

Unfiltered – Week 3 Small Group Questions

Opening Prayer

Ice Breaker

1. What's something you love that you know isn't great for you in large amounts (junk food, screen time, online shopping, etc.)?
2. Have you ever quit or given up something cold turkey because it wasn't good for you? How'd it go?

Discuss

Main Scriptures: Matthew 5:27-30, Hebrews 4:15

1. Jesus said that lust is essentially the same issue as adultery, just at the heart level instead of the physical level. Why do you think Jesus was so concerned with the internal, not just the external?
2. Pastor Jeff made a point of saying Jesus never condemned sexual desire itself, and that even Jesus experienced temptation without sinning (Hebrews 4:15). Why do you think it's important to separate "having a desire" from "sinning in that desire"?
3. Dallas Willard said that even if you removed the body part capable of sinning, "the mutilated stump could still have a wicked heart." In your own words, what was Jesus actually getting at when He talked about gouging out an eye or cutting off a hand?
4. Rich Villodas said lust is about consuming and taking, while love is about giving and honoring. Where else in life — outside of a sexual context — have you seen this same "taking vs. giving" pattern show up (for example, in how people chase money, attention, or control)?
5. Pastor Jeff said lust often reveals a deeper, unmet need for attachment, affection, or connection. Without getting into anything too personal, what are some healthy ways people can pursue connection with God and others so they're less likely to look for it in the wrong places?
6. Jesus told His listeners to take drastic action against anything causing them to stumble. Pastor Jeff described this as "holy ruthlessness" — not literal self-harm, but refusing to negotiate with things that are pulling us away

from God. What's an example of a healthy boundary someone might need to set with technology, media, or a relationship?

7. Kyla Gillespie's quote at the end talked about finding complete security and identity in Christ, regardless of marital status or sexual desires being fulfilled. How does someone's identity change (for better or worse) when they believe they need romance or sex to feel whole?

Practice

This week, identify one thing — an app, a habit, a show, a relationship dynamic — that consistently feeds lust or compromise in your life. Take one concrete step to limit or remove it, and ask God to help you address what's underneath it, not just the behavior itself.