

Date: _____

Lust Journal

Memory Verses

Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe them, glorify God in the day of visitation. (1 Peter 2:11-12)

If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it. (Genesis 4:7)

For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith. Who is the one who overcomes the world, but he who believes that Jesus is the Son of God? (1 John 5:3-5)

My temptations to pursue sin in the form of lust today:

What Scripture applies:

What I did/said to pursue sin or pursue God:

The motive of my heart was:

My interactions with people whose influence on me affects my desire to pursue a life of sin away from God:

What I did to strengthen relationships with them or to distance myself from them:
