



Lust...Adultery of the Heart

Matthew 5:27-30

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NOTE: MAY NOT BE
APPROPRIATE FOR
YOUNG CHILDREN

Lust is no different than adultery in its seriousness—and we must take drastic measures to avoid lusting.

Introduction:

1. It's easy to say "I want to be righteous and pure of heart" . . . but it's another thing to live that way.

Verse 27 "You have heard that it was said, 'You shall not commit adultery.'"

ADULTERY is having sex with someone other than your SPOUSE . . . sex OUTSIDE of MARRIAGE.

2. Lust is sin. Lust is adultery of the _____.

Verse 28 "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."

LUST is SEXUAL DESIRE FOR or FANTASY INVOLVING SOMEONE OUTSIDE the BOUNDARIES GOD ALLOWS IN HIS WORD.

Sexual desire is a terrific thing, created by God—but twisted by the enemy. The enemy will tempt us to lust.

Adultery is a serious charge with serious consequences. Originally a _____ sentence (Leviticus 10:20) Death comes in all sorts of ways. We _____ ourselves. (Proverbs 6:32)

3. Our society absolutely _____ lust.

Likely the biggest way lust is fueled in our world today . . . pornography.

Real love is about Giving. Porn is **Selfish Sex**. It is about **Getting. Taking**. Porn is **Dehumanizing, Desensitizing**. Porn **Depicts unnatural sexual behavior, Ruins relationships, Supports human trafficking, Changes those who watch it**—how they think of, view, and act out sexuality. Porn is **Addicting**.

How can you say "the Bible says Porn is wrong" when there was no technology for pictures/movies in Bible times?

The Bible warns us to stay clear of Adulterers, Adulteresses, Prostitutes . . . which is exactly what pornography is.

Proverbs 5:3-5, 7:24-27, 2:18-19, 21:16

Pornography isn't victimless . . . it is a toxin, poisoning all who ingest it—and others as well. (1 Corinthians 6:18)

4. We must attack lust _____ to rid it from our lives.

Verses 29-30 "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. 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."

Gouge out an eye? Cut off an arm? The point is that we must ATTACK lust.

5. SEVEN STEPS to BREAK FREE from Porn and Lust

a. Remember this is a Matter of the _____

b. Confession and _____ (James 1:14-15)

c. _____ Control (Galatians 5:16)

d. _____ (Proverbs 25:28) Beating porn is not just about behavior change. The goal is freedom—and freedom is not simply “not watching porn but wanting it all the time.” Freedom is about not wanting porn anymore. Freedom is about heart change. But we still must fight some patterns we’ve built . . .

e. _____ (Proverbs 28:13) Choose someone you’d hate to disappoint . . .

f. Prayer

g. Keep Yourself in the Word . . . Your source of truth . . . memorize it (Psalm 119:9)

6. Jesus’ VERY SCARY CONCLUSION to this issue of lust . . .

Verse 30 "It is better for you to lose one part of your body than for your whole body to go into hell."

We must always stay on guard!

Time of DEDICATION and COMMITMENT

Additional Resources suggested by Christian Counselors:

Websites: www.CovenantEyes.com www.PureLifeMinistries.org

It’s easy to tell ourselves God will give us a “hall pass” or grade on a curve with this issue. See also ... Romans 2:5-8, Revelation 22:12-15, 1 Corinthians 6:9-11, Galatians 5:16-25, Ephesians 5:1-17

Books: *Sexual Detox-A Guide for Guys Who Are Sick of Porn*, by Tim Challies; *Finally Free-Fighting for Purity with the Power of Grace*, by Heath Lambert; *When His Secret Sin Breaks Your Heart-Letters to Hurting Wives*, by Kathy Gallagher