



Guard Your Heart

MT. 5.27-30

"But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart." Matthew 5:28

Review the Sermon

Read Mt. 5.27-30.

What was wrong with the sexual ethics of the Pharisees? According to Jesus, where did they go wrong?

Why is marital intimacy such an important theme in Scripture? How should this inform the Christian attitude toward human sexuality?

What is Jesus saying about the human heart in v.28? How should this affect your self-awareness?

What are Jesus' practical instructions for gaining victory over temptation?

Assess your Life

Does the joy of knowing Christ satisfy you? Or do you find your heart wandering in search of satisfaction elsewhere?



Do you measure your Christian walk by your performance? Or by your affections and desires?

What safeguards have you established for guarding your heart from temptation?

Are you experiencing greater degrees of victory over covetousness and sexual sin?

Apply the Truth

How can you better pursue a gospel-centered lifestyle that focuses on loving what God loves and hating what God hates?

What adjustments need to be made to more effectively disciple others in the area of sexual holiness (families, youth, friends, etc.)?

How will you seek to glorify God to a greater degree in your marriage or in your singleness?

Commit this Week

Will you commit this week to pursuing holiness out of love for what God loves?

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9