

# Lust

*(This sermon notes are based on a series of teachings on the topic by Rev. Robert E. Baron and other sources as indicated along with my personal reflections.)*

**LUST:** The inordinate craving for or indulgence in sexual pleasure. The evil of lust is reducible to this: that sexual satisfaction is sought for either outside marriage or, at any rate, in a manner which is contrary to the laws that govern marital intercourse. Indulging in lust is a mortal sin, provided of course, it is done in a way that is voluntary in itself and fully deliberate.

This is the testimony of St. Paul in the letter to the Galatians, 5:19:

“Now the works of the flesh are manifest, which are fornication, uncleanness, immodesty, luxury... Of the which I foretell you, as I have foretold to you, that they who do such things shall not obtain the kingdom of God.” This teaching applies to external and internal sins alike: “Whosoever shall look on a woman to lust after her, has already committed adultery with her in his heart” (Matthew 5:28).

*(Catholic Exchange.com)*

Sex is good. It is the gift to love

**Lust is treating another human being not as an end but as a means for the satisfaction of my sexual desire**

Sinful – objectification of another human being

**Immanuel Kant:** the principle at the center of his Moral philosophy  
- The categorical imperative – **Never treats another human being as a means but only as an end.**

Do not use another human person as a means

**Pope John Paul II** - Lust can happen even in Marriage. Even couple can treat each other as object

**Where do we see it?**

– Pornography (Multibillion dollar industry) objectification of a person

Movie called “Trade” – international trade around kidnapping children for sex and moving them around

## **Antidote – Chastity**

Chastity means – moral uprightness, moral rectitude in the arena of sex

Profound respect for the otherness of the other – refusal to turn the other into an object

**You are not able to love another unless you are able to turn to the other and say I don't need you.**

**I won't use you to achieve something for me**

You must be able to say that to your spouse –

“Love is the effective willing of the good of the other” (Aquinas)

Chastity is desiring the good of the other person without seeking anything in return. I can desire the good for you.

Jesus – unless you hate your father and mother, you are not worthy to be my disciples

When we operate at this level, we are operating with chastity

## Practical Advise

If involved in pornography – cut it out – objectifying

Seek help if sexually addicted

Examine the quality of your relationships – is it need based?

Cut out manipulating objectifying sexual relationship

**Purification of the Lustful** - Pass through fire, cleansing in fire.

## Marion Counter example

Angel announcing: Virgin birth of Christ

How can this be – I have no relationships with a Man.

The purity of Mary – not allowing her sexual desires to objectify another.