

The Heart of Lust

Matthew 5:27-30 - NCBC, September
15, 2019

<<Come Thou Fount>>

Main Point: **Put sexual lust to death now before it is too late.**

- **Purity is a matter of heart desires (27-28)**
 - My lust is my responsibility
 - My lust is my worship
 - My lust is my identity

- **Purity is a matter of eternal consequences (29-30)**
 - Kill lust sooner rather than later
 - Fight lust radically rather than causally
 - Overcome lust with lasting rather than fleeting pleasure

Application: **Look to Christ to purify your heart desires!**

- Focus on looking at the Giver, not lusting after a gift
- Focus on mortifying sin, not mutilating self
- Focus on walking in the light, not darkness

Opening Announcements:

- **New Adult Discipleship Electives** begin today during 9:30a hour! See Worship Folder or hallway signage to find your rooms. Not too late to attend any class. You are welcome!! Come grow with us!!
- **Exit offering today for Dave and Liz Allen** – Our beloved members have been without income for over a year struggling through cancer (Liz) and disabling vertigo (Dave). While our benevolence funds have helped some, desire to make known this need to our church family to encourage this family today with an exit offering on their behalf.



Wonderful words of life we have sung together this morning! There is coming a day when we shall be freed from sinning. Because God keeps His promises, we can be confident this morning that His power will keep us until we are home with Him at last.

Let's continue our worship now by opening our Bibles to **Matthew chapter 5**.



If you do not have a Bible with you, simply raise your hand to receive a Bible this morning.

Today we focus on the heart of lust from **Matthew chapter 5:27-30**.

We are in the middle of Jesus' sermon on the mount – approximately one year into His public ministry. In this particular sermon, Jesus proclaims a shocking truth to the crowds attracted by all his miracles. Only those who are perfectly holy can enter the kingdom of heaven.

Verse 48 says *You therefore must be perfect, as your Heavenly Father is perfect.*

Scrupulous attention to religious rules is not sufficient for your acceptance before your Holy God. *Unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.*¹

Listen carefully – God holds every person accountable not only to the letter but also to the *spirit* of His law!²

Illustrating the Heart behind God's Law 		
Verse	You have heard...	But I say...
21	You shall not murder	Anger is real problem
27	You shall not commit adultery	Desire is real problem
31	You shall divorce	A hard heart is real problem
33	You shall not swear falsely	Deceit is real problem
38	You shall retaliate eye for eye	Vengeance is real problem
43	You shall hate your enemy	Selfishness is real problem

¹ Matthew 5:20

² Romans 14:10-12

So in **verses 21-48**, Jesus provides **6 different contrasts** between the rabbinic tradition the Jews heard from the scribes and Pharisees, and what His kingdom actually requires. Six times we find the phrases, *You have heard that it was said...But I say to you...*

And remember – the “I” is emphatic in the text. Jesus is contrasting His own Divine authority against religious tradition. Jesus is the Law-giver Himself. When the King speaks, He is the authority for the entire kingdom!

So last week we saw that God’s law condemns selfish anger as murderous – since sinful thoughts and words against others make us a child of Satan and deserving of hell.³ Selfish anger is a real problem in all our hearts. Jesus is showing us the exceeding sinfulness of our sin – and our desperate need for His perfect righteousness to be credited to our own account.

Now today Jesus focuses on the 7th of the 10 commandments, *You shall not commit adultery*,⁴ and in many ways He links it with the 10th commandment – *You shall not covet*.⁵ God’s law can’t be divided or parceled out. It is the whole revelation of the righteousness of God. You’re never righteous before God until you’ve obeyed the full entirety of His teaching.⁶

In other words, Jesus uses these 6 examples just to illustrate His one main point – the only righteousness acceptable to God is purity of heart!

³ C.f. John 8:44

⁴ Exodus 20:14; Deuteronomy 5:18

⁵ Exodus 20:17

⁶ James 2:10-11

As we study the Sermon on the Mount our pride should be humbled! Our greatest problem is not *sins* specifically...but *sin* generally. It is the sin *inside me* that condemns me while causing my external sins of behavior and speech. Even before I do anything wrong outwardly – I am still sinful inwardly and unable to enter God’s kingdom!⁷

Do you understand this? Your very attempts at righteousness are already polluted by your sinful heart.⁸

This is why I believe **Matthew 5:6** is one of the most important verses in all of Scripture. For if you are content with your own version of righteousness – you will never hunger and thirst for God’s righteousness. Only when you understand that the root of your own sinfulness is actually *in you* – and that God’s kingdom righteousness is only given – never earned... Only then will you hunger and thirst for the King’s righteousness to be yours—all by faith alone in the finished work of Christ alone through His substitutionary work on your behalf.⁹

Today’s Scripture demands that we receive a new heart – a heart controlled by love for God rather than a heart of selfish greed and lust.

⁷ Romans 3:10-18, 5:12, 8:7-8; 1 Corinthians 2:14; Ephesians 2:1-3;

⁸ Isaiah 64:6

⁹ Romans 3:21-22, 8:1-4



So please stand in honor of the reading of God's Word as I read from **Matthew 5:27**, in the English Standard Translation:

²⁷ "You have heard that it was said, 'You shall not commit adultery.' ²⁸ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. ²⁹ If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. ³⁰ And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

This is God's Word. Please be seated.

Let's Pray.

The raging current of this world constantly beats against us – repeatedly trying to convince us that sexual expression is a civil right,¹⁰ and that the suppression of sexual desires is archaic and harmful,¹¹ and that sexual pleasure is the best satisfaction possible on earth.¹²

But here the voice of King Jesus enters the conversation, and demands an urgent and radical response:



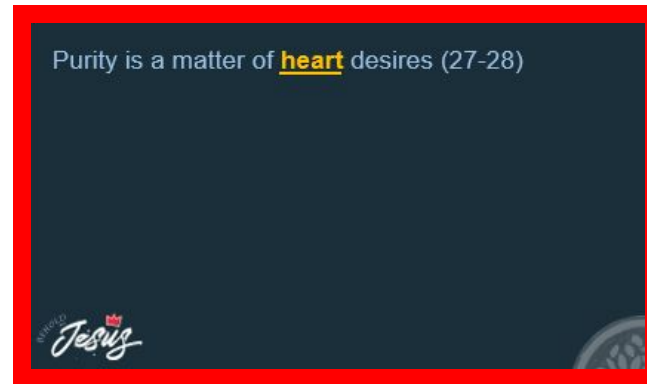
You must **Put sexual lust to death now before it is too late**. You need to kill your sexual greed immediately. You can't afford to flirt with lust in your heart. The end of **verses 29 and 30** are terribly clear – the sexual lust of your own heart is a sin which leads to hell.

¹⁰ Actually it all sinful immorality is bondage, not freedom – c.f. Romans 1:24; 2 Peter 2:12-19

¹¹ Actually it is self-control over evil desires that is the evidence of spiritual life itself, (Galatians 5:22-23), and brings joy to the heart (Romans 6:12-14, 18-23; Colossians 3:5-11)

¹² Actually it is the knowledge of Christ and union with His glories by faith that brings the best possible satisfaction to the human soul (John 4:13-14; Philippians 3:8). No good thing does God withhold from His children – Psalm 23:1; 34:9-10; 84:11).

Let's begin by walking through the main principle in **verses 27-28**:



Purity is a matter of heart desires (27-28)

You have heard that it was said, You shall not commit adultery.

The Jewish teaching focused on avoiding the outward *act* of adultery. But in **verse 28**, Jesus counters,

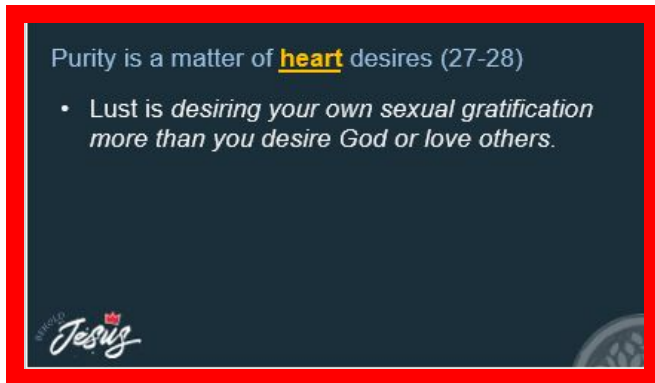
But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

Never believe the lie that sin is only external. The adultery was already present in the heart before the first lustful stare. Outward adultery is just the visible symptom of the invisible snakebite of lust. Purity is a matter of a pure and clean heart.¹³

Now before we can honestly examine our own heart desires, we must carefully define lust. Lust just means

¹³ Matthew 5:8; Titus 1:15

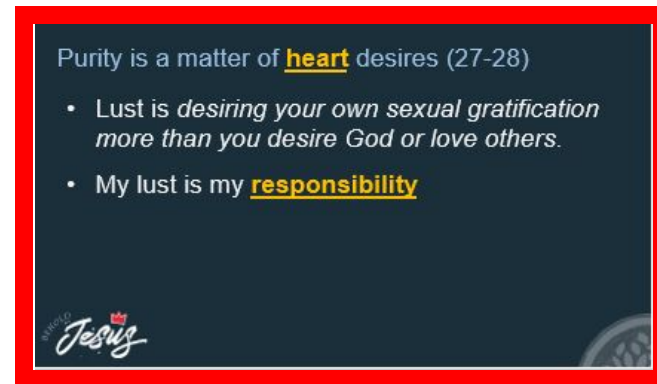
strong desire.¹⁴ Desire on steroids. In this context, lust is sexual and sinful – so it refers to wanting sex more than you want God Himself.



For the purposes of this sermon, lust refers to **desiring your own sexual gratification more than you desire God or love others**. And Jesus is clear – if your heart loves sexual gratification more than you love God or love others – your lust is deadly to your soul!

We must not dismiss the urgency of this teaching. You cannot enter God's kingdom while you are still nursing impurity in your own heart.

And you can't blame others for your own impure heart.



My lust is my responsibility, and your lust is your responsibility.

In Jesus' time, Jewish men expected married Jewish women to wear head coverings to prevent lust.¹⁵ Jewish writings warned men of the dangers of women, blaming the women and their immodesty for creating lust.¹⁶

But notice what Jesus does here. He places the full responsibility for lust inside the heart of the looker! My lust is always the responsibility of my own heart desires – regardless of what external stimuli may or may not be present.

Now if you come from a more legalistic understanding of works-righteousness, this may be surprising to you: You can never blame someone or something outside of you for your own sin. In fact, my purity is a matter of my own heart desires since,


¹⁴ The same Greek word for lust in **Matthew 5:28** is the same Greek word used by Jesus in **Luke 22:15**. So the word can be used both positively and negatively. Context determines whether it is righteous or sinful lust.

¹⁵ *Ocwj gy*, Keener and *Ocwj gy*, Carson

¹⁶ E.g. Sirach 25:21; 26:9; Ps. Sol. 16:7-8; Josephus J.W. 2.121; Ant. 7.130; c.f. 1 Corinthians 11:6

Purity is a matter of **heart** desires (27-28)

- Lust is *desiring your own sexual gratification more than you desire God or love others.*
- My lust is my **responsibility**
- My lust is my **worship**



My lust is my **worship**


Lust always demands to get what it wants. So a lusting heart is being controlled by something other than love for God. Whatever I desire to please most is my true god, right?

Consider **Colossians 3, verses 5-6:**

Colossians 3:5-6

5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, **which is idolatry.**

6 On account of these the wrath of God is coming.



Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire [this is the same

word for lust], **and covetousness, which is idolatry. On account of these the wrath of God is coming.**

Notice... your lust is covetousness, which is a worship disorder. Adultery in the heart is idolatry of the heart.¹⁷ You are functionally putting your sexual desires in the ruling position of your heart – even over God Himself!! No wonder your heart-lust deserves hell!


Ephesians chapter 5 is also helpful on this point:

Ephesians 5:3-6

3 But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints.

4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

5 For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. **6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.**



Notice that **verse 3** links impurity and greed or covetousness. And then **verse 4** calls us to put on Thanksgiving, which is the practice of worship. Not heart and words controlled by impurity, but hearts and words controlled by thanksgiving. Then **verse 5** says,

5 For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ

¹⁷ James 4:1-10, especially verses 4 and 8

and God. ⁶ Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

The Scriptures are clear aren't they? *You may be sure of this.* Impurity in the desires of your heart condemns you to hell under the wrath of God. *No inheritance in the kingdom of Christ and God.*

You object – but I didn't hurt anyone!! It was only in my mind!! I didn't actually get into a physical bed with another person. Go back to Jesus' words in **Matthew 5 verse 28:**

Everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

You loved your own sexual pleasure more than God. And that worship disorder was present in your heart before you ever looked with lust. It's your responsibility. And in fact, according to God's Word,

Purity is a matter of **heart** desires (27-28)

- Lust is *desiring your own sexual gratification more than you desire God or love others.*
- My lust is my **responsibility**
- My lust is my **worship**
- My lust is my **identity**

Behold Jesus

Your lust is your identity.

Here's what I mean: Whatever you desire more than anything else is what you will worship. And whatever you worship you will become!¹⁸

Here's another way to say it: Sexual lust quickly becomes your master, and enslaves you to its chambers of death.¹⁹ Sexual sin is powerfully deceptive – it robs you of freedom while holding you fast in the cords of raw feelings of helplessness.²⁰

I believe this is part of the meaning of **1 Corinthians chapter 6 verse 18,**

Behold Jesus 1 Corinthians 6:12-18

¹² "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but **I will not be enslaved by anything.** ¹³ ...The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. ... ¹⁸ **Flee from sexual immorality.** Every other sin a person commits is outside the body, but **the sexually immoral person sins against his own body.**

Which teaches that **the sexually immoral person sins against his own body.** Lust destroys you. Because lust deceives your own heart, and chains your heart in the voluntary slavery of ever-increasing desires for ever diminishing pleasures.²¹

¹⁸ 2 Corinthians 3:18; Jonah 2:8; c.f. Luke 6:40

¹⁹ Proverbs 6:32-33; 7:22-23, 27

²⁰ Proverbs 5:22-23

²¹ Quote attributed to C.S. Lewis

Don't miss Jesus' point. He's illustrating why we need a greater righteousness than that of the scribes and Pharisees by teaching that merely the lingering gaze of lust from our heart has already violated God's righteousness and condemned us to eternal hell.

So in **verses 29-30**, Jesus calls for a radical response since,



Purity is a matter of eternal consequences (29-30)

Jesus makes clear his emphasis through repetition:

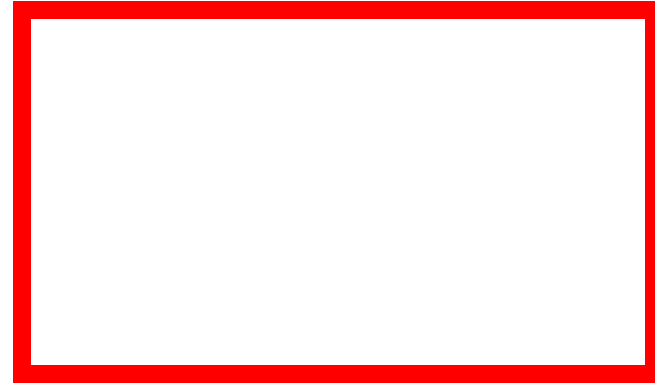
If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell.

And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

Now what does this call to radical amputation mean?

First Jesus is teaching us to,

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Kill lust sooner rather than later

You must not trifle with sexual lust in your heart. You must not believe its lies when it tells you that you're doing no harm. Lust lies! You must take drastic action today to flee from sexual lust,²² and to kill sinful lust as soon as you become aware of it.

Have you become lazy in your fight against sexual lust? Have you justified that some kinds of lusts are ok and not as sinful as another lusts? Wake up dear friend. Sexual lust will kill you. You can't compromise with it. You can't negotiate with it.

Jesus is teaching that it will cost you less to address the root of your sin today than if you wait to face the full consequences of your lust at your judgment before God. The earlier lust is defeated, the better!

Further, these two verses teach us to,

²² 1 Corinthians 6:18; c.f. Genesis 39:12



Fight lust radically rather than causally

At the first reading, we can easily become confused by **verses 29-30**. After all, if my sin is caused by the lust in my heart, then why does Jesus ask if our eye or hand is causing us to sin?

Contrary to the practice of some early Christians,²³ Jesus isn't teaching us to mutilate our physical bodies to get free from lust. After all, we'd still be able to see with our left eye, and we'd still be able to steal with our left hand. Jesus isn't being literal here. Lusty desire is a problem of our hearts, and no one can tear out their own soul.

So here's what Jesus is doing in **verses 29-30**. For the Jews, they viewed their right eye as their most important eye for vision. They viewed their right hand as their most important hand for skill. So Jesus' point is that we should

²³ Origen of Alexandria, in the third-century, went to extremes of asceticism, renouncing possessions, food and even sleep, and in an over-literal interpretation of this passage and Matthew 19:12 actually made himself an eunuch. Not long after, in 325 AD, the Council of Nicea was right to forbid this barbarous practice of sanctification by self-mutilation. (From *Ocwj gy*, Stott).

be willing to give up even what is most precious to us in order to fight our own sin!

Nothing here on earth is more valuable than your joyful participation in God's kingdom. Nothing! Fight lust radically!! *Make no provision for the flesh, to gratify its desires*, **Romans 13:14** teaches.

If anything in your life has become a stumbling-block for you...if anything in your life is influencing you towards the scandal of valuing sexual gratification more than your relationship with Jesus – cut it out of your life now!!

Jesus' words are strong – tear it out. Cut it off. Throw it away. Train your heart to hate sin and all of its lies!!

Your heart's purity is a matter of eternal consequence. So where do you require painful, but life-saving surgery in your own life today? What is leading you into temptation? What precious part of your life is fueling your sexual lust, rather than starving it?

Some of us here today may need to cut off our internet connection in our home. Some may need to change jobs. Some may need to move neighborhoods. Some may need to end a lust-fueled relationship immediately this afternoon. Jesus couldn't be more serious.

In the words of Jim Elliot, "He is no fool who gives what he cannot keep to gain what he cannot lose." And in the words of Jesus, *For it is better that you lose one of your members [or something that is precious to you here and now] than that your whole body go into hell.*

In other words,



You overcome lust with lasting pleasure rather than fleeting pleasure

Yes it is painful now to fight and kill lust that resides in my own heart. It's like gouging out my own eye or cutting off my own limb. There will be pain, tears, and great sacrifice now. There can be “withdrawal symptoms” after the amputation. The consequences may seem almost unbearable now.²⁴

But you must realize that this war against lust is not your entire life! See beyond this temporary suffering to the eternal glory that awaits!²⁵ Christ repeats that your future after radically cutting off sin's influence is *far better!*

O how happy are the pure in heart – for they shall see God!²⁶ O how happy and blessed are those who hunger and thirst for righteousness, for they shall be satisfied!²⁷

²⁴ Thankful to Sinclair Ferguson for these insights in his excellent commentary on Jesus' Sermon on the Mount.

²⁵ 1 Peter 4:1-2ff

²⁶ Matthew 5:8

²⁷ Matthew 5:6



Therefore, **put sexual lust to death now before it is too late.** Be humble enough to see that the root of all your sin is *in* you – within your own heart's thoughts and desires. Therefore you must take your lust – and all that fuels it – very seriously. For such idolatry and greed will only enslave you to a hopeless and all-consuming bondage to sin.

God holds you accountable for your lustful heart. Your lust is your responsibility. It is your own worship-disorder, and the image you bear before God.

So how will you choose to respond this morning? Because here's the truth. No one's heart is pure from lust today. If you believe your heart is *not* polluted by the lust of the eye²⁸ – you are deceived.²⁹ But if you will admit the lust in your heart, there is an answer for you in the person and work of Jesus Christ!

²⁸ 1 John 2:15; 2 Peter 2:14

²⁹ 1 John 1:8, 10



Look to Christ to purify your heart desires!

Jesus is clear – your heart needs cleansing. God’s court judges the desires and motivations of hearts... and you are far more sinful and guilty than you knew! You need a Savior! One who can present you blameless before His presence with exceeding great joy.³⁰ You don’t just need forgiveness, you need to be granted the very righteousness of God!³¹

So look to Christ to crucify sexual lust. And first,

³⁰ Jude 24-25

³¹ 2 Corinthians 5:21



You must focus on looking at the Giver, not lusting after a gift.

You will become what you behold.³² So look to Christ!

In the Scripture, faith and seeing are often linked. For to *walk by faith and not sight* means that “believing is seeing.”³³ The world teaches us that seeing is believing. But the Scriptures teach the opposite.

In Numbers 21, the Israelites merely had to look upon the bronze serpent with faith to live.³⁴ Believing is seeing! At the tomb of Lazarus, Jesus admonished Martha, “*Did I not tell you that if you believed you would see the glory of God?*”³⁵ And **2 Corinthians 4:4**, unbelievers are described as those who are kept *from seeing the light of the gospel of the glory of Christ*. Biblically speaking, believing is seeing.

³² 2 Corinthians 3:16-18

³³ 2 Corinthians 5:7

³⁴ Numbers 21:4-9, especially verse 9; c.f. John 3:14-15

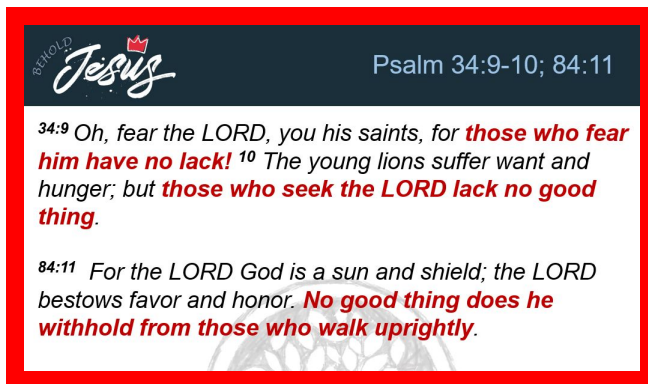
³⁵ John 11:40

So when I exhort you to look on Christ, I mean you must believe on Christ! Faith in Christ kills sexual lust!! You must believe that Christ alone will satisfy every desire of your heart.

Now if you are single this morning, you might object: You mean to tell me that righteousness requires me to abstain from all sexual pleasure just because I haven't yet been able to find a suitable spouse?

Or perhaps you are married, but your spouse has sinfully refused³⁶ have sexual relations with you for many years.

My question for you is where are you looking for your satisfaction?



Do you believe **Psalm 23:1**, or **Psalm 34**, or **Psalm 84:11**, that says, *No good thing does He withhold from those who walk uprightly.*?

³⁶ C.f. 1 Corinthians 7:1-5. If you are married and not actively and regularly pursuing God's design for sexually satisfying your spouse, please seek biblical counseling immediately. There is hope and help available for you according to God's Word!

It is not wrong to desire one of God's many gifts. But to demand it, and to lust after it, and to covet it, is to turn that gift into your god. So focus on the Giver, not lusting after any gift.

In other words, what I'm trying to tell you is that you purify your heart's lusts by feeding the superior desire of knowing Christ!! Starve all earthly lusts by feasting on the glories of our glorious Christ! Devote yourself to memorizing Scripture,³⁷ especially those Scriptures that remind you of the preeminence of Christ and your future inheritance with Him.

I am convinced that we are far too easily captivated by lusting after what we can see physically because we lack faith's vision of our invisible Christ in all of His supremacy!!



You first put sexual lust to death by filling your vision with Christ Himself...and starving all inferior lusts. Secondly,

³⁷ Psalm 119:9-11

I urge us this morning to **Focus on mortifying sin, not mutilating self.**

Again, you can't change your heart by changing your externals. Living by rules will never produce God's kind of righteousness.³⁸ However, the Scripture clearly commands us to flee sexual sin!³⁹ We are to put-off all sexual lust...and to replace it with love for Christ.

Paul said it this way in **Romans 6:12**,

Let not sin therefore reign in your mortal body, to make you obey its passions.

Christian – you are in a war for the allegiance of your heart! We're not on a pleasure cruise!!⁴⁰ Are you consciously seeking to kill the sin that resides in your own heart? Are you even concerned about your inward lusts that are spiritually fatal to your soul?

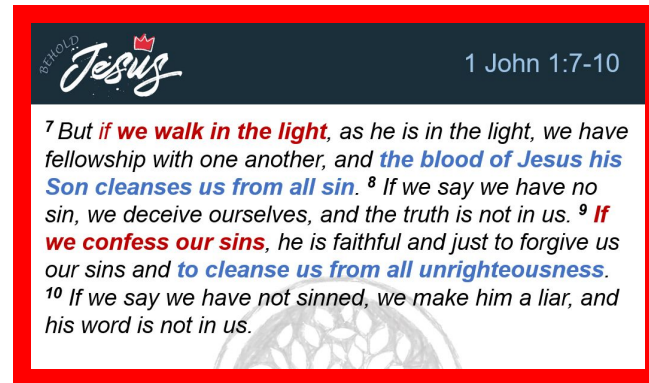
Finally, as we look to Christ to purify our heart desires I urge us as a church family to,



Focus on walking in the light, not darkness.

We love to hide our sin from others, and keep it private and in the dark, so to speak.⁴¹ But hiding your sin in the darkness of secret shame and guilt only gives Satan more power over your soul.

1 John 1:7 is such an encouraging truth for us:



John writes, *If we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.*

³⁸ Colossians 2:20-23

³⁹ 1 Corinthians 6:18

⁴⁰ 1 Corinthians 9:26-27

⁴¹ John 3:19-21

And what does it mean to walk in the light in this context?
Verse 9 – It means *to confess our sins* to one another!
To stop pretending like we're pure when we are secretly
enslaved to porn. To stop pretending like we love Jesus
when our eyes are full of adultery.⁴²

Just consider the purifying results of walking in the light
together. What is the result for a community of faith that
regularly confesses her sins to one another? **Verse 7** –
*we have fellowship with one another, and the blood of
Jesus His Son cleanses us from all sin.* That sounds like
purity of heart desires, doesn't it? Look also at **Verse 9** –
*If we confess our sins, He is faithful and just to forgive us
our sins and to ...what does it say church? Cleanse
us from all unrighteousness!!*

How can your lustful heart be purified this morning? O
look to Christ! Learn to hate your sin, and mortify or kill
its deception by loving the Truth! Confess your sin –
believe on Jesus Christ!! He alone is able to make you
righteous, and satisfy the greatest longing of your heart!



Let's pray.

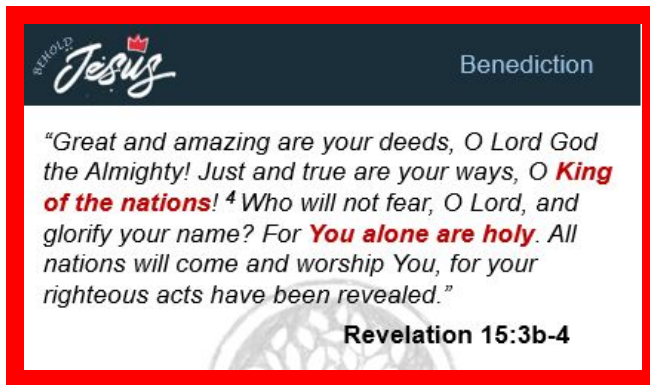
<<All I have is Christ>>

⁴² 2 Peter 2:14

<<Reminder new Adult Discipleship Electives begin today! Come grow with us!!>>

<<Exit Offering today for Dave & Liz Allen>>

Let's pray our benediction together as we dismiss.



SEHOLD *Jesus* Benediction

*"Great and amazing are your deeds, O Lord God the Almighty! Just and true are your ways, O **King of the nations!** ⁴ Who will not fear, O Lord, and glorify your name? For **You alone are holy.** All nations will come and worship You, for your righteous acts have been revealed."*

Revelation 15:3b-4

Great and amazing are your deeds, O Lord God the Almighty! Just and true are your ways, O King of the nations! ⁴ Who will not fear, O Lord, and glorify your name? For you alone are holy. All nations will come and worship you, for your righteous acts have been revealed."

Revelation 15:3b-4



Many Hands Make Light Work.

Thank You New Castle!

Please share a few minutes to stack chairs & ready the Family Center for weekly activities.

Recommended Resources on The Heart of Lust:

- Exodus 20:14
- Deuteronomy 5:18; 30:6
- Job 31:1, 9-11
- Psalm 84:11; 119:9-11
- Proverbs 5:1-23; 6:23-25; 7:4-27; 22:14
- Matthew 10:28; 15:18-19; 18:8-9
- Mark 4:19; 7:21-23; 9:43-48
- Romans 1:24; 6:13; 8:13; 13:14
- 1 Corinthians 6:9-20
- Galatians 5:13-24
- Ephesians 4:22-24; 5:3-21
- Colossians 3:5-6
- 1 Thessalonians 4:1-8
- 2 Timothy 2:22
- Hebrews 11:24-26
- James 1:14-15
- 2 Peter 1:4; 2:14
- 1 John 2:15-17; 3:2-3

- <https://www.desiringgod.org/topics/sexual-purity/labs>
- <https://www.challies.com/articles/six-reasons-why-adultery-is-very-serious/>
- <https://sovereigngracemusic.org/training/resources/christ-and-the-enemies-within-dealing-with-pride-discouragement-depression-and-lust/>
- <https://www.monergism.com/thethreshold/sdg/Chalmers,%20Thomas%20-%20The%20Expulsive%20Power%20of%20a%20New%20Af.pdf>

- “The Vision of Purity” 6-23-19 sermon on Matthew 5:8 at NCBC

- *Finally Free*, Heath Lambert
- *Look and Live*, Matt Papa
- *The Purity Principle*, Randy Alcorn
- *Battling Unbelief*, John Piper
- *Sexual Detox*, Tim Challies
- *The Mortification of Sin*, John Owen

Discussion Questions:

1. Review Matthew 5:27-30 and Hebrews 11:24-26. What is the consequence for not killing lust? What is the key to killing lust?
2. Read 1 Peter 4:3. Do you believe you've sinned enough in your life already? Discuss together the process of temptation and sin (c.f. James 1:14-15). What makes sin so attractive at times to you? What's your battle strategy to defeat such destructive and deceptive lies?
3. Read John 4:13-14. Where do you believe you can find lasting satisfaction? How does superior desire for Christ practically help to overcome inferior lusts for sin? Are you feeding your lusts, or starving them? Are you feeding your delight in Christ, or starving it? (c.f. Galatians 6:7-8)
4. Read Ephesians 5:1-16. How is sexual sin related to idolatry and greed? What is the relationship between thanksgiving and lust? What does it mean to walk in the light (v. 13; c.f. 1 John 1:7)?
5. Read 1 Corinthians 6:18. What would God have you radically amputate from your life now for the sake of your eternal joy in Christ? How sold out are you in the battle for your heart's purity? Pray for one another to truly repent of sinful desires as you walk in the light together for your future joy in Christ.