

"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."

Matthew 5:27-28

The call to holiness is urgent and radical: if the eye or hand causes one to sin, it is better to remove it than to risk eternal consequences. This hyperbolic language underscores the seriousness of guarding one's heart and mind against impurity. The focus is not on outward conformity but on cultivating a heart that honors God and others through purity of intention.

Jesus confronts the superficial understanding of the commandment against adultery by declaring that even a lustful look at another person constitutes adultery in the heart. This teaching elevates the standard from external behavior to internal purity, emphasizing that true righteousness begins with the heart. The passage challenges believers to recognize that lust is not merely a physical act but a deep desire to possess another person, which violates the sacred covenant of marriage and dishonors God.

For the believer, this means actively pursuing a life of self-control, where desires are aligned with God's will rather than with fleshly impulses. It calls for a commitment to honor God in all relationships, treating others with respect and integrity, whether single or married. The goal is to grow in character-being faithful, pure, and devoted to God and others-so that one's inner life reflects the holiness of Christ.

In response, believers are encouraged to pray for a clean heart, to guard their thoughts, and to seek God's strength daily to resist temptation. As the Good Samaritan exemplified mercy and care, so too should believers demonstrate purity in their actions, words, and gaze-fixing their eyes on Jesus rather than on the objects of lust.

For God, the Christian life is not about engaging in good behavior and avoiding bad behavior. Rather it's about having the heart that God wants us to have towards God and others, then putting these things to action. Jesus applies this principle to one matter of community life: marriage.

What then shall we say? That the law is sin? By no means! Yet if it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, "You shall not covet."

Romans 7:7

STUDY
COMPANION
WEEK TWELVE



"WALKING IN THE
LIGHT AS ONE"

MESSAGE NOTES & VERSES

WHAT STEPS CAN YOU TAKE THIS WEEK TO
APPLY WHAT YOU LEARNED AS A COUPLE?

THIS WEEK'S MEMORY VERSE:

"But 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."

1 John 1:7

NOTES

OUR PRAYERS