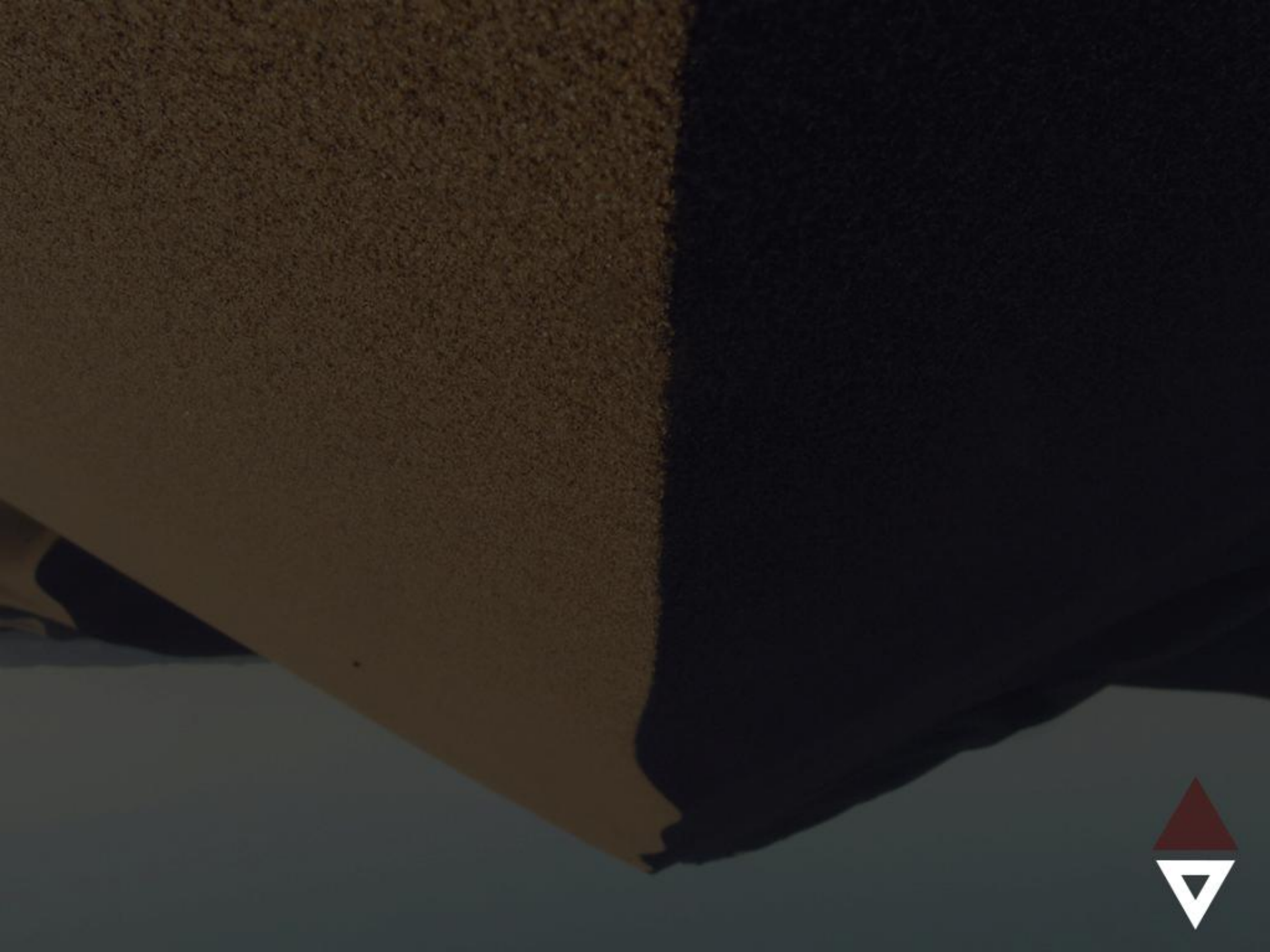


The background is split vertically. The left side is a close-up of golden-brown sand, and the right side is a dark blue, textured surface. A diagonal line separates the two. The text 'UPSIDE DOWN' is centered across the split. 'UPSIDE' is in dark brown on the sand, and 'DOWN' is in white on the blue background. Below 'UPSIDE' is the subtitle 'THE SERMON ON THE MOUNT' in dark brown. A dark brown upward-pointing triangle is above the 'U', and a white downward-pointing triangle is below the 'N'.

# UPSIDE DOWN

THE SERMON ON THE MOUNT



# Jesus and our Hungry Hearts





*“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. 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.”*

*- Matthew 5:27-30*



1. Sex is good!



# 1. Sex is good!

*“Adam and his wife were both naked, and they felt no shame.”*

Genesis 2:25



1. Sex is good!
2. Sex is a good gift, but we're all broken!





1. Sex is good!
2. Sex is a good gift, but we're all broken!
  - a. Shame





*Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.*

*Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, “Where are you?” He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.*

Genesis 3:7-9



1. Sex is good!
2. Sex is a good gift, but we're all broken!
  - a. Shame
  - b. Guilt



*“When I refused to confess my sin,  
my body wasted away, and I groaned all day long.”*

Psalm 32:3





1. Sex is good!
2. Sex is a good gift, but we're all broken!
  - a. Shame
  - b. Guilt
  - c. Objectification



*“But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”*

Matthew 5:28



1. Sex is good!
2. Sex is a good gift, but we're all broken!
  - a. Shame
  - b. Guilt
  - c. Objectification
  - d. Sex outside of God's boundaries





*“It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; and that in this matter no one should wrong or take advantage of a brother or sister.”*

1 Thessalonians 4:3-6



1. Sex is good!
2. Sex is a good gift, but we're all broken!
3. So Jesus gives us clear direction.



1. Sex is good!
2. Sex is a good gift, but we're all broken!
3. So Jesus gives us clear direction.
  - a. Jesus first gives a warning





*“For out of the heart come evil thoughts—  
murder, adultery, sexual immorality, theft, false  
testimony, slander.”*

Matthew 15:19





1. Sex is good!
2. Sex is a good gift, but we're all broken!
3. So Jesus gives us clear direction.
  - a. Jesus first gives a warning
  - b. Jesus then gives instruction





*“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.”*

Matthew 5:29-30



1. Sex is good!
2. Sex is a good gift, but we're all broken!
3. So Jesus gives us clear direction.
4. So we all need help to follow Jesus



4. So we all need help to follow Jesus
  - a. Seek God fervently





4. So we all need help to follow Jesus

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”*

Philippians 4:8



4. So we all need help to follow Jesus
  - a. Seek God fervently
  - b. Tell another person – bring it to the light



4. So we all need help to follow Jesus

- a. Seek God fervently
- b. Tell another person – bring it to the light
- c. Practice consistent accountability

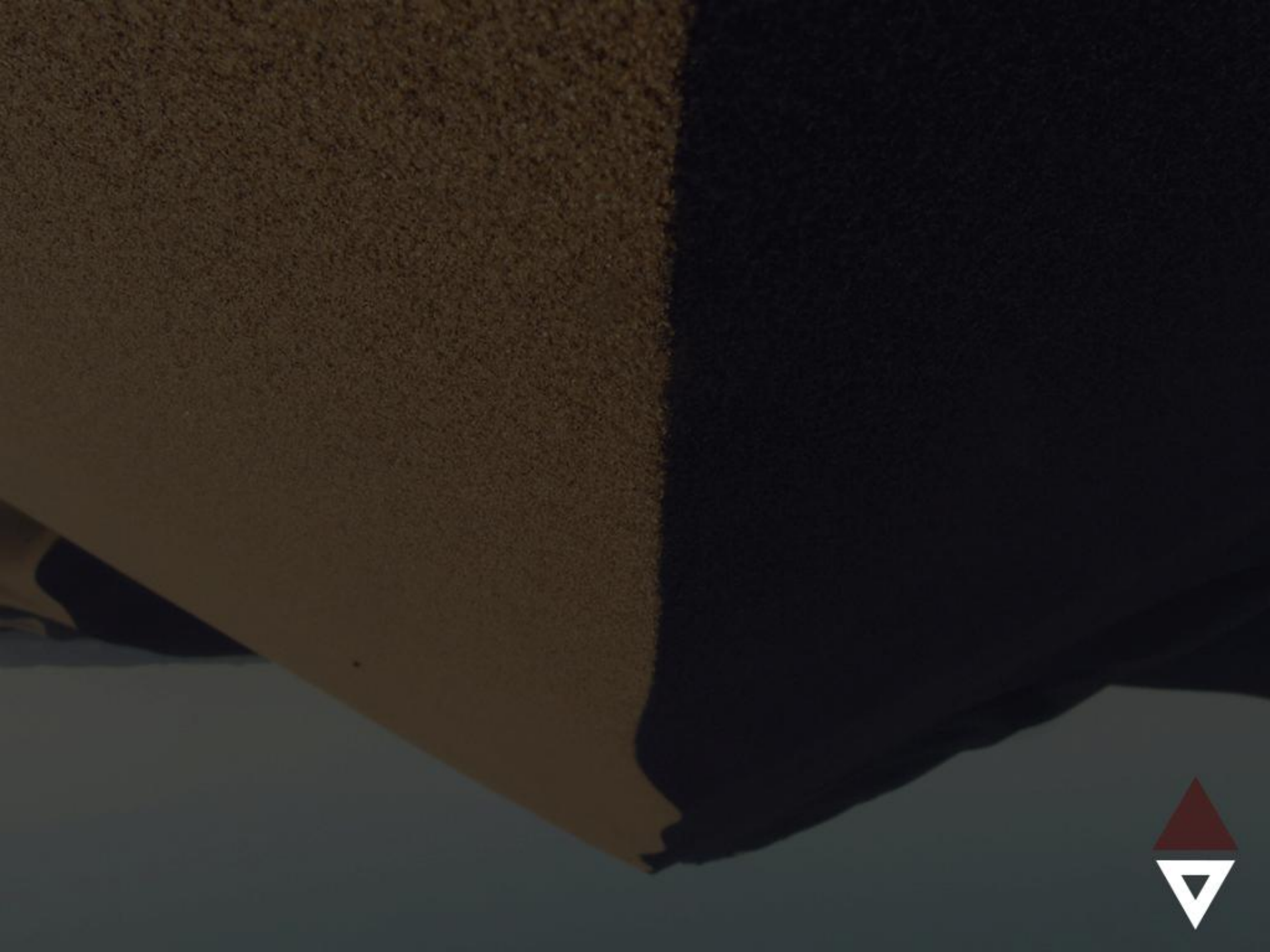




4. So we all need help to follow Jesus

- a. Seek God fervently
- b. Tell another person – bring it to the light
- c. Practice consistent accountability
- d. Take wise precautions (computer safeguards, viewing habits, etc)







The background of the image is a close-up of a textured surface, possibly sand or a coarse fabric, split vertically. The left half is a warm, golden-brown color, and the right half is a dark, deep blue. The texture is grainy and uneven. In the center, the words "UPSIDE DOWN" are written in a bold, sans-serif font. The "UPSIDE" part is in dark brown and is positioned on the golden-brown background. The "DOWN" part is in white and is positioned on the dark blue background. Below "UPSIDE" is the text "THE SERMON ON THE MOUNT" in a smaller, dark brown, sans-serif font. Above the "U" in "UPSIDE" is a small dark brown upward-pointing triangle. Below the "N" in "DOWN" is a small white downward-pointing triangle.

# UPSIDE DOWN

THE SERMON ON THE MOUNT