

Exodus 20:14; Matthew 5:27-30  
Series – The 10 Words  
Message – Honor Life  
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Fifth Reformed Church  
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### The Ache of Disconnection

- There’s an ache in our hearts, and we all feel it.
- Four Separations:

### Our Hyper-Sexualized Culture.

- 1 Cor. 6:12-13
- We were designed for \_\_\_\_\_; for intimacy; for close, honest, and authentic interaction with God and with others.
- “Intimacy is a spiritual hunger of the human soul, and we cannot escape it... We keep hammering the sex button in the hope that a little intimacy might finally dribble out. In vain.” (Dallas Willard, The Divine Conspiracy, p.163).

### How Jesus Explained It

- Matthew 5:27-28
- *Epithumeó* – to long for, \_\_\_\_\_, lust after, \_\_\_\_\_ the heart upon
- “It is the meditative \_\_\_\_\_ that leads to objectified \_\_\_\_\_ that ends in self-justified \_\_\_\_\_ of that which is off limits. And it is as old as the garden” (Jen Wilkin, Ten Words to Live By, p.102).

### What To Do

- Matthew 5:29-30
- “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry” (Colossians 3:5).
- Hebrews 4:12
- “Delight yourself in the Lord, and he will give you the desires of your heart” (Psalm 37:4).
- “The joy of the Lord is your strength” (Nehemiah 8:10).
- Says Puritan pastor, Richard Baxter, \_\_\_\_\_ to delight in God is the work of our lives.

### **How will you respond to God’s word today?**

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### Reflection Questions

1. Where and how do you experience “the ache of disconnection” from God, self, others, or creation?
2. What is the biblical concept of marriage and what does sex outside of marriage lack in terms of God’s ideal?
3. A friend confesses to you a struggle with pornography and concludes by saying, “I know people say it’s wrong, but it’s a private thing, and it doesn’t hurt to look.” What would you say?
4. Colossians 3:5 tells us to “Put to death... whatever belongs to your earthly nature...” How have you pursued this command in the past? Does the idea of delighting yourself in the Lord change your understanding of this command? How might this change what you do to follow Jesus more faithfully?
5. How is God getting your attention?
6. What is God saying to you?
7. What are you going to do about it?