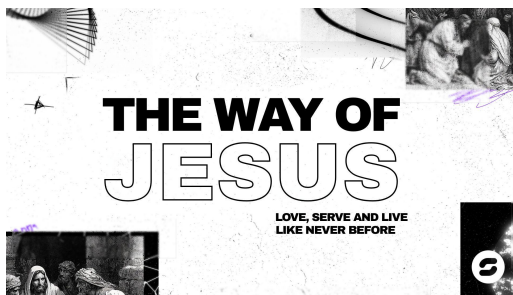


STUDY GUIDE

November 30

STAY IN THE LOOP

Announcements



- Join us in Prayer this Thursday evening, December 4, at 6:30pm. (Kemptville)
- Join our Ladies Group Christmas Party on November 28th from 6:30-8:30pm. Bring a charcuterie item to share. Cost is free but a donation is appreciated. All ladies are welcome to attend. (Winchester)

START WITH PRAYER

Use this Prayer Prompt

Praise God for His transforming power - that He doesn't just command holiness but gives us His Spirit to renew our hearts, strengthen our integrity, and restore what is broken. Pray that God would help us see temptation clearly, flee from it quickly, and cultivate hearts that desire what is good, holy, and life-giving. Pray that God would strengthen marriages, heal strained relationships, and empower us to be people whose "yes" is yes and whose "no" is no - living with honesty, consistency, and Christ-shaped character.

STUDY THE BIBLE

Think through and discuss your reactions as you read through Scripture:

Matthew 5:27-37

James 1:14-15

Galatians 5:16-25

STIR UP DISCUSSION

How does this week's teaching affect me personally?

1. Jesus teaches that lustful looking is the beginning of adultery in the heart. What is the difference between noticing someone's beauty and "looking lustfully"? How can we practically guard our hearts before temptation grows?
2. Jesus emphasizes that sin begins in the inner life long before it becomes outward action. What are some "hallway moments" (subtle thoughts, attitudes, or small compromises) that can lead someone toward harmful choices? How can we recognize and address these moments early with the help of the Holy Spirit?
3. Jesus uses extreme language about gouging out eyes or cutting off hands to emphasize fleeing temptation. What are some "pre-decisions" or boundaries you can put in place to avoid small compromises that lead to bigger failures?
4. Jesus affirms the weight of marriage covenants and speaks against casually discarding them. How does viewing marriage as a covenant (not just a contract) change the way we approach conflict, disappointment, and sacrifice within it?
5. Jesus teaches that sin doesn't start with the hands or eyes but the heart. What would it look like to invite Jesus to transform the root desires of your heart rather than just trying to control outward behavior? How have you experienced this in the past?

STEP INTO ACTION

Let's try to apply this by taking some Next Steps.

1. **Guard Your Heart Daily**
 - Set up personal boundaries to avoid situations that lead to lust or compromise (e.g., screen time limits, social media filters, accountability partners).
 - Practice mindfulness of your thoughts - catch the "second glance" or lingering fantasies early and redirect them to God.

2. Strengthen Covenants and Relationships

- If married, invest intentionally in your spouse: regular communication, prayer together, and acts of service.
- If single, honor God's design for relationships by stewarding your desires patiently and prayerfully.

3. Pursue Integrity and Simplicity in Speech and Actions

- Commit to speaking truthfully in all areas - no exaggeration, manipulation, or need for elaborate promises.
- Reflect daily: Are your words and actions consistent with God's standards, even when no one is watching?