



LOVE / LUST

MARY WALLINSKI

LUST (*noun/verb*)

A disordered desire for,
or enjoyment of my
sexual pleasure.

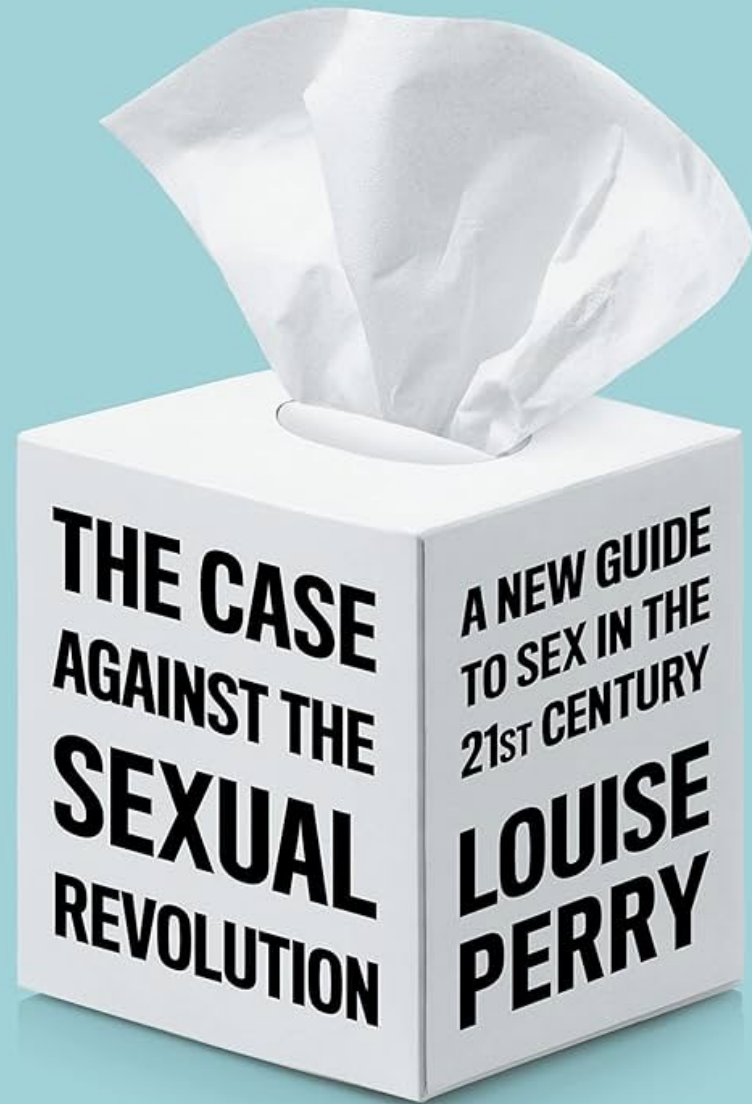
LOVE

LUST PREFERS TO TAKE THE BODY
AND DISCARD THE SOUL.

LOVE DEEPLY DESIRES THE SOUL,
GLADLY RECEIVING WHATEVER
BODY ACCOMPANIES IT.



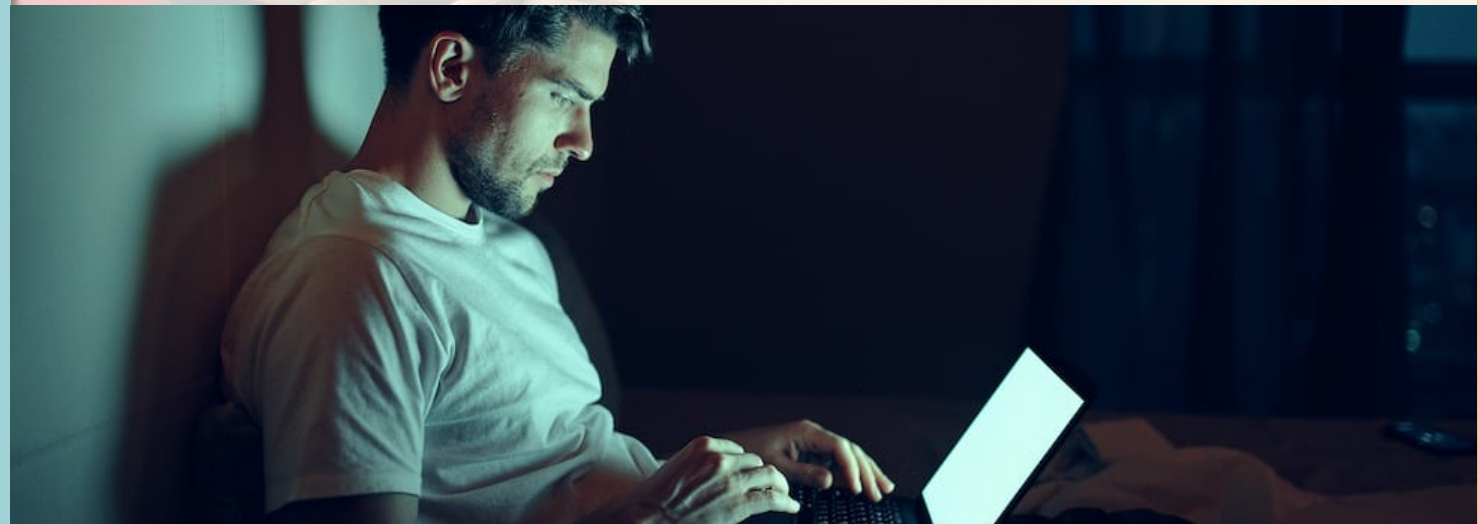
THE SEXUAL REVOLUTION



“Put simply, the porn generation are having less sex, and the sex they are having is also worse: less intimate, less satisfying and less meaningful...”

“...I am going to propose an alternative form of sexual culture – one that recognises other human beings as real people, invested with real value & dignity.”

LOUISE PERRY



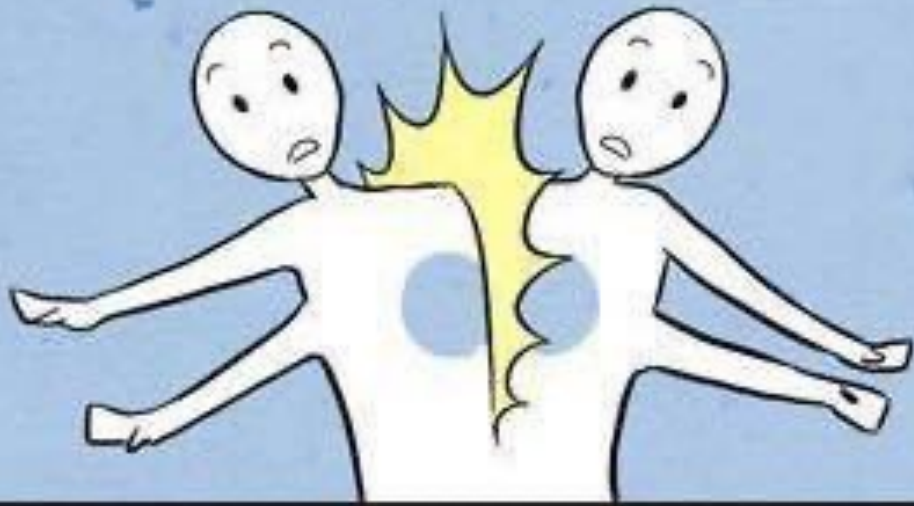
OFF THE HIGH HORSE

**IN THE SAME WAY YOU
JUDGE OTHERS, YOU
WILL BE JUDGED, AND
WITH THE MEASURE
YOU USE, IT WILL BE
MEASURED TO YOU.**

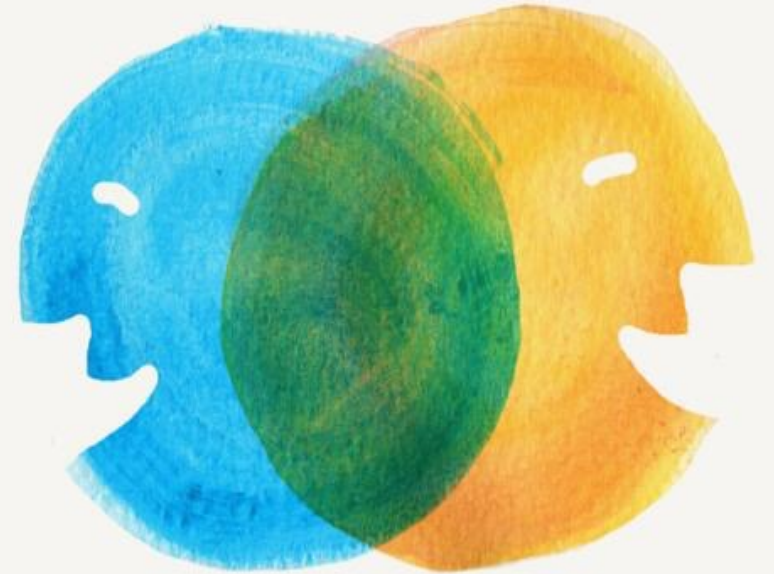
■ MATTHEW 7:1-2



DESIGNED FOR INTIMACY



THEN THE MAN SAID,
"THIS AT LAST IS BONE OF MY BONES



AND FLESH OF MY FLESH;

SHE SHALL BE CALLED WOMAN,
BECAUSE SHE WAS TAKEN OUT OF MAN."

GENESIS 2:23

PURITY OF BODY & MIND

“YOU HAVE HEARD THAT
IT WAS SAID TO THOSE
OF OLD, ‘YOU SHALL
NOT COMMIT ADULTERY.’
BUT I SAY TO YOU THAT
WHOEVER LOOKS AT A
WOMAN TO LUST FOR
HER HAS ALREADY
COMMITTED ADULTERY
WITH HER IN HIS HEART.

MATTHEW 5:27-28



PURITY OF BODY & MIND

“You can throw your computer out the window, but that won’t kill your lust. You can never go to the mall, but that won’t kill your lust. You can cut out your eyes, but that won’t kill your lust. You can move to a cave in Montana, but that won’t kill your lust. You can employ legalism, but that won’t kill your lust. All of these things fall short because they are external amputations when we need a heart transformation.”

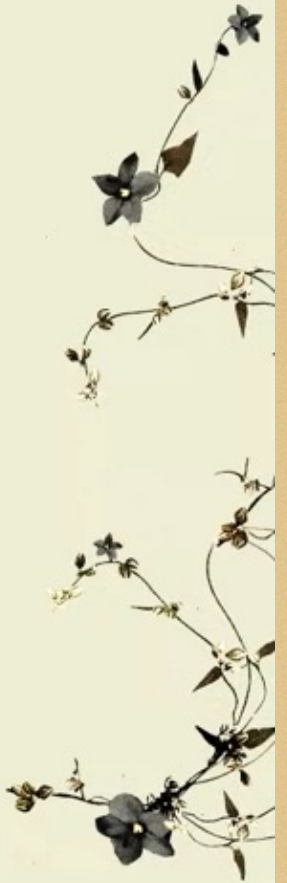
ERIK RAYMOND



DEHUMANIZING

“Lust severs sexual pleasure-seeking from loving another person; lust involves my taking and getting, rather than mutual self-giving. The immediacy of its physical demands starkly contrasts with long-term personal bonds: once sated, lust turns and walks away. When we lust we want nothing to do with sharing love or giving life, if the thought even occurs to us. Lust says, Sexual pleasure is my pleasure.”

REBECCA DEYOUNG



TAKE IT HOME:

Identify Triggers:

- Hungry/Angry/Lonely/Tired?
- Solve the source of the problem without self-medicating.

Practically:

- Content blockers.
Accountability apps.
- Tech use only in common areas.

Holistically:

- Pursue community where you are fully known & unconditionally loved

“The best advice, then, for resisting lust is... to build good friendships. If we have fully human relationships in which we learn to give and receive love in appropriate and satisfying ways, we will be less inclined to wander off looking for sham substitutes and quick fixes.”

REBECCA DEYOUNG