

Episode 64 — You Have Heard It Said, Part 1

Weekday Podcast

Text: Matthew 5:21–30 (CSB)

Episode Summary:

Jesus opens the antitheses — the famous “you have heard it said... but I tell you” pattern that runs through the rest of Matthew 5. In this episode we walk through the first two: anger and lust. Jesus isn’t correcting Moses. He isn’t piling new burdens on top of old ones. He’s pulling the curtain back on what the Law was always pointing at — a heart-level righteousness. Murder begins long before the act, in the slow burn of resentment and contempt. Adultery begins long before the act, in the willful entertainment of desire. The kingdom citizen doesn’t just clear the line of behavior; the kingdom citizen is being remade from the inside.

Key Themes:

- The antithesis pattern: not abolishing the Law, but going underneath it
- Heart-level righteousness vs. external compliance
- Anger, contempt, and the urgent priority of reconciliation
- Lust as the soil adultery grows out of
- The seriousness of the fight against sin — worth real cost
- Two ditches to avoid: despair and dismissal

Key Scripture:

“You have heard that it was said to our ancestors, Do not murder... But I tell you, everyone who is angry with his brother or sister will be subject to judgment... You have heard that it was said, Do not commit adultery. But I tell you, everyone who looks at a woman lustfully has already committed adultery with her in his heart.”

— Matthew 5:21–22, 27–28 (CSB)

Takeaway Truth:

Jesus doesn’t lower the bar — He raises it. The righteousness He calls for runs deeper than rule-keeping, all the way into the heart. And the same Savior who calls us there is the One who remakes us from the inside so we can pursue it.

Application for Today:

Where is unreconciled anger sitting in your heart right now? Pick up the phone, send the message, cross the parking lot — don’t let it harden. And where is lust gaining ground in your eyes or imagination? Take the loss. Remove the access. Do the inconvenient thing. Grace doesn’t make our response unnecessary. Grace makes our response possible.

Series Focus:

This episode opens the first half of the antitheses in Matthew 5. After establishing that He came to fulfill the Law (CT063), Jesus now shows what that fulfillment looks like in practice — first with anger, then lust. The divorce paragraph (Matthew 5:31–32) gets its own dedicated episode next Tuesday, with the second half of the antitheses to follow.