

Lies We Believe
Part Two – I Can Look But Not Touch
Matthew 5:27-30

Sermon Summary

You have heard the phrase: “I can look but not touch” yet Jesus says that this is still a sin. Men and women live in a world where we are told it is acceptable to search for pleasure and indulge yourself as long as you don’t hurt someone else in the process yet Christ reminds us that even the seemingly insignificant actions and thoughts plant a seed of danger, desire, and ultimately destruction in our lives and the lives of others. Come and find out the truth about adultery and lust in this message.

**Big Idea – What We Focus On is What We Fall in Love With,
What We Fall in Love With is What We Become**

Big Question: What is taking away your intimacy with Christ?

Three Steps in Overcoming Lust

- **Remove the Element of Temptation**
 - **2 Timothy 2:22 (NASB)** – Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.
 - **Matthew 5:27-30 = Fill the Void**
 - **Key Point** – The first key point that we examine comes to us as we look at one of the most controversial passages in all of the Sermon on the Mount. It is here that we see Jesus equate emotional adultery to adultery of the heart and not just physical actions. He helps us understand that there are ways to overcoming lust in and adultery in our own lives and we begin by first removing the element of temptation and then filling to void with Godliness and righteousness. If we do not do this then we will ultimately have the void filled with the lust and want of the things of this world.

- **Guard Your Heart, Guard Your Mind, Guard Your Life**
 - **Matthew 6:22-23 – Build a Higher Fence**
 - **Proverbs 6:20-26**
 - **Key Point** – The second key point that we examine is that upon removing the temptation from our lives then we must then proceed to the point of guarding our heart, mind, and life. We can only do this by ultimately building a higher fence in our lives. For some people that means building a higher fence between them and their neighbors so you won’t covet what they have or the individual themselves and for other people it may just be embedding the Word of God into your life in a more direct way, thus giving your life protection through the Armor of God.

- **Repent for the Lord is Near**
 - **Acts 3:19 = 180- Degree Walk**
 - **Revelation 2:5**
 - **Key Point** – The final key point that we examine is one we do not often like to do but ultimately we need to repent of our sin or experience the 180 degree walk. Repenting of our sin is not just asking God for forgiveness with our words but seeking a different life and turning away from our sin. Upon turning away from our sin, we are then called to turn to God and fill our lives with His characteristics and values.

Questions to Consider

- *What is adultery by the world's standard?*
- *What is adultery by the Biblical standard?*

Memory Verse

Matthew 5:28 (NIV) – But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Challenge

Guard Your Heart, Guard Your Mind Challenge – Guarding your heart and mind against adultery means safeguarding your life and marriage. Satan will attack your life and marriage with lust. Take this challenge. Read the articles we have provided for you in this booklet or give this booklet to a family member or friend.

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