

WOMEN IN THE WORD FELLOWSHIP BIBLE CHURCH

THE SERMON ON THE MOUNT

Scripture Reference Notes – February 17, 2026
Week 4: True Righteousness (Pt 1) Anger and Lust

Murder & Anger

Matthew 5:21-22 You have heard that our ancestors were told, ‘You must not murder. If you commit murder, you are subject to judgment.’ But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell.

The Greek word for Anger: *orgizomenos* (ὀργιζόμενος); this form (passive voice) conveys an ongoing or characteristic state of being angry rather than a fleeting moment of irritation.

Barclay: “So Jesus forbids forever the anger which broods, the anger which will not forget, the anger which refuses to be pacified, the anger which seeks revenge.”

Tony Evans: That takes God’s standards to a whole new level. It tells us God not only considers our actions but also our thoughts and words, and it provides us a deeper understanding of the law.”

The Life Application Study Bible: The Pharisees read this law and, not having literally murdered anyone, felt that they had obeyed it. Yet they were angry enough with Jesus that they would soon plot his death, though they would not do the dirty work themselves.

“All sin is sinful and will be fatal to the soul if it is not forgiven and cleansed away. But for intensity of iniquity, the sins of the spirit are in a class by themselves. Yet they are the very sins which are most likely to be committed by religious people.” - A.W. Tozer Mornings with Tozer: Daily Reflections from A.W. Tozer “Unlovely Religious People.”

1 John 1:8-10 If we claim we have no sin, we are only fooling ourselves and not living in the truth.

Matthew 5:23-26 So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God. “When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. And if that happens, you surely won’t be free again until you have paid the last penny. Leave your gift there before the altar, and go your way:

Micah 6:6-8 What can we bring to the Lord? Should we bring him burnt offerings? Should we bow before God Most High with offerings of yearling calves? Should we offer him thousands of rams and ten thousand rivers of olive oil? Should we sacrifice our firstborn children to pay for our sins? No, O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.

Matthew 9:13 Then he added, ‘Now go and learn the meaning of this Scripture: “I want you to show mercy, not offer sacrifices.” For I have come to call not those who think they are righteous, but those who know they are sinners.’

Matthew 12:7 But you would not have condemned my innocent disciples if you knew the meaning of this Scripture: ‘I want you to show mercy, not offer sacrifices.’

1 John 4:20-21 If someone says, ‘I love God,’ but hates a fellow believer, that person is a liar; for if we don’t love people we can see, how can we love God, whom we cannot see? And he has given us this command: Those who love God must also love their fellow believers.

Romans 12:18 If it is possible, as much as depends on you, live peaceably with all men.

Adultery & Lust

Voddie Baucham: “The wisest man in the Bible fell into sexual sin, the strongest man in the Bible fell to sexual sin, and the godliest man in the Bible fell to sexual sin. For me to think I’m above falling into this sin is to think that I’m wiser than Solomon, stronger than Samson and godlier than King David.”

Matthew 5:27-28 You have heard the commandment that says, ‘You must not commit adultery.’ But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.

"lust" here comes from the Greek verb ἐπιθυμέω (epithumeō, Strong's number 1937), appearing here in the form ἐπιθυμῆσαι (epithymēsai).

Literal sense: From epi (upon/intensified) + thumos (passionate desire or inner passion/emotion). It means to set one's heart upon something, to desire earnestly, to long for, to crave, or to have a strong/passionate desire for something.

Alexander Bruce: “The look is supposed to be not casual but persistent, the desire not involuntary or momentary, but cherished with longing.”

Matthew 5:29-30 So if your eye—even your good eye—causes you to lust, 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 hand—even your stronger hand—causes you to sin, 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 be thrown into hell.

Alexander Bruce: “Mutilation will not serve the purpose; it may prevent the outward act, but it will not extinguish desire.”

David Guzik: “The trouble with a literal interpretation is that it does not go far enough! Even if you did cut off your hand or gouge out your eye, you could still sin with your other hand or eye. When all those are gone, you can especially sin with your mind.”

Guilt

Trying to do in on our own

C.S. Lewis tells us that “An apparently trivial indulgence in lust or anger today is the loss of a bridge or railway line or bridgehead from which the enemy may launch an attack otherwise impossible.”

1) Believe what God says about you.

Romans 6-8:

6:11-12 So you also should consider yourselves to be dead to the power of sin and alive to God through Jesus Christ. Do not let sin control the way you live, do not give in to sinful desires.

6:14 Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

6:16 Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living.

8:1 So now there is no condemnation for those who belong to Christ Jesus.

Condemnation (*Katakrima*): Servitude to Sin

8:6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

2) Prayer & Worship

Proverbs 3:5-6 Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

David Jeremiah: "Worship is the weapon that turns the battle every time."

Ezekiel 36:25-27 Then I will sprinkle clean water on you, and you will be clean. Your filth will be washed away, and you will no longer worship idols. And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations."

Submission, Agreement, Surrender & Obedience

3) Be Vigilant About Guarding the Purity of Your Mind

D.A. Carson: “Imagination is a God-given gift; but if it is fed dirt by the eye, it will be dirty. All sin, not the least sexual sin, begins with the imagination. Therefore what feeds the imagination is of maximum importance in the pursuit of kingdom righteousness.”

General James Mattis: “The most important six inches on the battlefield is between your ears.”

Identify what areas of your life are leading you to sin.

"If you guard your heart, your feet will follow.
If you guard your heart, your speech will follow.
It's always a matter of the heart." - PAUL WASHER

4) Have a Mentor/Discipler/Spiritual Mother/Accountability Partner

5) Study, Study, Study

D.L. Moody: “The Bible will keep you from sin or sin will keep you from the Bible.”

6) Don't Beat Yourself Up

Mark 9:14-29 Anything is possible if a person believes. The father instantly cried out, “I do believe, but help me overcome my unbelief!”

1 Corinthians 10:13 The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Psalms 91:4 He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection.

John 15:2 He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more.

Common Barriers

Pride

Self-Preservation

Loneliness

II Chronicles 20:15-17 He said, Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the Lord says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's. Tomorrow, march out against them. You will find them coming up through the ascent of Ziz at the end of the valley that opens into the wilderness of Jeruel. But you will not even need to fight. Take your positions; then stand still and watch the Lord's victory. He is with you, O people of Judah and Jerusalem. Do not be afraid or discouraged. Go out against them tomorrow, for the Lord is with you!

1 John 5:14-15 And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for.

Next Week – February 24
Week 5 – True Righteousness (Pt 2) – Divorce and Oaths