

LUST

A married person has a problem towards another non-married or married person when lustful thoughts occur. This is a huge issue worldwide, where many married couples indulge in these lustful thinking which leads to adultery. Lust is a strong sexual desire. Christians are not to commit adultery, which in one of the Ten Commandments. Lustful thoughts could lead toward having sex with another and then if actually following through with this, a person has violated the commandment. Christians must be aware of this issue because lust is a sin and could lead toward destruction of family and friends.

Mentor

This is a delicate issue. You may want to explain to your mentee that abstaining from sex until marriage is often the Christian norm. Depending on your experience with this issue, feel free to share with your mentee your thoughts and ways in which you coped with lust.

Biblical foundation

- Exodus 20:14, ‘You shall not commit adultery.’ (TNIV)
- Matthew 5:27-28, ²⁷ “You have heard that it was said, ‘You shall not commit adultery.’
²⁸ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.’ (TNIV)
- 1 Thessalonians 4:3-5, ³ It is God’s will that you should be sanctified: that you should avoid sexual immorality; ⁴ that each of you should learn to control your own body^[a] in a way that is holy and honorable, ⁵ not in passionate lust like the pagans, who do not know God, (TNIV)

Cultural

Prior to missionary contact few native people had sexual intercourse with other married people. It is unclear why this was done, but the idea of having fathered a child with another woman other than your wife seemed 'o.k.' This is speculating, but one aspect would be to strengthen family ties in a small village. Obviously, this is viewed in violation of one of the Ten Commandments. It was not until the missionaries explained the adultery commandment, that fornicating stopped.

Potential activity

There is not a realistic way to provide an activity for lust. Ask your mentee their understanding of lust and what that leads to. Have your mentee write a page to explain their understanding of lust and the implications. You might also want to ask if your mentee has lustful thoughts (this might not happen, but you could gauge your discussion time with your mentee, and see if an appropriate time leads into that discussion).