

THE LIFE OF JESUS

Adultery In The Heart

Matthew 5:27-30 – Jesus said, “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.²⁹ If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.³⁰ And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”

Exodus 20:17 - “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife...or anything that belongs to your neighbor.”

When Does Looking Become Lusting?

Noticing an attractive person is not lusting. Lusting is intentional and repeated gazing with impure desires.

Why Is Lusting A Sin?

Lust takes our focus off of God and onto ourselves. We try to find joy in something other than God or a spouse.

1 Corinthians 6:12-13, 18-20 - “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.¹³ You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body.¹⁸ Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;²⁰ you were bought at a price. Therefore honor God with your bodies.

Practical Ways To Fight Lust

1) The sin of lust must be dealt with radically.

Matthew 5:29-30 – Jesus said, “If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.³⁰ And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”

Job 31:1 - I made a covenant with my eyes not to look lustfully at a young woman.

2) Strengthen marital intimacy.

1 Corinthians 7:1-5 - Now regarding the questions you asked in your letter. Yes, it is good to abstain from sexual relations.² But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband.³ The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs.⁴ The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife.⁵ Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won’t be able to tempt you because of your lack of self-control.

3) Practice modesty.

1 Timothy 2:8-11 - In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.⁹ And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves by the way they fix their hair or by wearing gold or pearls or expensive clothes.¹⁰ For women who claim to be devoted to God should make themselves attractive by the good things they do.

4) Fight my desires and honor Jesus.

Galatians 2:20 - My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.