

THE DEADLY SINS – *Episode 3: Lust and Fidelity*



Team Member Name: _____ Date: _____

Game Strategy – It’s every man’s battle. Lust is laced through our entire society. It’s the devil’s most powerful weapon against us men.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. Thomas Aquinas says, “Lust is about the greatest of pleasures and absorb the mind more than anything.” Can you list some of the sins of lust?
2. Technology seems to be the device that the devil is using to tempt us to commit sins of lust. How is he accomplishing the scheme?
3. In the past, have you had struggles with temptations of lust? What means did you use to overcome it?
4. Currently, are you struggling with any temptations or sins of lust? What means are you using to overcome it?
5. What are some ways that you can protect yourself from sins of the flesh, especially internet pornography? How can you protect your children?
6. Our bodies are the “Temple of the Holy Spirit.” John Paul II introduced the “Theology of the Body” during his pontificate. Can you give a concise answer on how the “Theology of the Body” is a helpful means to overcoming sins of lust?
7. What are some spiritual steps that you utilize to help protect yourself from sins of lust? Galatians 5:16 says “Live by the Spirit and you will not satisfy the lusts of the flesh.” What does it mean to “live by the Spirit?” What are some things you can do each day to do this?

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Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. We are all looking for beauty.
2. God will provide a way for you to stay pure.
3. 1. Recognize you have a problem. 2. Confess it. 3. Don't beat yourself up. 4. Pray for deliverance.

Complete your **Personal Action Item**. 

Scripture References

2 Corinthians 10:3-5

Romans 8:12-17

John 16:5-7

Thessalonians 4:3-8

Matthew 5:27-28

Proverbs 13:19

Galatians 5:16

Coaching Tips

Lust is a disordered desire for love.

The Devil has a strategy. He attacks the foundation of the family which is built on love and marriage. He tries to influence us that it is easy to be bad.

The body is a temple of the Holy Spirit. Keep it holy.

The Holy Spirit has complete command.

With God all things are possible.

Pornography will do to your soul what drugs will do to your body.

Catechism Connection

2530 The struggle against carnal lust involves purifying the heart and practicing temperance.

2514 St. John distinguishes three kinds of covetousness: lust of the flesh, lust of the eyes, and pride of life. In the Catholic catechetical tradition, the ninth commandment forbids carnal concupiscence; the tenth forbids coveting another's goods. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his manservant, or his maidservant, or his ox, or his ass, or anything that is your Neighbor's. Everyone who looks at a woman lustfully has already committed adultery with her in his heart.

2819 "The kingdom of God [is] righteousness and peace and joy in the Holy Spirit." The end-time in which we live is the age of the outpouring of the Spirit. Ever since Pentecost, a decisive battle has been joined between "the flesh" and the Spirit.

2516 Because man is a *composite being, spirit, and body*, there already exists a certain tension in him; a certain struggle of tendencies between "spirit" and "flesh" develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. IT is part of the daily experience of the spiritual battle.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...