



"From Adultery to Lust"
Week 6 in an 11-week Series

Preached: October 19, 2025
Scripture: Matthew 5:27-30
Series: "Sermon on the Mount" – Week 6 of 11

SECTION 1 – GROWTH GROUP QUESTIONS

This section of Scripture can be very challenging to discuss out loud for some people based on a number of factors – their own experience of lust – how others have been affected by viewing sexually explicit material – an upbringing that taught us not to talk about such things in church. Whatever the case, start by simply talking about why this subject matter might be more challenging to talk about and then begin your time with prayer – asking God to lead your conversation.

1. Jesus moves the focus from outward actions (adultery) to inward thoughts (lust). Why do you think Jesus focuses so much on our hearts and intentions, rather than just the outward behavior?
2. In the second part of Verse 28, it says "...has already committed adultery with her in his heart." What does this say about how serious Jesus wants us to take our thought life?
3. What are specific ways in which we can guard our hearts and minds in a world full of temptation?

4. "If your right eye causes you to sin, gouge it out..." What do you think Jesus means by this extreme statement? What are some practical "radical steps" we might need to take to avoid sin in our own lives?
5. These verses are challenging and can feel heavy. How should we as the Body of Christ respond when we or others fall short in these areas? How do we hold truth and grace together when discussing topics like lust?

SECTION 2 – PRAYER

Spend time asking God to purify your thoughts and give you strength to live with integrity. Pray for healing and restoration in relationships affected by brokenness or sin.

SECTION 3 – SPIRITUAL PRACTICE

Talking out loud – to other people – about our thought life can be a daunting task. There are many of us who are steered away from having honest conversations around this topic because of shame or a deep sense of woundedness. Spend time reflecting on these verses Scripture this week with an eye towards confession. Talk to God about the areas of your life that have been corrupted by sexual sin – inappropriate thought life – viewing sexually explicit material – looking upon people with ill intent. And recognize that when we put our hope and faith in Christ, his work on the Cross is sufficient to pay for all the sin the world has ever committed – all the sin I have ever committed. Receive his forgiveness. Receive the healing that only Jesus can bring.

FINAL NOTE – If you have experienced sexual abuse or find yourself in a place where you need more help in this area of life, please reach out and ask for help. Pastor Keenan can help by pointing you in the direction of professional help or simply by listening and encouraging. Don't go down the path alone. We all need each other when we follow Jesus.