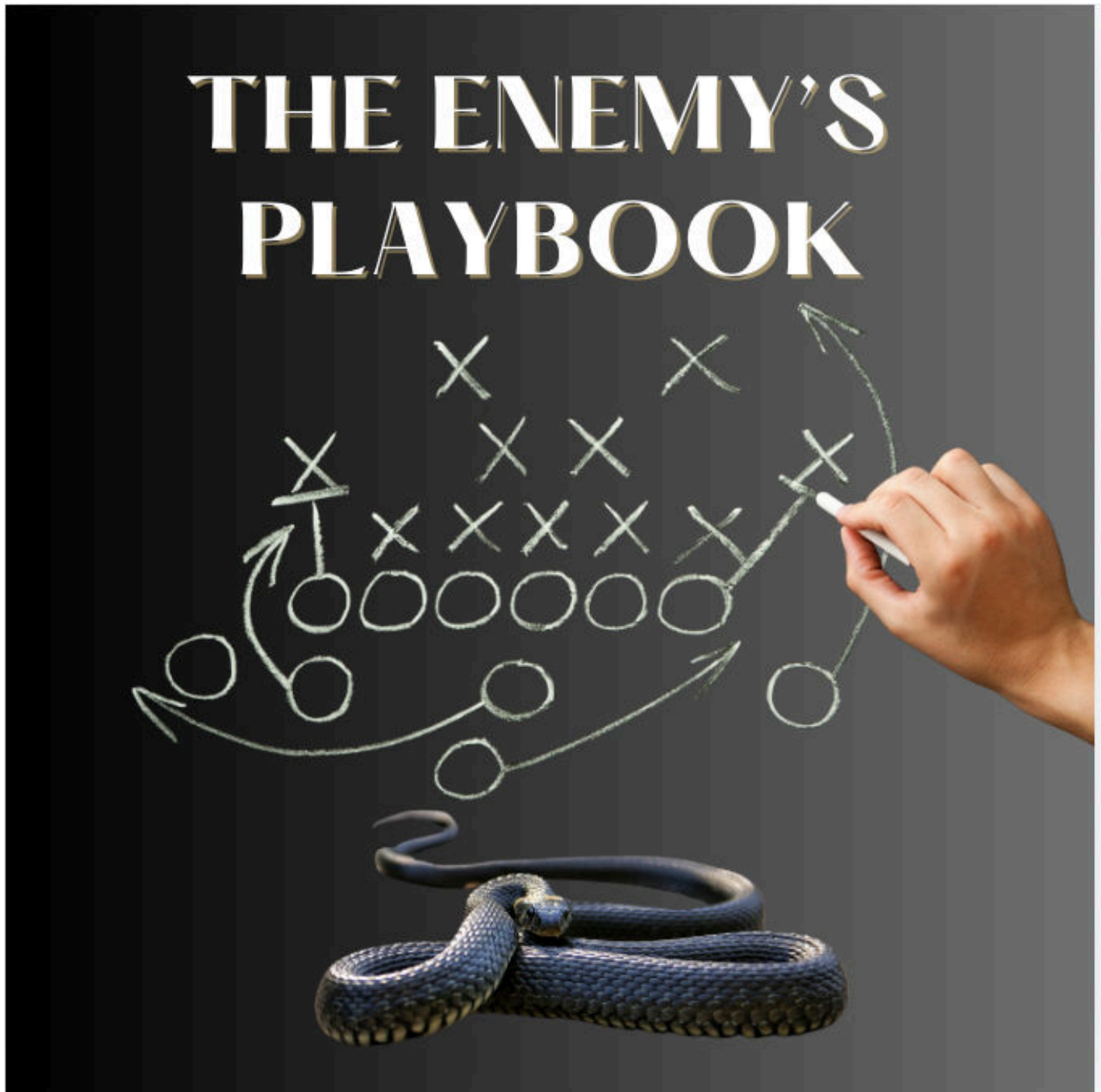


# 5-DAY DEVOTIONAL:



**COMBATTING THE LUST OF  
THE EYES**

# 5-Day Devotional: Combatting the Lust of the Eyes

*Dear Parents,*

*We are thrilled to share with you this devotional packet, which mirrors the topics and lessons we're covering with our students. This resource is designed not only to help keep you informed but also to empower you to engage in meaningful conversations with your teen about their spiritual journey. We believe that faith is best nurtured when reinforced both in the community & at home. These devotions provide a fantastic opportunity to deepen your connection with your teen, discuss the teachings they're receiving, & explore how these lessons apply to everyday life. We encourage you to set aside time each week to go through these devotions together, ask questions, & share your insights. This shared time can spark powerful discussions & help build a strong foundation of faith in your family. Along with the daily devotion, at the end of this document are the discussion questions that were covered in small group time to help you break down topics on a deeper level.*

*Thank you for partnering with us in guiding our youth toward a deeper relationship with  
Dylan & Faith Curtis*

## **Day 1:** Recognizing the Enemy's Playbook

**Scripture:** John 10:10

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

### **Devotional Thought:**

In sports, understanding your opponent's strategy is key to victory. In our spiritual lives, we face an enemy who has a well-rehearsed playbook designed to trip us up. One of his primary tactics is the "lust of the eyes." This involves stirring up desires for things we see around us, convincing us that we need them to be happy. Recognizing this is a major step toward resisting his attacks. Jesus warns us about the enemy's goals: to steal, kill, and destroy. But Jesus also reminds us that His purpose is to give us abundant life, one where we can be content in Him.

### **Reflection:**

Are there areas in your life where you feel the enemy is using "lust of the eyes" to distract you from trusting God? Pray and ask God to open your eyes to those areas and begin to see through the enemy's tactics.

### **Prayer:**

Lord, help me recognize when the enemy is using what I see to draw me away from You. Teach me to trust You and find contentment in Your provision. Amen.

# 5-Day Devotional: Combatting the Lust of the Eyes

## **Day 2:** The Danger of Comparison

**Scripture:** 1 John 2:16

“For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.”

### **Devotional Thought:**

Comparison is a powerful tool the enemy uses to make us feel inadequate. Whether it's someone's new phone, athletic ability, or seemingly perfect life, the lust of the eyes can create a never-ending desire for more. But as 1 John 2:16 reminds us, these desires don't come from God. They are worldly, temporary, and ultimately empty. God wants us to find our identity and worth in Him, not in the things we don't have or in comparisons with others.

### **Reflection:**

How often do you compare yourself to others? What feelings come with those comparisons? Take time to reflect on where those desires are coming from and how they impact your contentment in Christ.

### **Prayer:**

Father, help me to stop comparing myself to others and trust that You have given me everything I need. Show me how to find joy in what I have, rather than in what I don't. Amen.

## **Day 3:** The Root of Discontentment

**Scripture:** Genesis 3:6

“When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.”

### **Devotional Thought:**

Eve's temptation in the Garden of Eden is a classic example of the lust of the eyes. She saw that the forbidden fruit was desirable, and that desire led her into disobedience. The enemy planted seeds of doubt, making her question whether God's provision was enough. When we let the lust of the eyes rule our decisions, it often leads to discontentment and separation from God. Like Eve, we may start to think, "If I just had this one thing, I'd be complete." But only God can truly satisfy the deep needs of our hearts.

### **Reflection:**

Are there things in your life that you're tempted to believe will complete you or make you happy, apart from God? How can you guard against this kind of thinking?

### **Prayer:**

Lord, I confess that I sometimes look to worldly things to satisfy my soul. Help me to trust that You are enough, and teach me to rest in Your provision. Amen.

# 5-Day Devotional: Combatting the Lust of the Eyes

**Day 4:** Shifting Focus to Gratitude

**Scripture:** 1 Thessalonians 5:18

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

**Devotional Thought:**

One of the best ways to combat the lust of the eyes is by practicing gratitude. When we focus on what we have instead of what we lack, it shifts our perspective and reminds us of God’s goodness. Gratitude turns our attention from what’s temporary and worldly to what’s eternal and spiritual. This doesn’t mean we ignore our desires, but it helps us realign our hearts with God’s will and trust that He knows what is best for us.

**Reflection:**

What are three things you are thankful for today? Take a moment to write them down and thank God for His blessings. How can this practice of gratitude change your outlook on life?

**Prayer:**

Thank You, Lord, for the many blessings in my life. Help me to keep my eyes on You and to be content with what You have provided. Amen.

**Day 5:** True Fulfillment in Christ

**Scripture:** Philippians 4:11-12

“I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.”

**Devotional Thought:**

Paul writes about a secret he learned: how to be content in every situation. This contentment wasn’t based on his circumstances or possessions, but on his relationship with Christ. When we stop chasing after the things the world offers, we can begin to experience true fulfillment in Christ. The lust of the eyes promises temporary satisfaction, but Christ offers lasting peace and joy. Learning to be content in Him is the ultimate victory over the enemy’s tactics.

**Reflection:**

In what areas of your life do you struggle to find contentment? How can you begin to look to Christ for fulfillment rather than the things of this world?

**Prayer:**

Jesus, teach me to be content in You, regardless of my circumstances. Help me to see that true joy and satisfaction come from You alone. Amen.

# Discussion Questions: Combating the Lust of the Eyes

- Here are 10 discussion questions based on the sermon "Lust of the Eyes - The Enemy's Playbook":
- What does it mean that the enemy has a "playbook"? How does this idea apply to spiritual warfare in our daily lives?
- How does 1 John 2:16 describe the "lust of the eyes," and why is this one of the tactics the enemy uses against us?
- Can you think of examples in your own life where the desire for something you saw (material or otherwise) led to dissatisfaction or sin?
- In Genesis 3, how did the serpent use the lust of the eyes to tempt Eve? What can we learn from her response and the outcome?
- How does comparing ourselves to others (on social media or in real life) play into the enemy's tactic of using the "lust of the eyes"?
- Why do you think the enemy uses material things to distract us from being content with God? How does this create distance in our relationship with God?
- What are some practical ways we can combat the "lust of the eyes" in our everyday lives? How does gratitude help?
- How do our desires reveal where we place our trust or what we think will bring us fulfillment? What is the danger of relying on material things to feel whole?
- Have you ever experienced a time when you achieved something or got something you desired, but it didn't bring lasting satisfaction? What lesson did you learn from that?
- What can we do to shift our focus from the things we don't have to being grateful for the blessings we do have? How can this change our perspective and strengthen our faith?