**Men’s Tune-Up**  
Equipped for Victory  
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**Session 1—Recognizing the Problem**

1. The Sower and the Seed. (Luke 8:14-15) “choked by life’s worries**,** riches **and p\_\_\_\_\_\_\_\_\_\_\_\_**, and they do not mature.”
2. God’s reason for Sexual Pleasure: Creating a **B\_\_\_\_\_\_\_\_** between a husband and wife.
3. When sexual pleasure is **m\_\_\_\_\_\_\_\_\_** it is called lust.
4. What is Lust? It is: **W\_\_\_\_\_\_……**
5. A Willful, **G\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_......**
6. A Willful, Gratification of Misdirected Sexual Desire, **Evidenced by a Sinful, Pleasurable Internal “B\_\_\_\_\_\_.”**
7. Lust is “**a\_\_\_\_\_\_\_ in the heart**” (Matthew 5:28)
8. Not the same as **“d\_\_\_\_\_\_\_\_”**
9. Not the same as **“t\_\_\_\_\_\_\_\_\_.”**
10. What does victory look like? R\_\_\_\_\_\_\_\_ and R\_\_\_\_\_\_\_.
11. Case Study: J\_\_\_\_\_\_\_31:1,7
12. Triangle of lust: Need, Opportunity, Rationale.

Read more: understanding lust article:   
<http://www.overcoming-lust.com/articles/understanding-lust/>

**Session 2—Lust at Work**

1. Lust **W\_\_\_\_\_\_ against you** (1 Peter 2:11)
2. Lust **D\_\_\_\_\_\_\_\_** (Ephesians 4:22)
3. Unleashed: Lust eliminates **m\_\_\_\_\_\_\_\_\_\_\_ and e\_\_\_\_\_\_\_\_\_\_\_**. (Luke 8:14)
4. Unleashed: Lust Results in **H\_\_\_\_\_\_\_\_\_\_\_.** (1 John 1: 6)
5. Unleashed: Lust Creates **M\_\_\_\_\_ \_\_\_\_\_\_** (Proverbs 27:20)
6. Unleashed: Lust **E\_\_\_\_\_\_.** John 8:34
7. Unleashed: Lust brings D**\_\_\_\_\_\_**. (Romans 6:23, Romans 8:6)
8. A case study: K\_\_\_\_ \_\_\_\_\_\_ (2 Samuel 11-12, Psalms 51 and 32)

**Session 3—The Christian response.**

1. Jesus came—**to set c\_\_\_\_\_\_\_ \_\_\_\_\_\_.** (Luke 4:18)
2. What is freedom/victory: When Lust is no longer a h\_\_\_\_\_\_\_\_\_\_, life-d\_\_\_\_\_\_\_\_\_\_\_\_\_\_sin.
3. Steps to freedom:
   1. **Re\_\_\_\_\_\_\_\_\_\_** when lust tempts or occurs. (I Thessalonians 4:1-5)
   2. **Re\_\_\_\_\_\_\_\_\_\_** from sin. (1 John 1:9)
   3. **Re\_\_\_\_\_\_\_\_\_\_** from temptation. (1 Corinthians 6:18)
   4. **Re\_\_\_\_\_\_\_\_\_\_** Old man with New Man. (Ephesians 4:22-24)
   5. Be **Re\_\_\_\_\_\_\_**. (Romans 12:1-2)
   6. **Re\_\_\_\_\_\_\_\_\_\_**. Teach others. Disciple others. (Psalm 51:13)
   7. **Re\_\_\_\_\_\_\_\_** vigilant. (1 Corinthians 10:12)
4. **W\_\_\_\_\_\_\_\_\_** of our warfare. (2 Corinthians 10:3-5)
5. The way of **E\_\_\_\_\_\_\_\_\_.** (I Corinthians 10:12-13)
6. A Slave to R\_\_\_\_\_\_\_\_\_\_\_\_\_ (Romans 6:15-23)
7. Walk in the **S\_\_\_\_\_\_\_\_\_\_\_\_\_\_** (Galatians 5:28)
8. The ultimate Goal: **More** than **C\_\_\_\_\_\_\_\_\_\_\_** (Romans 8:37)

Read more:   
  
Overcoming-lust.com article. “Fourteen Weapons for overcoming lust.” <http://www.overcoming-lust.com/articles/fourteen-means-overcoming-lust/>