radical forgiveness.

Forgiveness for a murderer.

Forgiveness for an adulterer.

And forgiveness for us.

*HOW?* Because follow a **GREATER KING THAN DAVID**

Yeah, David was called a man *after* God's heart.

But Jesus was a man *WITH* God's heart.



He came to do battle with sin, and he will **NOT** back down. *NOT LIKE DAVID* when he sends others out to do the fighting. No Jesus is the King who fights for us. Come to win the battle David could never win. That we could never win.

*He won't back down* – even when his friends abandon him.

*He won't back down* – even when he's mocked and beaten and laughed at

**JESUS IS OUR KING WHO DOESN'T BACK DOWN**





David *TOOK* Bathsheba – Uriah's wife-  
...for his own pleasure



Jesus *GIVES UP* his life up for his bride – the church –  
...not for his pleasure  
...not for his good  
...But for US! And for OUR GOOD!

He loves us so much he dies for us – dies for our sin,  
our lust. He takes our place and punishment. To wipe us clean of sin, and to  
make us beautiful



Here's the place where life begins



Where good fruit grows in our life  
Killing off the deadly weeds of lust  
Killing of the deadly lies



Because here's the place we find true intimacy with  
God.

**[Significance...]** The cross reminds us we have great  
worth and value in God's kingdom...He brings us into  
his family so I can bring our gifts to serve others with

love.

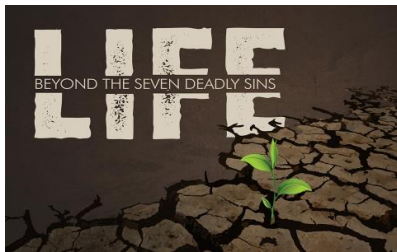
...I can make a real and lasting difference in people's lives.

...By his Spirit in me, God is using me to make an eternal impact in the lives of  
people around me.

**[Security...]** The cross reminds us we're dearly loved and precious to God. He  
pours his love into my heart by his Spirit, reminding me that I'm safe and  
secure with him,

...that I belong to him as a cherished child

...that his love for me is unending.



**MOVEMENT 4. +5 Application:** *How the cross calls us to a new, GOOD way of life*

**[Intimacy with God + and intimacy with one another]**

The cross is the place where we find true intimacy with God.

A love that's planted deep in our hearts so it can spread into the lives of others.

But the fruit of the Spirit  
is **love**, joy,  
peace, forbearance,  
kindness, goodness,  
faithfulness,  
gentleness and self-  
control.

Galatians 5:22-23

God us growing us in our **LOVE**

... Loving others for their sake.

...For who they are, not what they can give.

But the fruit of the Spirit  
is love, joy,  
peace, forbearance,  
**kindness, goodness,**  
faithfulness,  
gentleness and self-  
control.

Galatians 5:22-23

Growing us in our **KINDNESS and GOODNESS**

...To be people of INTEGRITY

...That we're the same with THIS person as with THAT person

...The same in PRIVE as PUBLIC

But the fruit of the Spirit  
is love, joy,  
peace, forbearance,  
kindness, goodness,  
faithfulness,  
gentleness and **self-  
control.**

Galatians 5:22-23

Growing us in our **SELF-CONTROL**

...Learning to say *NO* to the things we want

...Growing us *TO WANT* the things we *DON'T YET WANT*

...So we'll want *WHAT GOD WANTS*



If this is the fruit God is growing in our lives, what kind of community is that going to produce?



How will it change the way we do life together?



God has made us to experience deep relationships with one another.

Intimate relationships – where people are known and loved.



Without it - we're creating space for lust to thrive



We're not made to be isolated and disconnected from people

...Isolation is deadly. It's the fertile soil for lust to thrive.

...Lust thrives in the darkness of loneliness.

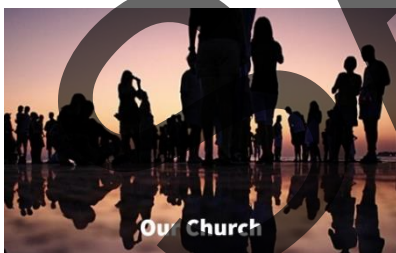
It builds walls of shame around us that leave us stuck and hurting.

...It creates barriers between us and the people who can help us heal.

...People who can be vehicles of God's grace, truth, and love.

A Christian psychiatrist named John Warlow says,

*"The church has the potential to be the most healing community there is"*



That's why this **HABIT** of meeting together regularly is so important.

...So I don't treat church like a top up for my spiritual thirst...treating church like a service station that fills my tank

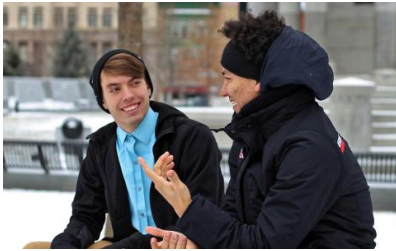
That's the same deadly trap that feeds lust – we become consumers

...treating people like they exist only for me benefit

Cultivate this **HABIT** – not just turning up week to week

But investing deeply in people here

Investing in intimate friendships – where people are known and loved



We need these friends so lust doesn't stay in the dark



We need these friendships so we can experience connection and love

...Which is what God made us for



We need to grow to be the kind of community that helps all of us to follow Jesus better –

...whether you're single, married, divorced, ...engaged, widowed, or same-sex attracted

A community that really believes that Jesus is better than sex.

Because we know that the best of sex is just a flicker compared to the joy, intimacy, and satisfaction we'll experience in the new creation.

Let's pray

*Father, We know you've made us for intimacy, but we confess we've reached for intimacy in the wrong place.*

*With hearts fuelled by lust, instead of real love.*

*As we sing now – Bind us to your cross so we might draw on Jesus*

*...to remind us we're secure and significant in you*

*...to encourage us to not fight temptation on our own*

*...and to strengthen us to love others, in deep relationships, just like you've loved us. Amen.*

